

# Level 2 Award In Defensive Driving Development

Certified by RoSPA

## Overview

The RoSPA Level 2 Award in Defensive Driving is a regulated qualification designed to enhance drivers' skills, knowledge, and attitudes, aiming to improve safety and efficiency on the road. This one-day course addresses the critical issue of road collisions, equipping participants with effective techniques to minimize risks, anticipate hazards, and promote proactive driving styles.

## Course Objectives

By the end of this course, participants will be able to:

1. Understand the principles of defensive driving and its importance.
2. Recognize and assess potential hazards on the road.
3. Develop strategies to prevent accidents and respond effectively to various driving situations.
4. Enhance situational awareness and adopt safer driving habits.
5. Improve fuel efficiency and reduce vehicle maintenance costs.

## Course Content

### 1. Introduction to Defensive Driving

- Definition and benefits.
- The psychology of driving and road safety culture.

### 2. Human Factors and Driver Behaviour

- Understanding the role of human factors in managing occupational road risk.
- Importance of planning to enhance driving safety.

### 3. Hazard Perception and Risk Assessment

- Identifying common hazards and techniques for risk mitigation.
- Conducting pre-journey checks to reduce occupational road risk.

### 4. Driving Techniques

- Safe braking and acceleration, maintaining a safe following distance.
- Navigating intersections and roundabouts.

### 5. Environmental Factors

- Adapting to weather and road conditions.

- Night driving and visibility management.

## **6. Vehicle Safety and Maintenance**

- Pre-trip inspections and the importance of regular maintenance.

## **7. Fuel-Efficient Driving**

- Reducing fuel consumption through efficient driving techniques.
- Understanding vehicle performance metrics.

## **Benefits of the Course**

### **For Employers**

- **Safer Operations:** Expect safer and more efficient operations, leading to reduced accidents.
- **Cost Reduction:** Encourage defensive driving to experience significant cost savings, particularly in fuel efficiency.
- **Improved Workforce Safety:** Instill a culture of safety within the workforce, enhancing employee wellbeing.

### **For Delegates**

- **Self-Awareness:** Recognize and manage personal driving behaviors.
- **Proactive Risk Reduction:** Acquire defensive driving techniques and coping strategies to minimize risks.

## **Target Audience**

This course is ideal for:

- Professional drivers.
- Fleet drivers and operators.
- Individuals seeking to improve their driving safety and efficiency.

## **Training Methodology**

- Interactive lectures and discussions.
- Case studies and scenario-based learning.
- Practical driving sessions with feedback.

## **Assessment**

Participants will undergo:

- A written examination to assess theoretical understanding.
- A practical driving evaluation to demonstrate the application of defensive driving principles.

**Certification**

Upon successful completion, participants will receive the RoSPA Level 2 Award in Defensive Driving, recognized as a benchmark of driving safety excellence.

**Course Duration**

The course is delivered over 2 days (16 hours), combining classroom instruction and practical on-road training.

**Contact Information**

For registration and further details:

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