Pennsylvania College of Technology
Workforce Development and Continuing Education

Defensive Driving - National Safety Council
NAT 111

Course Outline

Course Description: With this popular four-hour course, participants receive practical strategies to reduce collision related injuries, fatalities, and costly repairs. This course stresses the importance of attitude in crash prevention and reinforces good, sensible driving skills that participants already have. Most importantly, it clearly demonstrates the consequences of the poor choices drivers make behind the wheel and the importance of keeping our roads safe.

Textbook: None

Prerequisites None

Course Length: 4 hours

Course Objectives: Following this course, participants will demonstrate through a written exam that they have practical strategies to reduce collision related injuries, fatalities and costly repairs.

Course Outline:

1. Defensive Driving Definition
2. Collision Prevention Formula
3. The “Fatal Four”
4. Case Studies
5. Aggressive Driving
6. Road Rage
7. Self Control
8. Driver Conditions
   8.1. Fatigue & drowsiness
   8.2. Distracted driving
   8.3. Impaired driving
   8.4. Physical conditions
9. External Conditions
9.1. Light conditions
9.2. Weather conditions
9.3. Road conditions
9.4. Traffic conditions
10. Dynamics of a Crash
11. Occupant Restraints
12. Vehicle Maintenance
13. Vehicle Malfunction