

COURSE CONTENT OVERVIEW

# Driver Awareness

This Driver Awareness course is designed to give anyone who drives a car or van a better understanding of the dangers associated with driving. It shows you how to prepare for a safe drive by performing checks and planning, and helps you to anticipate and negotiate hazards during the drive to make you a safer and more confident driver.

By the end of the course, you'll feel confident in your knowledge of how to plan a safer driving journey and make sure you and your vehicle are prepared and capable, as well as how to recognise and safely manage and avoid risks and distractions on your drive.

### **Module 1: Planning Your Journey**

This module explains how to plan your drive to make it safer and provides questions to ask before you drive to make sure you're safe to do so. The module looks at the different types of road you might drive on and weather conditions you could drive in. It also outlines your responsibilities for other road users and the importance of driving for work policies if you drive for work.

- Things to consider before driving
- Journey planning
- You as a driver
- Driver confidence
- Your vehicle
- Types of road
- The Hierarchy of Road Users
- Keeping others safe
- Weather conditions
- Driving for work policy

### **Module 2: Vehicle Checks**

This module tells you what kind of checks you should perform on your vehicle before you drive to make sure it's safe to drive. It explains how to perform loading and towing activities safely. The module also informs you how you can prepare for breakdowns and emergencies in advance and what to do if they happen.

- Driver safety
- POWDERS
- IPSGA
- MOTs and insurance
- Safe loading and towing
- Incidents and emergencies
- Breakdowns
- Emergency kits

### **Module 3: Driving Risks and Distractions**

This module covers the risks and distractions you might encounter when you're driving and how to anticipate and manage them safely. It identifies risks to look out for on different road types, including risks from other road users, and provides techniques for safely managing risks. It also explains the four types of driving distraction and how to avoid them.

- Risks on the different types of roads
- Urban road risks
- Motorway road risks
- Rural road risks
- Risks from other road users
- Managing risks - observation
- Managing risks - mirror, signal, manoeuvre
- The Dutch Reach
- Managing risks - driver attitude
- Managing risks - reaction times
- Managing risks - speed awareness
- Managing risks - severe weather conditions
- Managing risks - COAST
- Types of distraction
- Visual distractions
- Auditory distractions
- Manual distractions
- Cognitive distractions

## Aims of the training

Upon completion of this course, you will be able to:

- Recognise the main risks associated with driving and the steps you can take to minimise these risks.
- Plan for an upcoming journey and ensure all aspects of driver safety are considered.
- Identify the checks you should carry out on your vehicle and why these checks are important.
- Recognise the main distractions you may face when driving and how to avoid them.
- Apply the principles of safe driving to your own driving practices.