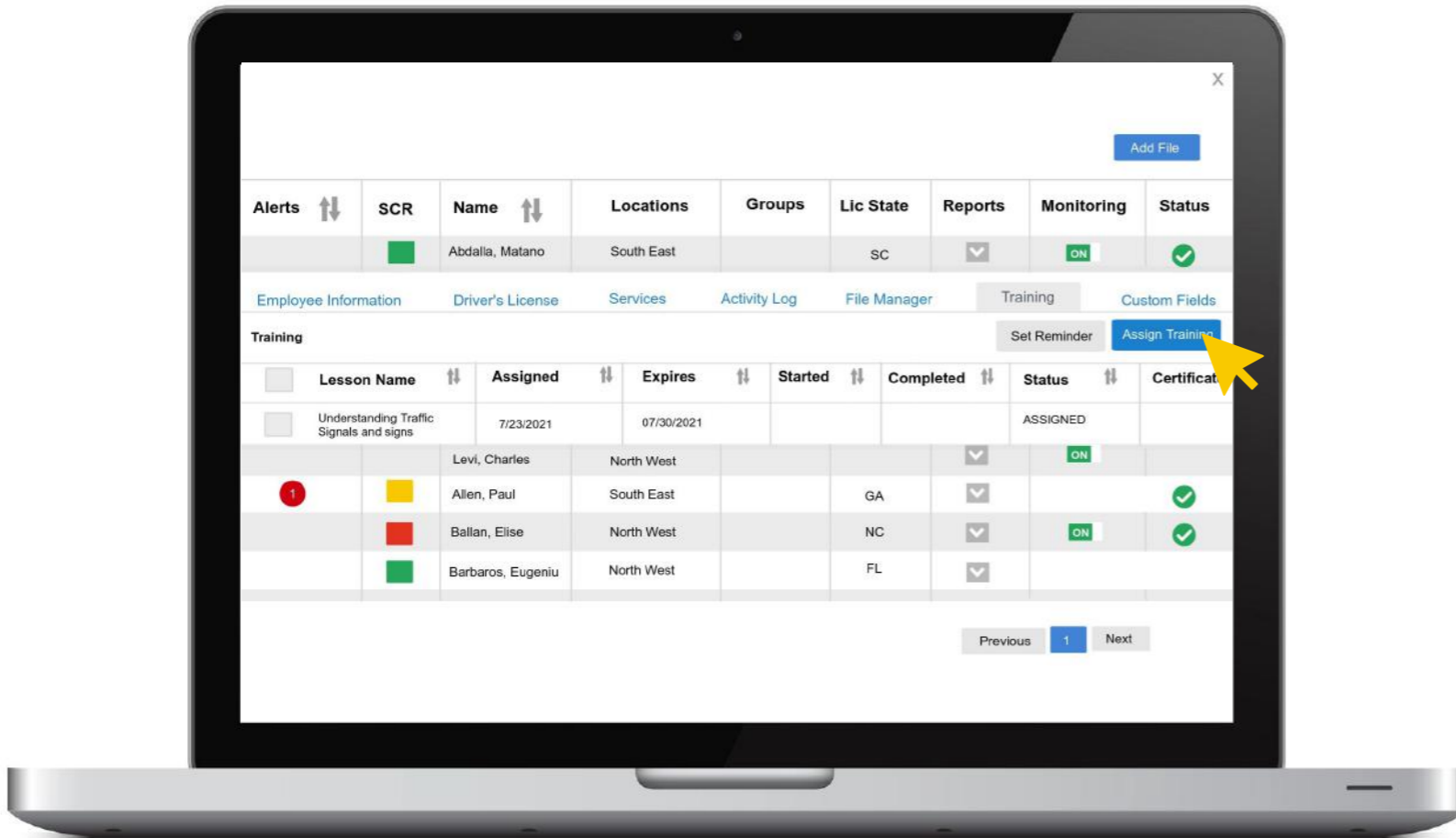




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(15-20 minute lessons with a concluding test)

[Avoiding Aggressive Driving](#)

[Avoiding Collisions While Changing Lanes](#)

[Managing Your Time and Speed](#)

[Distracted Driving](#)

[Preventing Rear-End Collisions](#)

[Avoiding Collisions at Intersections](#)

[Avoiding Collisions While Parking](#)

[The One Second Advantage](#)

[DUI-Not Worth the Risk](#)

[Protecting Yourself and Your Vehicle](#)

[Understanding Traffic Signals & Signs](#)

[Ready to Drive](#)

Heavy Truck Training

(15-20 minute lessons with a concluding test)

[Avoiding Collisions at Intersections](#)

[Avoiding Collisions While Backing](#)

[Avoiding Collisions While Changing Lanes](#)

[Driving After Dark: Avoiding Fatigue and Using Night Vision](#)

[Managing Your Time and Speed](#)

[Preventing Rear-End Collisions](#)

[Winter Driving](#)

Safe Tips-Seasonal Training

(delivered in a fast 5 minutes)

[Tire Pressure: The Key to Mileage and Handling](#)

[Seatbelts and Airbags: Using Them Most Effectively](#)

[Driving Safely Next to Large Trucks](#)

[Using Your Anti-lock Braking System \(ABS\)](#)

[Winter at the wheel](#)

[Proper Maintenance of Your Business Vehicle](#)

[Avoiding Distracted Driving](#)

[Driving in the Rain](#)

[Breakdown Safety](#)





Avoiding Aggressive Driving

The primary obligation of any driver is to be safe and responsible. This lesson defines aggressive driving, and then investigates the causes, typical behaviors and factors that can make drivers aggressive. Several case scenarios are presented on what to do if you encounter an aggressive driver and why responding to aggression with aggression isn't effective.

KEY LEARNING POINTS



Aggressive driving defined



Managing your emotions



Causes of aggressive driving



Who is responsible?



Reactions to aggressive driving



Situational learning examples



Managing Your Time And Speed

A federal study found that excess speed was the leading cause of the most serious accidents on the road. As a professional driver, you must have a higher level of knowledge about speed than other drivers. Your actions will impact not just you and your family, but your company, your career, and every other vehicle that shares the road with you. This lesson addresses the realities of speed. It discusses some misconceptions about speed and speed limits and investigates the underlying situations that cause drivers to speed.

KEY LEARNING POINTS



How speed influences collisions



Speed limits and the loss of control



Speed and stopping distance



Speed and curves



Incremental increases in speed



Planning your time

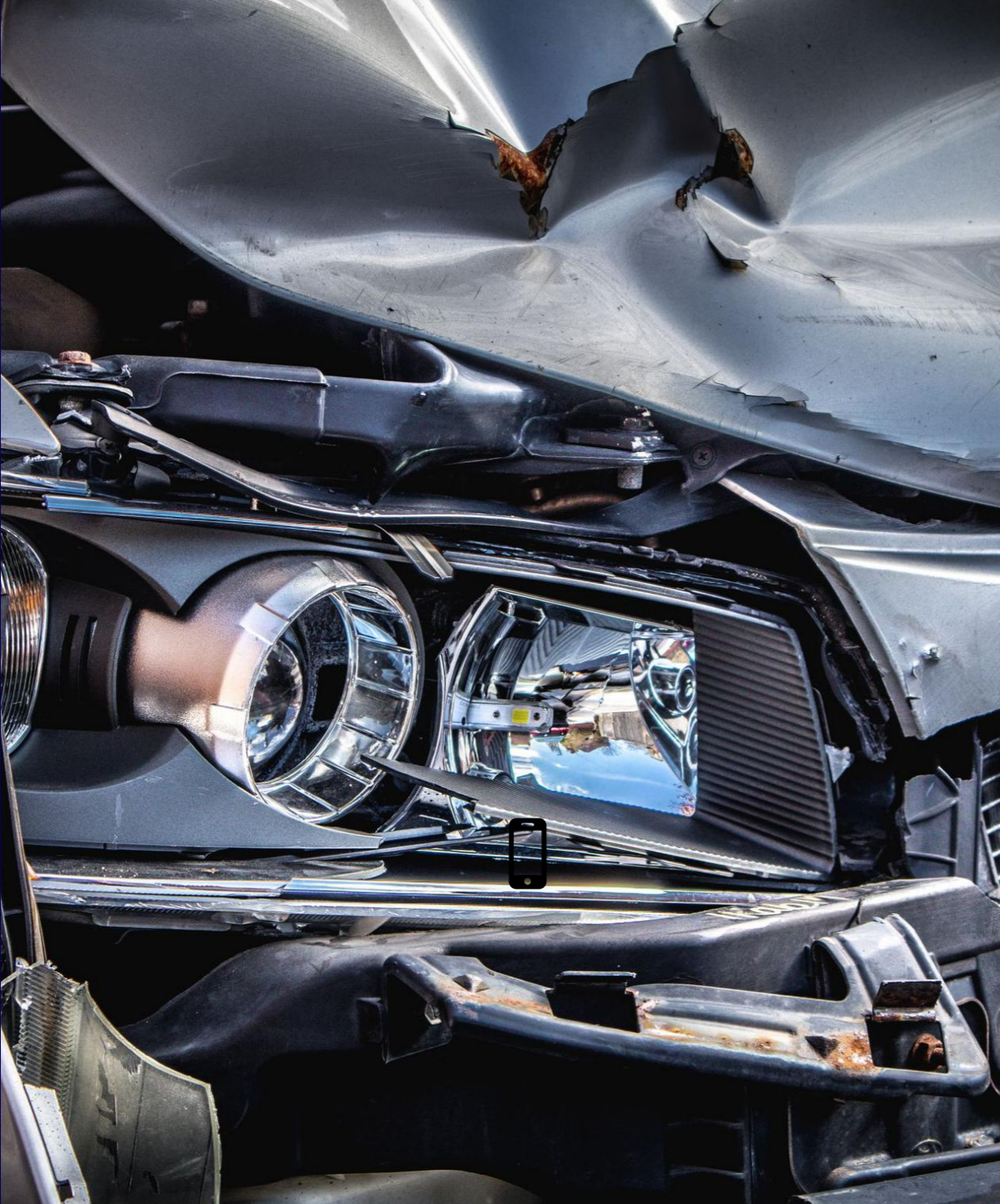


Speed and fuel economy



Speed limits: there is no excuse





Preventing Rear-End Collisions

Whether on the highway or standing still, awareness of your safety zone and the available escape routes can be the critical difference in avoiding a collision. This lesson presents techniques to establish a safety zone around your vehicle, control the space in front of you, and brake to avoid collisions. Escape routes and the best reactions to roadway emergencies are also discussed.

KEY LEARNING POINTS



Eliminating distractions



Creating and maintaining safety zones



Avoiding fatigue



Defensive braking



Looking farther ahead



Planning and using escape routes



Distracted Driving-The Decisions You Make

This lesson is designed to help the learner appreciate, understand and internalize that at the heart of solving this issue is taking personal responsibility. The primary goal of this lesson is to motivate the learner to become an active, positive decision maker when driving to avoid unfortunate consequences. Using sophisticated instructional design tools including a range of interactivities such as visual games, challenges and quizzes, the learner quickly realizes his/her limitations to drive safely while attempting to perform non-essential driving functions. The lesson concludes with a call to action for the learner to commit to becoming a conscientious driver by taking responsibility for his/her actions behind the wheel.

KEY LEARNING POINTS



How well do we drive?



Cell Phone Distractions



What causes crashes?



Other sources of distractions



Personal Responsibility





Avoid Collisions While Changing Lanes

Properly adjusted mirrors give you control of the space around your vehicle and eliminate the blind spots that can make lane-changing hazardous. This lesson reviews how to use looking techniques and properly adjusted mirrors to achieve a 360° view around your vehicle. It also covers tips and techniques, such as using turn signals and passing safely on a highway.

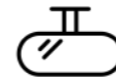
KEY LEARNING POINTS



Ensuring 360 vision



Merging



Blind zones & No Zones



Passing



Choosing safe lane positions




Situational learning Examples





Avoid Collisions at Intersections


Intersections are the home of more collisions than anywhere else. This lesson reviews how to stay safe in intersections by anticipating hazardous situations and identifying traffic control devices. It also introduces new techniques such as evaluating an intersection and how to brake safely and wait to your advantage.


KEY LEARNING POINTS

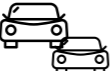
 The role of eye technique

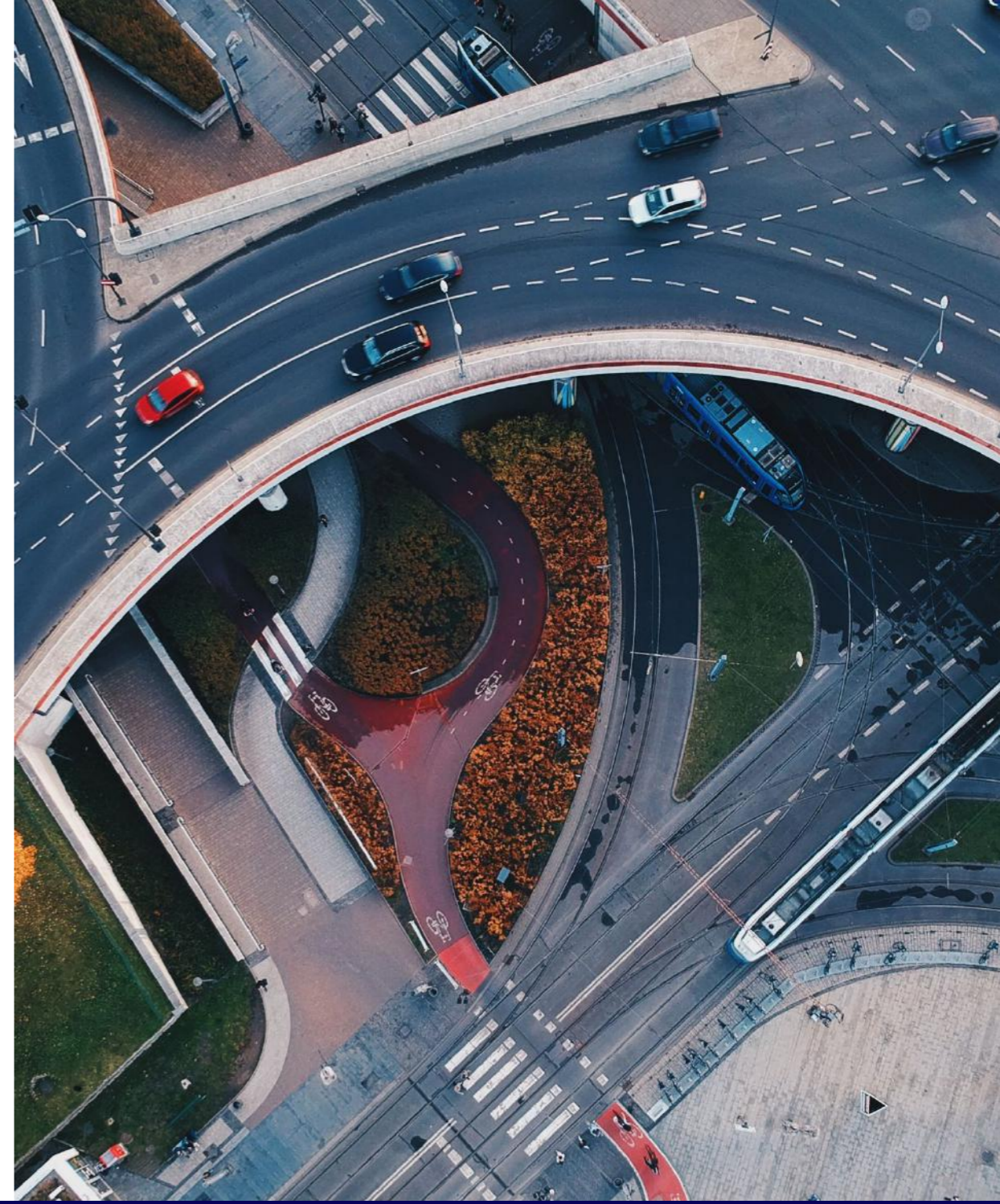
 Approaching Traffic Lights

 Traffic control devices

 Defensive braking

 Dealing with blind spots

 Avoiding multi-vehicle accidents

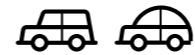




The One Second Advantage

It presents three basic skills that are the foundation of good driving: Looking, Steering and Braking. The Looking section of this lesson discusses the importance your eyes play in good driving. Not just to observe the road, but to guide your vehicle, anticipate problems, and react quickly.

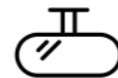
KEY LEARNING POINTS



One extra second safety cushion



Braking: 30% Braking, Ready Brake



Safety Vision: With a 360 view, farther ahead, using focal & peripheral vision



Steering: Proper hand position, slide technique



Impaired Driving: Not Worth the Risk

This lesson examines the facts and consequences of driving while impaired. Animated scenarios in this lesson demonstrate collisions caused by impaired driving, and what could have been done to avoid life-threatening situations. The impact on the driver, passengers and everyone who shares the streets is considered, with special attention given to the career impact of a DUI conviction.

KEY LEARNING POINTS



DUI: How much do you know?



Other causes of impaired driving



DUI & Employment



DUI consequences: death and injury



Drinking: No safe strategy



Situational Learning Examples





Protecting Yourself and Your Vehicle

Only you can protect your personal safety and that of your vehicle. This lesson will give you tools and techniques to use while driving, stopped, and in parked situations. Specific topics covered include taking understanding what attracts criminals, avoiding parking lot attacks, and recognizing common tricks criminals use on the street.

KEY LEARNING POINTS



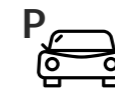
Incentives for a thief



Are you vulnerable?



Personal security and carjacking



Parking lot security techniques



Driving security techniques




When your vehicle breaks down

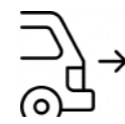



Avoiding Collisions in Parking Lots

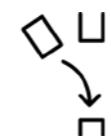
Collisions happen at an alarming rate in the low-speed world of parking. This lesson reviews Smart Parking, which combines skills learned in the first lesson with the pull-through parking technique. Backing, space selection criteria, and how to position your vehicle in a space are also discussed. A step-by-step animation of parallel parking is also presented.


KEY LEARNING POINTS

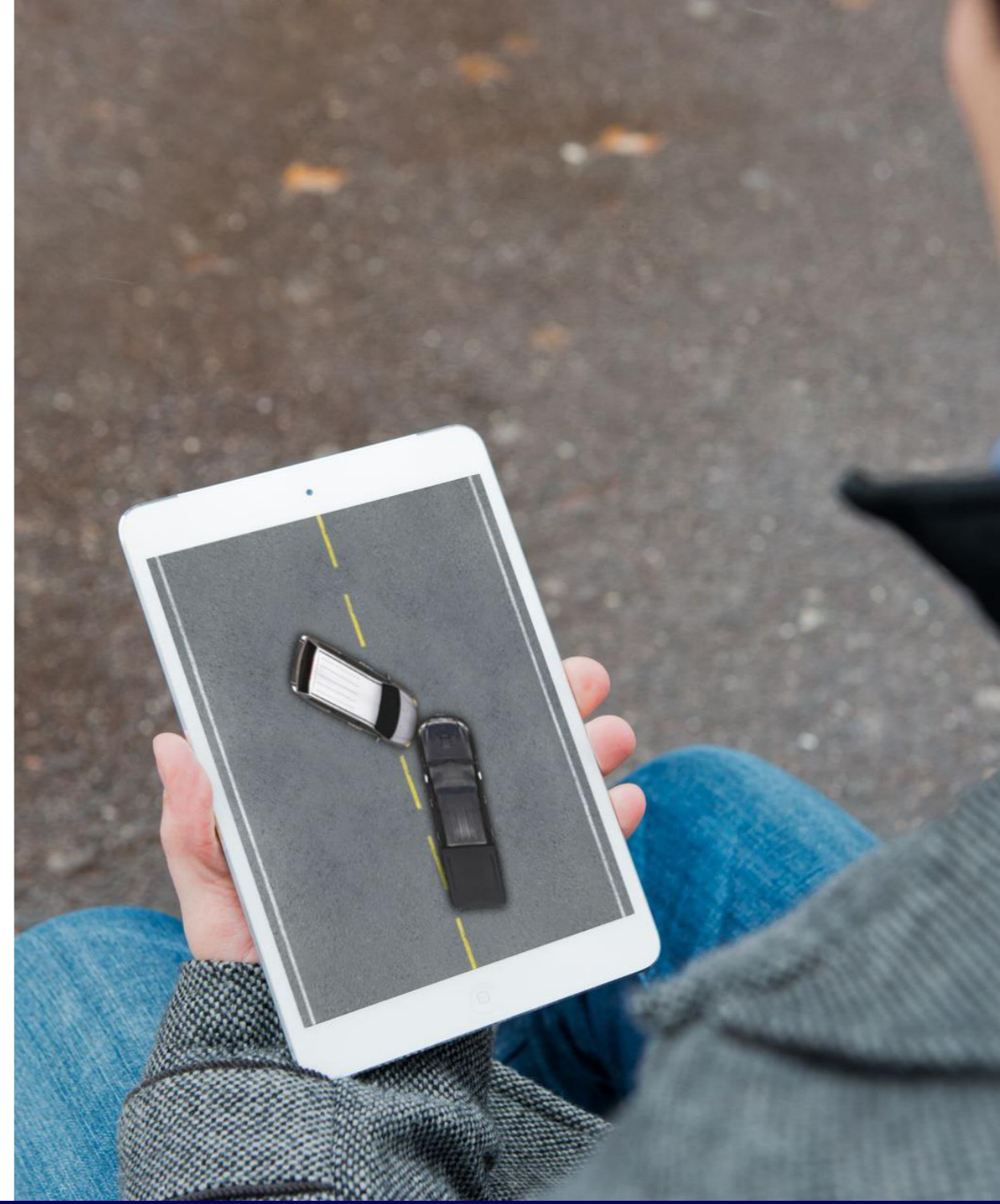
 Smart parking techniques

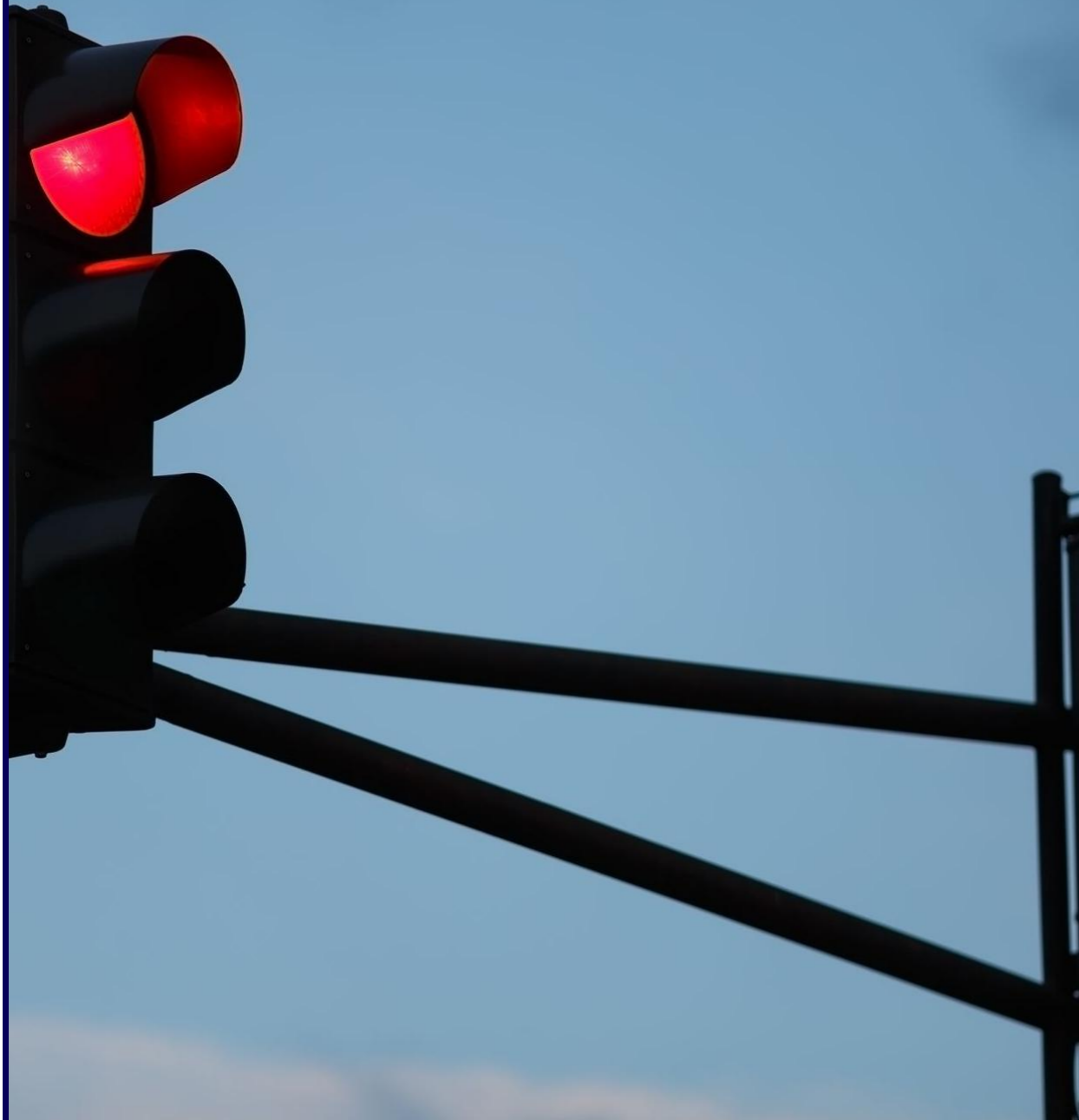
 Backing up safely

 Parking lot "no-no's"

 Correct parallel parking technique

 Situational Learning Examples





Understanding Traffic Signals & Signs

Traffic control devices are in place to protect everyone on the road. This lesson covers the signals and devices of the road. Ignoring or trying to skirt the rules is a good way to get a traffic ticket. It's also a good way to get someone else on the road into an accident they can't avoid. Disregarding traffic signals and signs accounts for nearly 25% of all crashes.

KEY LEARNING POINTS



Red lights



Yield signs and situations



Intersection turn arrows



Making U-turns



Stop signs



Lane markings and passings



Ready to Drive

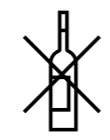
Driving a motor vehicle is not as simple as getting in and turning it on. You must first meet the legal requirements to be on the road. This lesson reviews some of the criteria that every driver must meet to keep their vehicle on the road, from the legal and documentation regulations to the critical equipment that keeps you and your fellow drivers safe.

READY TO DRIVE

KEY LEARNING POINTS



Carrying valid documentations



Drinking and driving: no safe strategy



Using your seatbelt



Equipment in proper working order





Managing Your Time & Speed-Truck

A federal study found that excess speed was the leading cause of the most serious accidents on the road. As a professional driver, you must have a higher level of knowledge about speed than other drivers. Your actions will impact not just you and your family, but your company, your career, and every other vehicle that shares the road with you. This lesson addresses the realities of speed. It discusses some misconceptions about speed and speed limits and investigates the underlying situations that cause drivers to speed.

KEY LEARNING POINTS



How speed influences collisions



Speed and stopping distance



Incremental changes in speed, large increases in damage

Speeding and the loss of control



Planning your time



Speed and fuel economy



Driving After Dark- Avoid Fatigue

It takes a skilled professional to operate a tractor trailer safely day in and day out on today's roadways. Driving at night presents its own set of safety challenges. By recognizing the challenges of driving at night, drivers can learn to minimize potential dangers to themselves and other vehicles sharing the road. As a professional driver, it's your responsibility to set the highest standard for safe driving on the road. This lesson, addresses the reasons why night driving can be more hazardous than daytime driving, and provides useful techniques to help keep you safe.

KEY LEARNING POINTS



Protect your night vision



Scan, don't stare



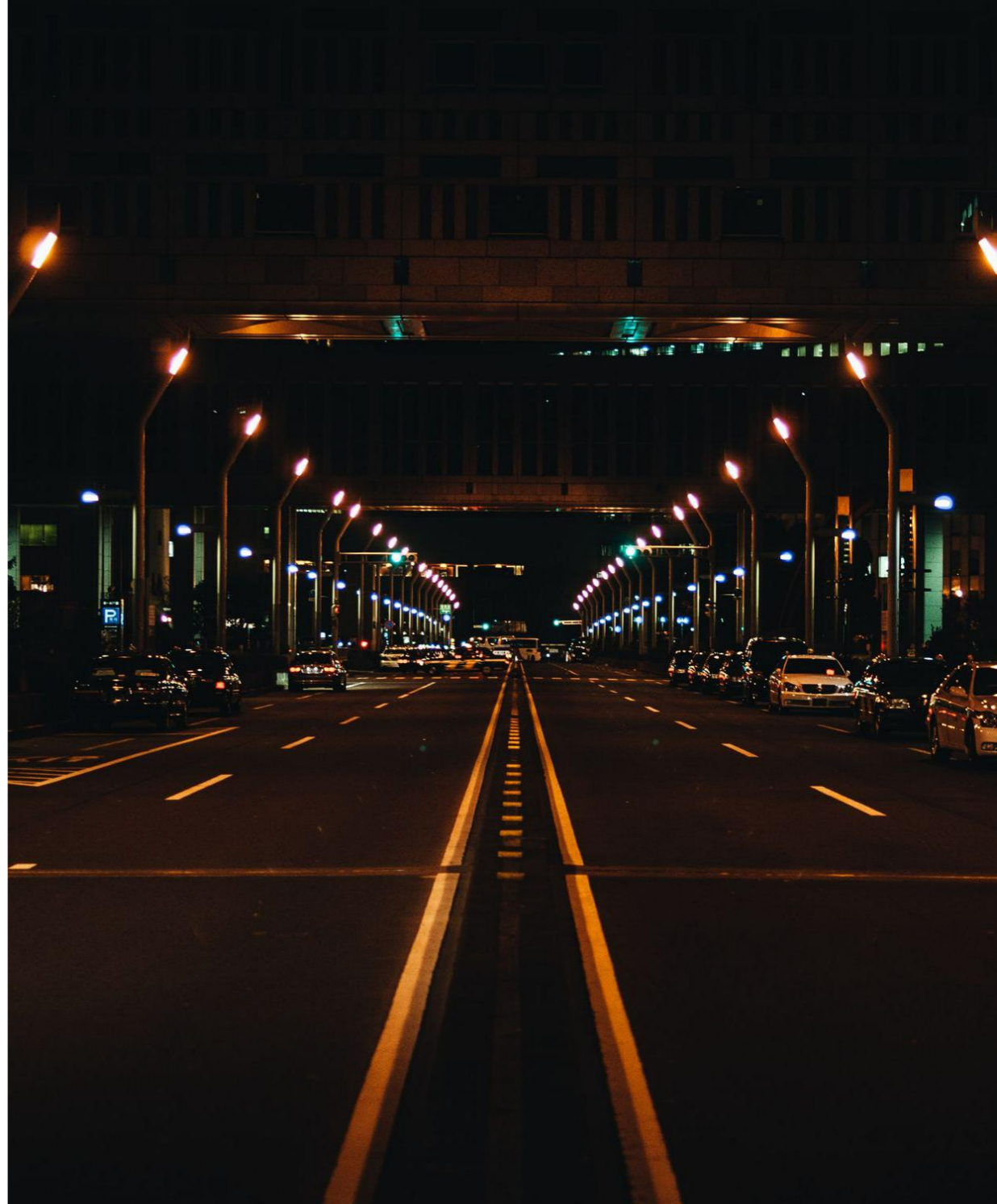
Use peripheral vision

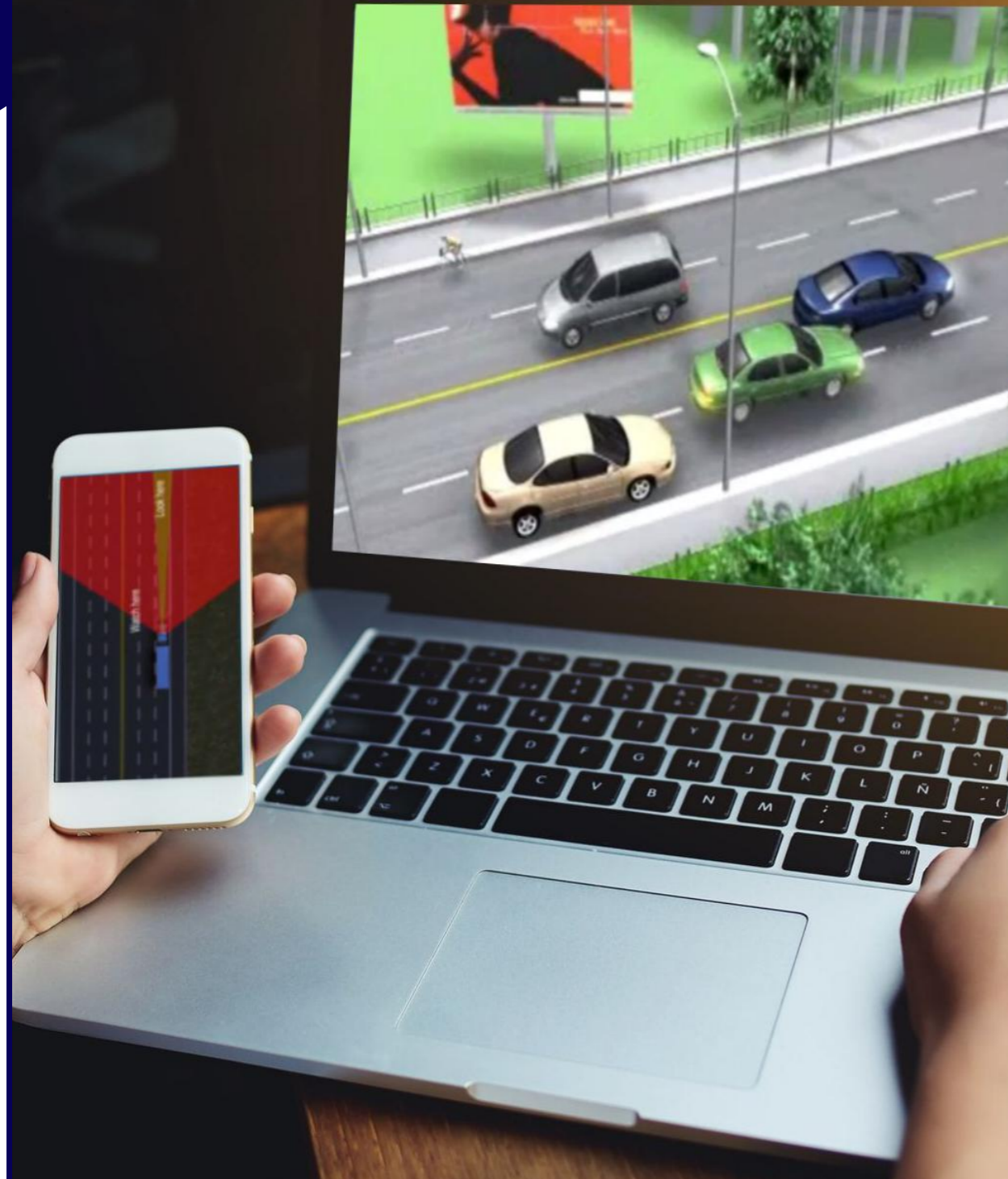


Fatigue and Safety



Look for contrast and movement





Preventing Rear-End Collisions-Truck

The rear end collision is the most common type of truck crash. One-third of all crashes involving two or more vehicles, almost 2 million annually, are rear-end collisions. Over 85% are caused by a combination of insufficient following distance and driver inattention. Awareness of the vehicles around you is critical in managing your safety zone to prevent rear-end collisions. This lesson identifies methods to prevent either causing a rear-end collision with a vehicle in front of you or sustaining one from a vehicle behind you.

KEY LEARNING POINTS



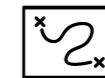
Avoid fatigue



Defensive braking



Looking further ahead



Planning and using escape routes



Creating and using safety zones



Avoiding Collisions At Intersections-Truck

There is an intersection-related crash approximately every twelve seconds. Traffic lanes crossing, vehicles turning, and drivers changing speed or stopping at signals make intersections one of the most dangerous areas of the road. As a professional driver, you share the roads with all kinds of drivers. When other drivers make mistakes, you're impacted. To stay safe, you must be prepared to read the ~~incorrect~~ actions of other drivers. In this lesson, you will learn the skills to navigate intersections safely.

KEY LEARNING POINTS



Aggressive driving defined



Managing your emotions



Causes of aggressive driving



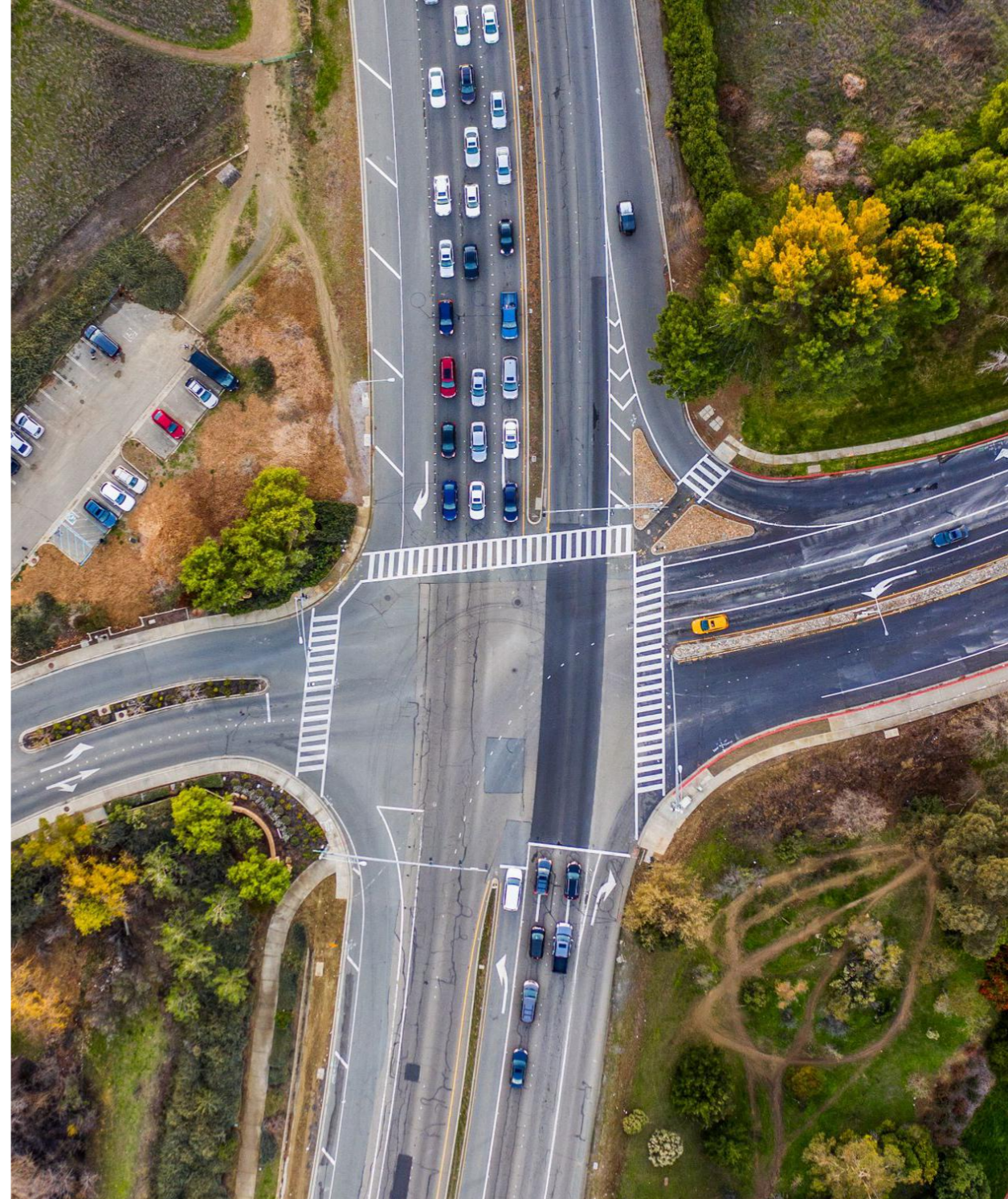
Who is responsible?



Reactions to aggressive driving



Situational learning examples





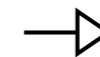
Avoiding Collisions While Backing-Truck

In the average truck fleet, one out of every four accidents involves backing. This lesson identifies techniques for backing your truck, including ways to keep yourself and those around you out of harm's way. Although most of the techniques in this lesson are applicable to any type of truck, the focus will be on tractor-trailers. The pivot between a tractor and a trailer makes backing considerably more difficult, on top of the issues of visibility and clearance that every driver faces.

KEY LEARNING POINTS



Equipment checklist



Backing techniques



Backing principles



The S-Maneuver



Mirror adjustment





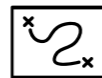
Avoiding Collisions While Changing Lanes

In an ideal world, you could drive all day without ever getting stuck behind a slow driver. You'd never have to make a left turn across traffic and all the fourwheel drivers would know how to stay out of your blind spots. In the real world of truck driving, you get to deal with all of that. If you need to change lanes, you can't count on other drivers to stay out of the way. Your technique will determine your safety. This lesson identifies the best techniques for changing lanes on the highway and in the city to help keep you safe.

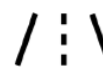
KEY LEARNING POINTS



Mirror adjustment



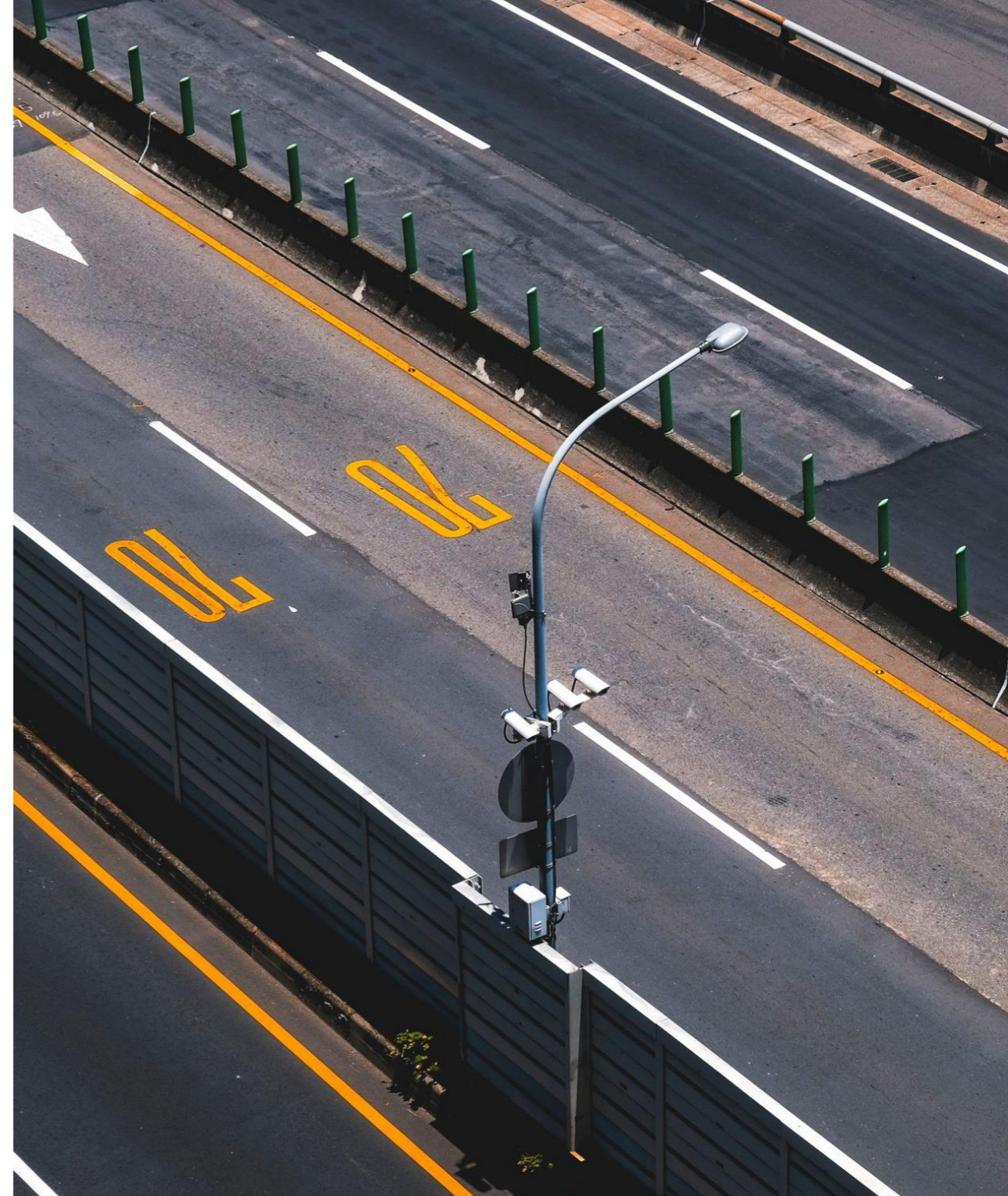
Planning and using escape routes



Changing lanes on the highway & city



Passing & Signaling





Heavy Truck Winter Driving

Winter weather conditions, freezing rain, ice, fog, and snow require that drivers contend with poor visibility, reduced traction, and increased instability in the vehicle. No amount of knowledge or driving experience will remove the risk of driving in winter weather. This lesson provides an understanding of the challenges of weather conditions, together with sound techniques for recognizing signs of danger on the road and responding to them appropriately. Other drivers on the road may underestimate the conditions but as a professional driver you must be ready to read and anticipate the situation well.

KEY LEARNING POINTS



Speed in winter conditions



Distinguish between Wet and Icy



Vision in winter conditions



Increase following distance



Plans and rules for snow



Avoid Engine Brake & Cruise Control



Tire Pressure: The Key to Mileage and Handling

This brief lesson explains the critical role tires play in vehicle handling, braking, accelerating, and overall safety on the road. From the technical standpoint of contact patches to everyday concerns such as gas mileage and finding your vehicle's correct tire pressure, everything a driver needs to know about tire pressure is here.

KEY LEARNING POINTS



Tire pressure and fuel mileage



Tire Inflation



Tires' contact patch



Tire pressure measurement





Seatbelts and Airbags

Used together, seatbelts and airbags save lives. However, when used incorrectly, they may provide little or no protection at all. This brief lesson examines both the science of passenger restraint systems and the common ways drivers inadvertently defeat their own safety devices.

KEY LEARNING POINTS



Right and wrong seatbelt positioning



Rear-seat occupants and packages



Click it or ticket



Understanding air bags



Driving Safely Next to Large Trucks

Professional truck drivers are some of the most skilled drivers on the road. However, their limitations are more significant than most drivers sharing the road know. This brief lesson reviews critical factors that can keep automobile drivers safe including an awareness of heavy truck starting and stopping distances, truck blind spots, and tractor trailer turning radius.

KEY LEARNING POINTS



Truck stopping distances



Truck blind spot practice



Truck turning areas





Using Your Anti-lock Braking System (ABS)

ABS brakes enable drivers to control their vehicles in emergency situations in ways that were never before possible. Unfortunately, most drivers aren't familiar with ABS braking technology or how to employ it in an emergency. This brief lesson covers the difference between ABS and traditional brakes, as well as practical advice on the application of ABS and how to tell if your vehicle is equipped with ABS brakes.

KEY LEARNING POINTS



ABS Defined and Use



ABS and non-ABS brake comparison



Does your vehicle have ABS?



Winter at the Wheel

Seasonal precipitation in winter challenges all driver skill levels. This brief lesson addresses both the slippery realities of driving in snow and icy conditions as well as empowering timid drivers with facts about speed, handling, all-wheel drive and 4-wheel drive vehicles, and the vital vehicle maintenance points for cold weather readiness.

WINTER AT THE WHEEL

KEY LEARNING POINTS



Winter maintenance issues



Adjusting your speed



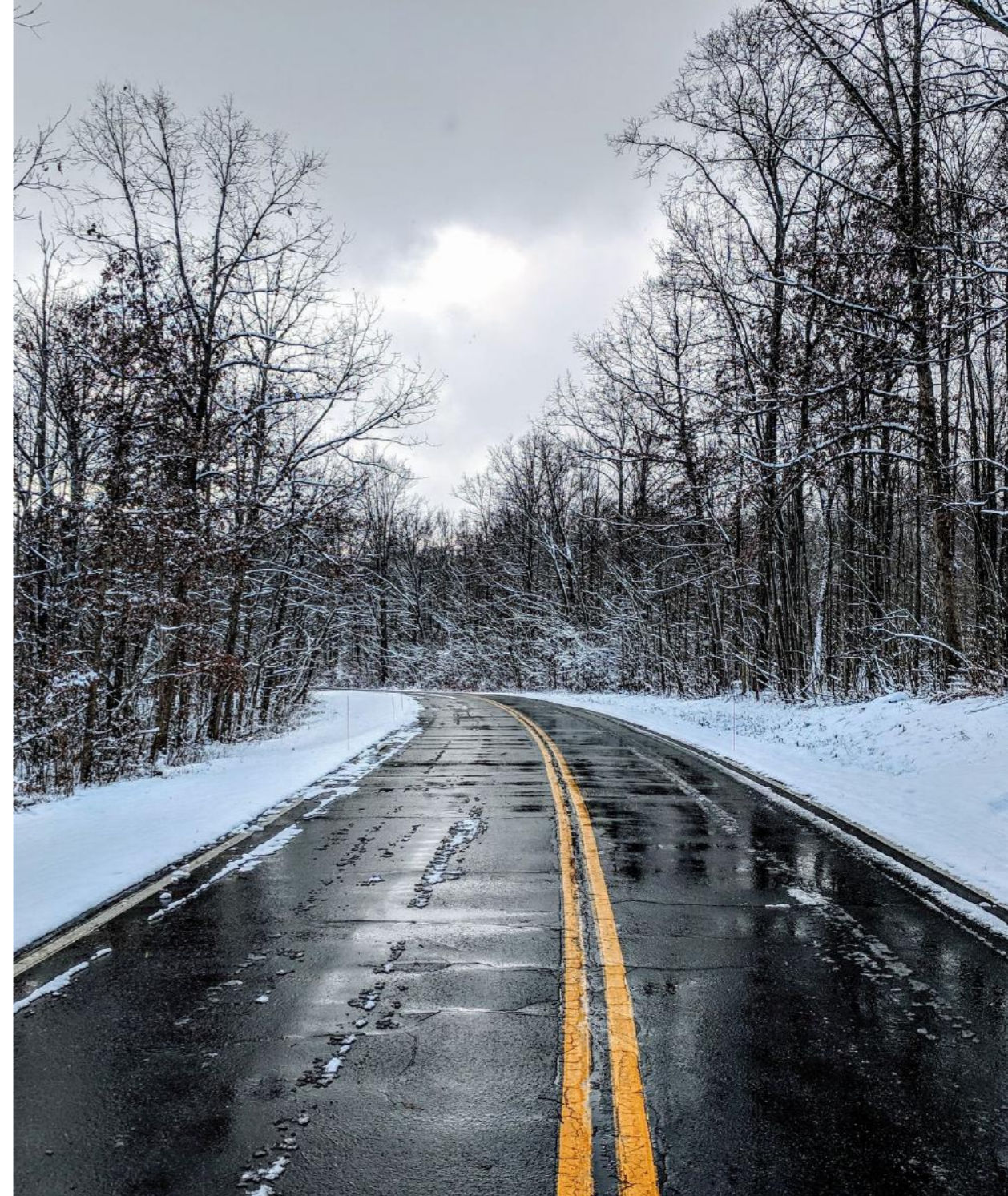
Traction in snow and ice



Four-wheel drive



Keeping windows clear





Proper Maintenance of Your Business Vehicle

Taking the right steps to maintain your business vehicle will reap tangible rewards in reliability, reduced operating cost, and safer driving. This brief lesson delves into not only scheduled maintenance items but also the details of tires, lights, and windows. Written with the business driver in mind, this lesson emphasizes the time and money saved by regular maintenance.

KEY LEARNING POINTS



Neglected vehicle



Lights



Tire maintenance and pressure



Windshield



Avoiding Distracted Driving

News reports continue to remind us of dangers of using technology while driving. In this brief lesson, we invite learners to explore the realities of different types of distraction including cell phones, texting, and eating in the car, along with the subtle but equally dangerous problems of rubbernecking and driving with children. Distractions can be managed and this lesson encourages learners to recognize and address the risk.

KEY LEARNING POINTS



Distracted driving: A serious problem



Inside & Outside sources of distraction



Distracted driving crash statistics





Driving in the Rain

Staying safe in poor weather conditions relies on advance preparation and discipline behind the wheel. This lesson covers important maintenance to prepare for wet weather, along with a review of proper use of wipers and headlights, a consideration of speed and the proper use of cruise control.

KEY LEARNING POINTS



Important maintenance items



The importance of proper tire pressure



Your "pre flight" checklist



Why you should not use cruise control



Using windshield wipers and headlights



Safe stopping in downpour



Breakdown Safety

A breakdown can be inconvenient, but it can also be dangerous. This brief lesson addresses safety concerns when stopping unexpectedly or in an unfamiliar place, keeping your passengers safe on the side of the road, calling for help, and cueing other motorists to avoid your disabled vehicle. Also included is a section on breakdown preparedness, where learners review how to prepare their vehicle for a breakdown and assemble a safety kit to keep in the vehicle.

BREAKDOWN SAFETY

KEY LEARNING POINTS



Stay calm, put safety first



Preparing your vehicle



Alert other motorists



Safeguard your passengers





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