

Overview of the 4-Hour Defensive Driving Course by Session and Lesson



Lesson	Lesson Title	Length
Session 1		60 minutes
1-1	Course Introduction	10 minutes
1-2	What's in Our Control	15 minutes
1-3	What Can Happen	10 minutes
1-4	Defensive Driving and Collision Prevention	10 minutes
1-5	Occupant Safety and Vehicle Safety Mechanisms	10 minutes
BREAK		5 minutes
Session 2		60 minutes
2-1	Sharing the Road	10 minutes
2-2	Hazard Recognition and the "What If?" Strategy	10 minutes
2-3	Deadly Choice: Speeding	10 minutes
2-4	Aggressive Driving and Road Rage	10 minutes
2-5	Deadly Choice: Following Too Closely	10 minutes
BREAK		10 minutes

Lesson	Lesson Title	Length
Session 3		60 minutes
3-1	Deadly Choice: Distracted Driving	15 minutes
3-2	Deadly Choices: Vehicle and Lane Management	30 minutes
3-3	Substance Impairment	15 minutes
Session 4		60 minutes
BREAK		5 minutes
4-1	Drowsy Driving	10 minutes
4-2	Recognize the Hazard and Make the Right Choice	10 minutes
4-3	My Driving Habits and Alternative Choices	15 minutes
4-4	My Plan	10 minutes
Final Test and Dismissal		10 minutes

NSC
Driver Safety
Training



Defensive Driving Course

10TH EDITION

Overview by Course Length Session and Lesson

Classroom Instruction for:



The Defensive Driving Course is the fundamental driver safety training program of the National Safety Council providing learners with core defensive driving knowledge and techniques. The Defensive Driving Course can be delivered in **8-hours, 6-hours or 4-hours** based on the participant's needs and the organization's training requirements.

Overview of the 8-Hour Defensive Driving Course by Session and Lesson



Lesson	Lesson Title	Length
Session 1		60 minutes
1-1	Course Introduction	10 minutes
1-2	My Current Driving Behaviors	15 minutes
1-3	What Can Happen	10 minutes
1-4	The Choices We Make	10 minutes
1-5	What's In Our Control	10 minutes
BREAK		5 minutes
Session 2		60 minutes
2-1	Defensive Driving and Collision Prevention	10 minutes
2-2	Who's on the Road	10 minutes
2-3	Hazard Recognition and the "What If?" Strategy	15 minutes
2-4	Occupant Safety and Vehicle Safety Mechanisms	15 minutes
BREAK		10 minutes

Lesson	Lesson Title	Length
Session 3		60 minutes
3-1	Deadly Choice: Speeding	15 minutes
3-2	Deadly Choice: Following Too Closely	15 minutes
3-3	Aggressive Driving and Road Rage	15 minutes
3-4	Deadly Choice: Distracted Driving	15 minutes
Session 4		60 minutes
BREAK		5 minutes
4-1	Substance Impairment	15 minutes
4-2	Drowsy Driving	10 minutes
4-3	Know Your Traffic Laws	10 minutes
4-4	Recognize the Hazard and Make the Right Choice, Part 1	10 minutes
4-5	Multilane Roads	10 minutes
LUNCH OR END OF DAY 1		

Lesson	Lesson Title	Length
Session 5		60 minutes
5-1	Deadly Choice: Turning Improperly	10 minutes
5-2	Passing and Overtaking	10 minutes
5-3	Deadly Choice: Driving Left of Center	10 minutes
5-4	Deadly Choice: Violating Right of Way	10 minutes
5-5	Roadway Maintenance and Construction	10 minutes
5-6	Trains and Grade Crossings	10 minutes
Session 6		60 minutes
BREAK		5 minutes
6-1	Dealing with Other Road Users	15 minutes
6-2	Recognize the Hazard and Make the Right Choice, Part 2	10 minutes
6-3	Review: Avoiding the Six Deadly Choices	10 minutes
6-4	10 Habits of Defensive Driving	10 minutes
BREAK		10 minutes

Lesson	Lesson Title	Length
Session 7		60 minutes
7-1	What Happens When...	15 minutes
7-2	Vehicle Inspection and Maintenance	10 minutes
7-3	Dealing with Immediate Danger	15 minutes
7-4	Was It Preventable?	15 minutes
BREAK		5 minutes
Session 8		60 minutes
8-1	My Driving Habits	15 minutes
8-2	Alternative Choices	15 minutes
8-3	My Plan	15 minutes
Final Test and Dismissal		15 minutes

Overview of the 6-Hour Defensive Driving Course by Session and Lesson



Lesson	Lesson Title	Length
Session 1		60 minutes
1-1	Course Introduction	15 minutes
1-2	My Current Driving Behaviors	15 minutes
1-3	What Can Happen	10 minutes
1-4	The Choices We Make	10 minutes
1-5	What's In Our Control	10 minutes
Session 2		60 minutes
2-1	Defensive Driving and Collision Prevention	10 minutes
2-2	Who's on the Road	10 minutes
BREAK		10 minutes
2-3	Hazard Recognition and the "What If?" Strategy	15 minutes
2-4	Occupant Safety and Vehicle Safety Mechanisms	15 minutes
Session 3		60 minutes
3-1	Deadly Choice: Speeding	15 minutes
3-2	Deadly Choice: Following Too Closely	15 minutes
3-3	Aggressive Driving and Road Rage	15 minutes
3-4	Deadly Choice: Distracted Driving	15 minutes
LUNCH OR END OF DAY 1		

Lesson	Lesson Title	Length
Session 4		60 minutes
4-1	Substance Impairment	15 minutes
4-2	Drowsy Driving	10 minutes
4-3	Know Your Traffic Laws	10 minutes
4-4	Recognize the Hazard and Make the Right Choice, Part 1	15 minutes
4-5	Multilane Roads	10 minutes
Session 5		60 minutes
5-1	Deadly Choice: Turning Improperly	10 minutes
5-2	Passing and Overtaking	10 minutes
5-3	Deadly Choice: Driving Left of Center	10 minutes
BREAK		10 minutes
5-4	Deadly Choice: Violating Right of Way	10 minutes
5-5	Roadway Maintenance and Construction	10 minutes
Session 6		60 minutes
6-1	Dealing with Other Road Users	15 minutes
6-2	Recognize the Hazard and Make the Right Choice, Part 2	10 minutes
6-3	10 Habits of Defensive Driving	10 minutes
6-4	My Plan	10 minutes
Final Test and Dismissal		15 minutes