

Training agenda



TIME	TOPIC	DESCRIPTION
8.30 am	Objective	Application of defensive driving
8.45 am	Accident statistics	Accident rate throughout country
8.55 am	Common causes of accident	More than 85% contributed by human behaviour
9.05 am	Good driver	Criteria of a good driver
9.15 am	Risk and hazard	Understand what do you see and how do you re-act
9.30am	4 Principles	The 4 principles in defensive driving (WIMSB own) <ul style="list-style-type: none">- Following distance- Braking distance- Eye movement- Spacing- Using of warning devices
10.00 am	Aquaplaning	How to avoid skidding
10.10 am	BREAK	

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TIME	TOPIC	DESCRIPTION
10.25 am	Distraction	How to manage distraction
10.40 am	Use of mirrors	How to use mirrors effectively and blind spot
10.50 am	Traffic light junction	What to do when approaching traffic light junction
11.05 am	Roundabout	What to do when approaching a roundabout
11.15 am	Intersection	What to do at junction
11.25 pm	Cornering	What to do when approaching a corner
11.35 pm	Uphill and downhill	What to do while going uphill or downhill
11.45 pm	Reversing	How to reverse safely
11.55 pm	Fatigue	How to manage fatigue
12.15 pm	Vehicle safety features	Primary restraint
12.20 pm	Pre-trip inspection	The importance of performing PDC
12.25 pm	Seating positions	Ergonomic
12.30 pm	Vehicle rollover	Causes of rollover and how to avoid

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TIME	TOPIC	DESCRIPTION
12.35 pm	Written exam	<ul style="list-style-type: none">• Attestation
1.00 pm	LUNCH	
2.00 pm	PRACTICAL - At site	<ul style="list-style-type: none">• Understanding blind spot• Reversing and usage of cones
3.00 pm	PRACTICAL - Actual road	<ul style="list-style-type: none">• Verbal commentary driving• Assessment
5.00 pm	Re-cap and end of day	