



شركة ميرك العربية السعودية  
MEIRC Saudi Arabia

## DEFENSIVE DRIVING (DDC)

**Duration 1 Day**

### **Program Introduction:**

This is not just another defensive driving program. This program is a bit unique because we want to concentrate on today's hostile driving environment and lack of sensitive drivers. Our objective is to provide logical, factual information to help you make better driving decisions. We will talk about the main causes of accidents and the hidden aspects of distraction and reckless driving.

The vast majority of commuters are stressed on their daily drive to and from work. We also know that feeling stress behind the wheel may be a familiar sensation, but medical experts state it could be a health hazard.

During the training that consists of presentation, quizzes, real videos and slide situations, we will interactively discuss how to change our culture and behavior, and the many safe techniques drivers should use to avoid unexpected and undesired accidents that put Saudi Arabia at the top of the list for the highest leading car accidents fatalities in the world.

### **Who Should Attend**

All drivers who seek for their safety to avoid accident.

### **Course Outline:**

- 1. Vehicle Capabilities And Limitations**
  - 1.1.1.1. ROAD RAGE
  - 1.1.1.2. How to avoid aggressive drivers
  - 1.1.1.3. Attitude adjustment
- 2. What Triggers Road Rage?**
- 3. Attitude And Awareness**
  - 3.1.1.1. Inherited or learned?
- 4. On The Road**
  - 4.1.1.1. Foresight, Scanning, Communicating, Compromising
- 5. Seasonal Change Driving**
  - 5.1.1.1. Hydroplaning, Fog, Wind, Dust,
  - 5.1.1.2. Seat Belt Myths
- 6. Driver Condition**
- 7. Health, Stress, Physical, Fatigue, Drugs And Alcohol**
- 8. DISTRACTIONS**
  - 8.1.1.1. Other drivers, Excitement, the Unexpected Environment
- 9. Cellphones**
  - 9.1.1.1. Contributing to reckless Driving and Accidents
- 10. High Risk Driving Criteria**
- 11. Driving At Night**
- 12. Avoiding And Surviving Collisions**
- 13. Journey Management**
  - 13.1. 13.1.Preventive Maintenance – listen, smell ,feel, and Observe
  - 13.2. 13.2.Proper Cargo Handling
  - 13.3. 13.3.Fire safety in vehicles