

## Fleet Safety Proposal Accredited Defensive Driving



### Defensive Driving & First Aid on the Road “4 Days”

#### First Part: Defensive Driving

##### I- Theoretical Training

###### • Introduction

- Course Objective
- Accident Statistics
- The Safe Trip
- Safe Driving

###### • Selected Real Accidents

Group discussion of selected real accidents covering contributory causes and factors of accidents

###### • Driving Conditions

- Light (day & night, dusk & dawn, sun glass ... etc.)
- Weather (rain, fog, winds, sand storms... etc.)
- Road (curves, hills, slippery, railway crossing ... etc.)
- Traffic (rush – hours, weekday, weekend, rural, urban ... etc.)
- Vehicle (lights, brakes, tires, mirrors, safety belts, headrests ... etc.)
- Driver (attitude, fatigue, emotions, mobile phones ... etc.)

###### • The two – car crash accident

- Collision with a vehicle ahead (following distance & stopping distance)
- Collision with a vehicle behind
- Head – on collision (on a straight road, on a curve, while turning left)
- Collision at intersections
- The art of overtaking (passing)

###### • The one – car accident

- Drivers mental & physical states
- Driving in rain, fog, sand storms ... etc.
- Night driving
- Tire burst
- Brake failure
- A skid
- Fire
- Car plunges in water

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- **Other common collision types**

- Pedestrian
- Bicycle
- Motorcycle
- Train
- Fixed object
- Animal
- Reversing
- Parking
- Downgrades

- **Accident Prevention Formula**

- **Maintenance and Inspection**

- Circle Checks
- Regular Checks

### **II- On – the – Road Commentary Drive**

On the road practical coaching session, covering the applications of defensive driving principles and individual driving assessment with coaching and giving advice

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### Second Part: First Aid on the Road

Subject	Objectives	Duration
<b>The First Day</b>		
Introduction	Define first aid, steps followed to conduct first aid, rights and duties when conducting first aid	20 min/1 <sup>st</sup> day
Background information	Physiology and anatomy of different biological systems, and the vital signs (pulse, respiration, temperature, blood pressure)	20 min/1 <sup>st</sup> day
Basic Life supports	The ABC steps, Air way obstruction handling , CPR	3 hr/1 <sup>st</sup> day
<b>Break</b>		30 min/1 <sup>st</sup> day
Hemorrhage	External hemorrhage, and internal hemorrhage	30 min/1 <sup>st</sup> day
Spinal injuries	Dealing with spinal cord injuries	20 min/1 <sup>st</sup> day
Simple wounds and injuries	Dealing with simple wounds; cleaning and dressing	20 min/1 <sup>st</sup> day
Practical training of the day	General examination, Vital signs, Performing CPR. Applying bandages for bleeding cases	40 min/1 <sup>st</sup> day
<b>Total Hours</b>		<b>6 hours</b>
<b>The Second Day</b>		
Orthopedic injuries	Definition, types(head, limbs and jaw fracture), diagnosis, first aid procedures, transporting, and ways of prevention	1 hr/ 2 <sup>nd</sup> day
Fits	Definition, causes, first aid, and prevention of reoccurrence	20 min/ 2 <sup>nd</sup> day
comas	Types(Diabetic and others), management	20 min/ 2 <sup>nd</sup> day
Suffocation	Definition, causes, diagnosis, first aid, danger signs, and ways of prevention	35 min/ 2 <sup>nd</sup> day
Drowning	Definition, causes, first aid, and prevention	15 min/ 2 <sup>nd</sup> day
<b>Break</b>		30 min/ 2 <sup>nd</sup> day
Subject	Objectives	Duration
Burns	Definition, causes, classification, danger signs, first aid, and prevention	30 min/ 2 <sup>nd</sup> day
Environmental emergencies	Heat cramps, heat exhaustion, heat stroke, and exposure to cold	20 min/ 2 <sup>nd</sup> day
Poisoning	Definition, causes and types, first aid, danger signs, and prevention	25 min/ 2 <sup>nd</sup> day
Diarrhea	Definitions, causes, first aid, and prevention	10 min/ 2 <sup>nd</sup> day
Animal bites	Causes, first aid, danger signs, first aid, and prevention	15 min/ 2 <sup>nd</sup> day
Practical applications	Handling fractured personnel, Splints, Bandages, Heimlich maneuver, Revision for CPR	1 hr/ 2 <sup>nd</sup> day
<b>Total Hours</b>		<b>6 hours</b>