

Overview of the 4-Hour Defensive Driving Course by Session and Lesson



| Lesson | Lesson Title | Length |
|------------------|--|-------------------|
| Session 1 | | 60 minutes |
| 1-1 | Course Introduction | 10 minutes |
| 1-2 | What's in Our Control | 15 minutes |
| 1-3 | What Can Happen | 10 minutes |
| 1-4 | Defensive Driving and Collision Prevention | 10 minutes |
| 1-5 | Occupant Safety and Vehicle Safety Mechanisms | 10 minutes |
| BREAK | | 5 minutes |
| Session 2 | | 60 minutes |
| 2-1 | Sharing the Road | 10 minutes |
| 2-2 | Hazard Recognition and the "What If?" Strategy | 10 minutes |
| 2-3 | Deadly Choice: Speeding | 10 minutes |
| 2-4 | Aggressive Driving and Road Rage | 10 minutes |
| 2-5 | Deadly Choice: Following Too Closely | 10 minutes |
| BREAK | | 10 minutes |

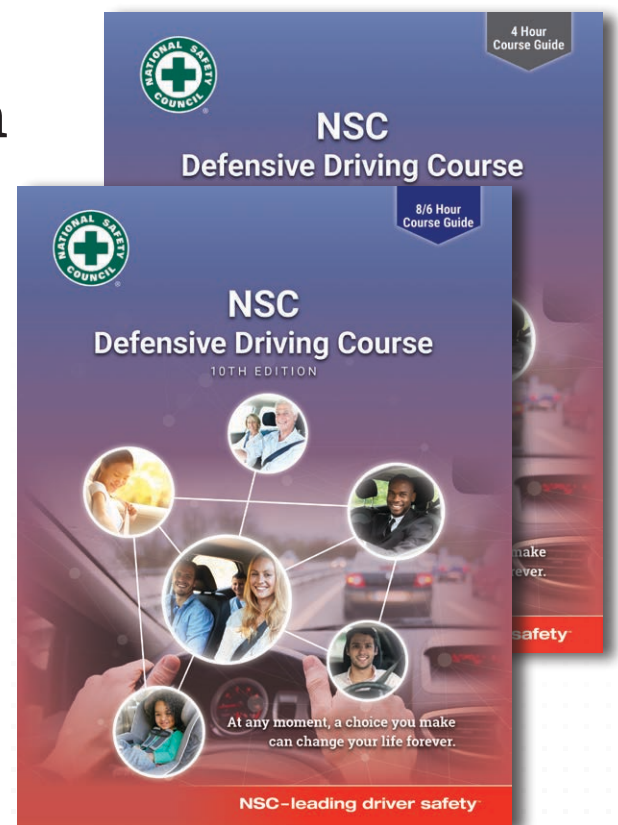
| Lesson | Lesson Title | Length |
|---------------------------------|--|-------------------|
| Session 3 | | 60 minutes |
| 3-1 | Deadly Choice: Distracted Driving | 15 minutes |
| 3-2 | Deadly Choices: Vehicle and Lane Management | 30 minutes |
| 3-3 | Substance Impairment | 15 minutes |
| Session 4 | | 60 minutes |
| BREAK | | 5 minutes |
| 4-1 | Drowsy Driving | 10 minutes |
| 4-2 | Recognize the Hazard and Make the Right Choice | 10 minutes |
| 4-3 | My Driving Habits and Alternative Choices | 15 minutes |
| 4-4 | My Plan | 10 minutes |
| Final Test and Dismissal | | 10 minutes |

Defensive Driving Course

10TH EDITION

Overview by Course Length Session and Lesson

Classroom Instruction for:



The Defensive Driving Course is the fundamental driver safety training program of the National Safety Council providing learners with core defensive driving knowledge and techniques. The Defensive Driving Course can be delivered in **8-hours, 6-hours or 4-hours** based on the participant's needs and the organization's training requirements.

Overview of the 8-Hour Defensive Driving Course by Session and Lesson



| Lesson | Lesson Title | Length |
|------------------|--|-------------------|
| Session 1 | | 60 minutes |
| 1-1 | Course Introduction | 10 minutes |
| 1-2 | My Current Driving Behaviors | 15 minutes |
| 1-3 | What Can Happen | 10 minutes |
| 1-4 | The Choices We Make | 10 minutes |
| 1-5 | What's In Our Control | 10 minutes |
| BREAK | | 5 minutes |
| Session 2 | | 60 minutes |
| 2-1 | Defensive Driving and Collision Prevention | 10 minutes |
| 2-2 | Who's on the Road | 10 minutes |
| 2-3 | Hazard Recognition and the "What If?" Strategy | 15 minutes |
| 2-4 | Occupant Safety and Vehicle Safety Mechanisms | 15 minutes |
| BREAK | | 10 minutes |

| Lesson | Lesson Title | Length |
|------------------------------|--|-------------------|
| Session 3 | | 60 minutes |
| 3-1 | Deadly Choice: Speeding | 15 minutes |
| 3-2 | Deadly Choice: Following Too Closely | 15 minutes |
| 3-3 | Aggressive Driving and Road Rage | 15 minutes |
| 3-4 | Deadly Choice: Distracted Driving | 15 minutes |
| Session 4 | | 60 minutes |
| BREAK | | 5 minutes |
| 4-1 | Substance Impairment | 15 minutes |
| 4-2 | Drowsy Driving | 10 minutes |
| 4-3 | Know Your Traffic Laws | 10 minutes |
| 4-4 | Recognize the Hazard and Make the Right Choice, Part 1 | 10 minutes |
| 4-5 | Multilane Roads | 10 minutes |
| LUNCH OR END OF DAY 1 | | |

| Lesson | Lesson Title | Length |
|------------------|--|-------------------|
| Session 5 | | 60 minutes |
| 5-1 | Deadly Choice: Turning Improperly | 10 minutes |
| 5-2 | Passing and Overtaking | 10 minutes |
| 5-3 | Deadly Choice: Driving Left of Center | 10 minutes |
| 5-4 | Deadly Choice: Violating Right of Way | 10 minutes |
| 5-5 | Roadway Maintenance and Construction | 10 minutes |
| 5-6 | Trains and Grade Crossings | 10 minutes |
| Session 6 | | 60 minutes |
| BREAK | | 5 minutes |
| 6-1 | Dealing with Other Road Users | 15 minutes |
| 6-2 | Recognize the Hazard and Make the Right Choice, Part 2 | 10 minutes |
| 6-3 | Review: Avoiding the Six Deadly Choices | 10 minutes |
| 6-4 | 10 Habits of Defensive Driving | 10 minutes |
| BREAK | | 10 minutes |

| Lesson | Lesson Title | Length |
|---------------------------------|------------------------------------|-------------------|
| Session 7 | | 60 minutes |
| 7-1 | What Happens When... | 15 minutes |
| 7-2 | Vehicle Inspection and Maintenance | 10 minutes |
| 7-3 | Dealing with Immediate Danger | 15 minutes |
| 7-4 | Was It Preventable? | 15 minutes |
| BREAK | | 5 minutes |
| Session 8 | | 60 minutes |
| 8-1 | My Driving Habits | 15 minutes |
| 8-2 | Alternative Choices | 15 minutes |
| 8-3 | My Plan | 15 minutes |
| Final Test and Dismissal | | 15 minutes |

Overview of the 6-Hour Defensive Driving Course by Session and Lesson



| Lesson | Lesson Title | Length |
|------------------------------|--|-------------------|
| Session 1 | | 60 minutes |
| 1-1 | Course Introduction | 15 minutes |
| 1-2 | My Current Driving Behaviors | 15 minutes |
| 1-3 | What Can Happen | 10 minutes |
| 1-4 | The Choices We Make | 10 minutes |
| 1-5 | What's In Our Control | 10 minutes |
| Session 2 | | 60 minutes |
| 2-1 | Defensive Driving and Collision Prevention | 10 minutes |
| 2-2 | Who's on the Road | 10 minutes |
| BREAK | | 10 minutes |
| 2-3 | Hazard Recognition and the "What If?" Strategy | 15 minutes |
| 2-4 | Occupant Safety and Vehicle Safety Mechanisms | 15 minutes |
| Session 3 | | 60 minutes |
| 3-1 | Deadly Choice: Speeding | 15 minutes |
| 3-2 | Deadly Choice: Following Too Closely | 15 minutes |
| 3-3 | Aggressive Driving and Road Rage | 15 minutes |
| 3-4 | Deadly Choice: Distracted Driving | 15 minutes |
| LUNCH OR END OF DAY 1 | | |

| Lesson | Lesson Title | Length |
|---------------------------------|--|-------------------|
| Session 4 | | 60 minutes |
| 4-1 | Substance Impairment | 15 minutes |
| 4-2 | Drowsy Driving | 10 minutes |
| 4-3 | Know Your Traffic Laws | 10 minutes |
| 4-4 | Recognize the Hazard and Make the Right Choice, Part 1 | 15 minutes |
| 4-5 | Multilane Roads | 10 minutes |
| Session 5 | | 60 minutes |
| 5-1 | Deadly Choice: Turning Improperly | 10 minutes |
| 5-2 | Passing and Overtaking | 10 minutes |
| 5-3 | Deadly Choice: Driving Left of Center | 10 minutes |
| BREAK | | 10 minutes |
| 5-4 | Deadly Choice: Violating Right of Way | 10 minutes |
| 5-5 | Roadway Maintenance and Construction | 10 minutes |
| Session 6 | | 60 minutes |
| 6-1 | Dealing with Other Road Users | 15 minutes |
| 6-2 | Recognize the Hazard and Make the Right Choice, Part 2 | 10 minutes |
| 6-3 | 10 Habits of Defensive Driving | 10 minutes |
| 6-4 | My Plan | 10 minutes |
| Final Test and Dismissal | | 15 minutes |