



Advanced Defensive Driving Training Course

A proactive approach to driving that emphasizes safety and accident prevention. This training program aims to equip drivers with the skills and knowledge to anticipate potential hazards and react effectively.

Objectives

- To promote a safety-first culture throughout the organization.
- To reduce insurance costs and liability by minimizing accidents.
- Empower drivers to take responsibility for their own safety and the safety of others on the roads.

Training goals

Awareness

Increase drivers' awareness of their surroundings and potential risks.

Decision-Making

Improve critical thinking and decision-making skills in realtime driving situations.

Risk Reduction

Significantly decrease the likelihood of accidents through enhanced skills and knowledge.

Course Contents

Driver's Fitness to Drive

- Stress & Condition Management: Stay well-rested, calm, and focused.
- Fatigue & Substances: Avoid driving under fatigue, alcohol, or drugs.

Vehicle Checks

- Pre-Trip Inspection: Check tires, brakes, lights, fluids, and equipment.
- Vehicle Safety Features: Understand and use ABS, airbags, lane assist
- Seatbelt Use: Always wear seatbelts; ensure passengers do too.

Planning & Preparation

- Route Planning: Know your route, weather, and traffic conditions.
- Time Management: Avoid rushing; plan for delays.

Driving Behaviour

- Defensive Driving: Anticipate hazards, maintain control on all terrains.
- Habitual and Aggressive Driving: Avoid tailgating, speeding, and road rage.
- Speed Compliance: Obey speed limits and adjust for conditions.

Road Awareness

- Crash Risk Management: Identify and mitigate risks proactively.
- Safe Interactions: Respect all road users—cars, trucks, bikes, pedestrians.
- Mirror Use & Vision: Check mirrors frequently; eliminate blind spots.

Speed & Distance

- 3-Second Rule: Maintain a safe following distance; increase in poor conditions.
- Surrounding Awareness: Keep space on all sides of the vehicle.

Road Navigation

- Intersections & Passing: Approach with caution; pass only when safe.
- Traffic Systems: Follow signs, signals, and road markings.

Special Situations

- Vehicle Recovery: Know how to safely recover a stuck or broken-down vehicle.
- Harsh Conditions: Adjust driving for gravel, rain, fog, or poor visibility.

Legal & Regulatory considerations

- Traffic laws overview: Refresher on essential traffic laws and regulations.
- Consequences of traffic laws violation: Know the impact of violating the traffic laws and regulations.

Target audience

- Drivers
- Transport/fleet managers and supervisors.
- Safety personnel
- Workshop managers and supervisors.

Course duration **3 Days**

Course Fee **TZS 630,000** Per person

Course delivered in **English, Swahili**