

Driver Training: Level One For the Developing Safety Culture

Program

This program is for experienced drivers who operate in a developing safety culture. The training may be a relatively new initiative; perhaps as the result of a recent spate of accidents. The instructor will lead the participants through the behaviours required to avoid common crash types. Driving takes place in real traffic conditions. Prerequisites: Current drivers licence.

Aims: By the end of the course you will be able to:

- Prepare your vehicle for a work or personal journey
- Avoid common crash types in theory and practise
- Predict and address personal impairments and barriers to safety
- Craft a personal safety improvement plan

0900-0950	Introduction and course aims. Recognising Prior Learning. How Safety Works: Most-Safe/Least-Safe/Pathways-Barriers, and the 4 Ways Driver Training Model ©
0950-1000	Break
1000-1100	Prepare for the worst. Optimise safety features including pre-drive vehicle checks, removing loose items, tyre pressures and posture
1100-1200	Where crashes happen. Why crashes are not accidents and how to predict the conditions that lead to a crash. The ten most common crash types. The behaviours required to avoid crashing. What you can do
1200-1230	Lunch
1230-1300	Impairment. Including some barriers that prevent you from doing and being the best you can be as a driver
1300-1430	Practical. Group A - Driving activity in real world conditions
1430-1600	Practical. Group B - Driving activity in real world conditions
1600-1630	Course review, quiz, create a Personal Safety Plan and sign-off

