



DEFENSIVE DRIVING

SUBJECT MATTER EXPERT(SME)- INTERNSHIP TRAINING

Language: English, Hindi

Duration: 96 Hrs.

1. Introduction to Defensive Driving:

1. Definition and importance of defensive driving.
2. Statistics on accidents and their causes.
3. Legal and financial consequences of traffic violations and accidents.

2. Understanding Traffic Laws:

1. Review of local traffic laws and regulations.
2. Importance of obeying speed limits, traffic signals, and signs.
3. Consequences of violating traffic laws.

3. Risk Perception and Management:

1. Recognizing potential hazards on the road.
2. Identifying aggressive driving behavior.
3. Strategies for managing and minimizing risks.

4. Vehicle Safety Features:

1. Overview of safety features in modern vehicles.
2. Importance of regular vehicle maintenance.
3. Proper use of safety belts and child restraints.

5. Defensive Driving Techniques:

1. Following the "2-Second Rule" for following distances.
2. Maintaining a safe space cushion around the vehicle.
3. Using mirrors effectively and checking blind spots.

6. Handling Adverse Conditions:

1. Driving in inclement weather (rain, snow, fog).
2. Dealing with poor road conditions (potholes, construction zones).
3. Understanding the impact of reduced visibility.

7. Avoiding Distractions:

1. Risks associated with distracted driving.
2. Strategies for minimizing distractions (e.g., cell phones, eating).
3. Importance of staying focused on the road.

8. Dealing with Fatigue:

1. Recognizing signs of driver fatigue.
2. The importance of regular breaks during long drives.
3. Strategies for staying alert and well-rested.

9. Emergency Situations and Crash Avoidance:

1. Techniques for emergency braking and swerving.
2. Understanding ABS (Anti-lock Braking System) and ESC (Electronic Stability Control).
3. What to do in case of a collision.

10. Road Rage and Aggressive Driving:

1. Identifying signs of road rage.
2. Strategies for avoiding and defusing aggressive situations.
3. Reporting aggressive drivers to authorities.

11. Legal and Ethical Responsibilities:

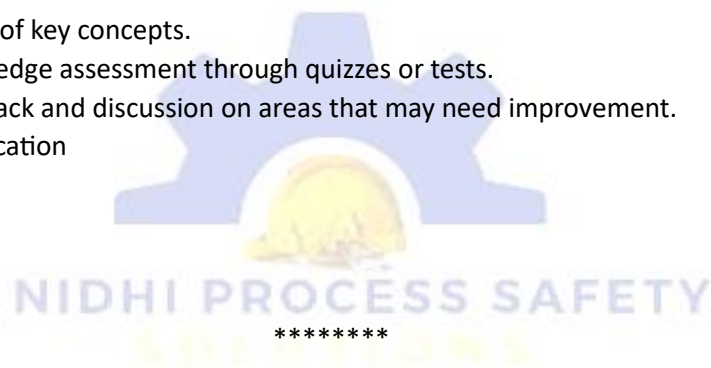
1. Duty to report accidents and provide assistance
2. Understanding liability and insurance coverage.
3. Ethical considerations for responsible driving behavior.

12. Interactive Scenarios and Simulations:

1. Engaging participants in real-life driving scenarios.
2. Virtual or hands-on simulations for practical application of defensive driving skills.

13. Review and Assessment:

1. Recap of key concepts.
2. Knowledge assessment through quizzes or tests.
3. Feedback and discussion on areas that may need improvement.
4. Certification



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