



# Train the Trainer Kit (Enhanced) Defensive Driving Part I

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**Training Name:** Defensive Driving Part I

**Time:** 25 - 35 min

**Training Type:** Commercial Vehicle Driver

The 'Defensive Driving Part I' PowerPoint presentation was developed to provide training opportunities for Commercial Motor Vehicle drivers. It is designed to help them recognize bad driving behaviors of other drivers with whom they share the road. It includes planning ahead to react properly to changing driving situations that occur almost on a daily basis. It provides the opportunity for drivers to enhance safety presentation material by allowing them to share real life experiences that relate to changing driving situations occurring around them. Driving safely is the main focus. Driver participation during the presentation will allow for a better training experience and increase the effectiveness of the material provided.

We as safety personnel have the opportunity to change driver behavior positively and prevent crash and near-crash incidents on our highways. The end result being lives saved.

## Training Goals

1. Drivers will understand what defensive driving is.
2. Drivers will understand the importance of wearing their safety belts at all times and in all situations.
3. Drivers will be able to plan ahead to compensate for other drivers bad driving decisions while reacting safely to each situation as it presents itself.
4. Drivers will be able to recognize fixed and potential hazards they encounter while driving.
5. Drivers will be able to plan ahead and operate their vehicles safely as they encounter these hazards and react to them.

## Results

- Drivers will be better prepared to react in a safe manner to other driver's bad driving behaviors.
- Drivers will not be influenced negatively by their emotions when reacting to other vehicles cutting them off. They will be able to maintain a 4 second following distance, as roadways and congestion allow.
- Safer driving behaviors will be achieved as drivers learn to deal with the driving task at hand.
- Driver input during the presentation will allow better buy-in to company safety policies.

## Presentation Slide notes

- Slide #1 - Introduction page.
- Slide #2 – Driving defensively can reduce the number and severity of future crashes. (Ask attendees for examples of driving defensively. Do not allow the conversation to continue for a long period, but just allow a few brief comments. At the conclusion of the discussion provide positive reinforcement for those that were involved in the interaction.)
- Slide #3 – National Safety Council's definition of Defensive Driving. (Emphasize the professional driver.)
- Slide #4 – Video Clip Defensive Driving #1 Seat Belt
- Slide #5 – Defensive driving begins with wearing your seat belt. It is difficult to drive defensively if you are not at the driving controls of your commercial vehicle. (Have attendees share experiences where seat belts have saved lives and/or have lessened the degree of injury when involved in a crash.)
- Slide #6 – The Center for Disease Control (CDC) recently released an article on long haul truck driver seat belt usage. (Cover the statistics with attendees.)

- Slide #7 – Cost estimates of crashes, lives would have been saved if seat belts had been worn at the time of the crash.
- Slide #8 – CDC preliminary driver survey and responses to questions such as, “If they wore their seat belts” and the “percentage of the time they wore their seat belts.” (Discuss the lack of company policies and training related to seat belt usage.)
- Slide #9 – Drivers not wearing their seat belts also answered the survey stating that they failed to obey rules of the road and were much more likely to take risks while driving. (Encourage comments from attendees and ask, ‘How important is it to wear your seat belt.)
- Slide #10 – Video Clip Driver Safety Culture
- Slide #11 – CMV drivers and Safety Culture and Practices. (Provide encouragement with the slide indicating most CMV drivers operate their vehicles in a very safe manner. Help them understand the size and weight differences in regard to their vehicles capabilities.)
- Slide #12 – Although this slide is humorous, the subject is deadly serious. Professional drivers need to be aware of changing driving situations. (Explain the differences between professional drivers and passenger vehicle drivers who only drive occasionally.)
- Slide #13 – There is no room in the trucking industry for drivers who do not respect laws, safe driving practices and or the ability to respect other drivers sharing the roadways.
- Slide #14 – Video Clip Driver Safety Culture and Practices.
- Slide #15 – This slide underscores the importance of a good Pre and Post-trip inspection. (Discuss with attendees that if it is not written down, it won’t get fixed. Ask attendees if they feel these inspections prevent breakdowns and mechanically related crash incidents. From your own experience share with attendees the necessity of having a valid vehicle maintenance program.)
- Slide #16 – Concerns of speeding. Raised risk concerns when speeding during inclement weather.
- Slide #17 – Cover slide contents.
- Slide #18 – Introduce fatigue issues and defensive driving practice.
- Slide #19 – Discuss short and long-term solutions to driver fatigue. (Ask attendees how they cope when they are fatigued. Have them provide examples of what they do to fight off fatigue.)
- Slide #20 – There is no substitute for sleep when dealing with fatigue issues.
- Slide #21 – Video clip #5 Driver Behavior
- Slide #22 – There are two types of driving behaviors. On this slide we discuss planned behaviors. (Ask attendees for examples of planned driving behaviors.)
- Slide #23 – Explain the important features of planned behavior and emphasise the four second following distance requirement. Ask attendees what their response is to a passenger vehicle cutting them off. Emotions should not cloud safe driving practices. Remind them they are professional drivers and as such they may need to compensate for the bad driving behaviors of other drivers.

- Slide #24 – Driving behavior number 2. (Cover examples found on the slide and ask attendees to provide other situations that might lead to an unplanned driving behavior on their part.)
- Slide #25 – Video clip searching as you drive.
- Slide #26 – Searching as you drive, looking at the whole picture. Awareness of changing traffic situations and looking for fixed and potential hazards they may encounter. (Have drivers play the ‘What if Game’ when driving their vehicles – What if that child on the bicycle pulls in front of my vehicle? What if that vehicle approaching the stop light to my left does not stop?)
- Slide #27 – Emphasize the importance of situational awareness. We must perceive what the risks are, analyse the risk, formulate the response and then initiate the response all within a “split second.” Re-emphasize the importance of seeing the whole picture as we drive.
- Slide #28 – Video Clip Fixed Hazards.
- Slide #29 – Provide the fixed hazards you may encounter when driving. (Ask attendees for other examples.)
- Slide #30 – Examples of other potential hazards as outlined on the slide. (Ask attendees for other examples of potential hazards they may encounter when driving.)
- Slide #31 – Discuss that other defensive driving practices will be provided in the next PowerPoint entitled ‘Defensive Driving Part II safety presentation. Cover acknowledgements of presentation development.
- Slide #32 – Commercial Vehicle Safety Alliance “Operation Safe Driver” Mission and Message.
- Slide #33 – Availability of all driver safety presentations available through the CVSA website.
- Slide #34 – Website and outline of other driver safety presentations for driver training purposes.
- Slide #35 – Stress the importance of buckling up! The End

Time / Length		Comments	Equipment and Material (Room Lay)	
25 to 35 minutes		<p>Drivers who become involved in the learning experience, adding valid comments and more examples, have a greater ability to retain information. These drivers are more likely to implement safety practices in their daily driving activities.</p> <p>Reward those individuals who participate with comments such as “Great addition to information provided,” “Thank you for your comments,” “Anyone else that would like to add to that comment.”</p> <p>Great trainers encourage trainee participation.</p>	<p>Computer projector.</p> <p>Computer with Microsoft PowerPoint 2010 or later and Quicktime video codec.</p> <p>Screen or wall to show presentation on.</p> <p>Computer speakers.</p>	