



# Fundamentals of Driver Safety Training

## Table of Contents - 2 Hour Course

<p><b>SECTION 1. The Problems:</b> <b>Section Time-30 Minutes</b></p> <ul style="list-style-type: none"><li>Orientation</li><li>Course Overview</li><li>Traffic Safety Problem</li><li>Driving at Unsafe Speeds</li><li>Failure to Yield</li><li>Driving Under the Influence</li><li>Cell Phones</li><li>In-Car Distractions</li><li>Disregarding Stop and Go Signals</li><li>Tailgating &amp; Aggressive Driving</li></ul>	<p><b>SECTION 2. Human Element &amp; Driving Environment: Section Time – 25 Minutes</b></p> <ul style="list-style-type: none"><li>Stress</li><li>Illness</li><li>Fatigue</li><li>Drugs &amp; Alcohol</li><li>Rain</li><li>Wind</li><li>Snow &amp; Ice</li><li>Light Conditions</li><li>Road Conditions</li></ul>
<p><b>SECTION 3. Driving In “IT”:</b> <b>Section Time - 15 Minutes</b></p> <ul style="list-style-type: none"><li>Driving in Traffic</li><li>Following Distances</li><li>Anticipate</li><li>Communicate</li><li>Exiting the Freeway</li></ul>	<p><b>SECTION 4. What Happens &amp; Why:</b> <b>Section Time – 26 Minutes</b></p> <ul style="list-style-type: none"><li>How Speed Effects Reaction Times</li><li>Speed Effects Impact and Stopping Distances</li><li>Collision Traps</li><li>Rear End &amp; Side Impact</li><li>Off-Road &amp; Skid Recovery</li><li>Scene of the Crash</li><li>Seatbelts Save Lives</li></ul>
<p><b>SECTION 5. Preventions &amp; Suggestions:</b> <b>Section Time – 32 Minutes</b></p> <ul style="list-style-type: none"><li>Walk Around Inspection</li><li>Blowouts</li><li>Tire Maintenance</li><li>Tire Pressure</li><li>Brakes</li><li>Steering</li><li>Proper Driving Position</li><li>Using Your Mirror</li><li>Maintaining Your Momentum</li><li>Yield, It’s a Matter of Courtesy</li><li>The Wrap Up</li></ul>	