



Professional Truck Driver Online Course (4-hour)*

5th edition

Course Content Overview

This course focuses on collision prevention through hazard recognition and application of collision avoidance techniques. In addition, the course also addresses common driving violations that result in collisions, and how to change driving habits to eliminate moving violations.

Course Overview

- Welcome message, course navigation, features, goals, and session overview
- Statistics, studies and data related to the trucking transportation occupations and industry
- Core defensive driving concepts

Session 1 – Professionals in the Roadway Community

- Define personal and professional excellence as it relates to professional truck driving
- Explain the importance of driving with consideration for others in the roadway community
- Identify the three factors that contribute to collisions: (1) driver, (2) vehicle and (3) environmental conditions
- Recognize your own personal responsibility to protect the motoring public and yourself
- Recognize personal driving tendencies, attitudes and habits
- Recognize hazards while driving and identify safe and legal alternate choices for dealing with different hazards
- Describe techniques for maximizing safety while driving
- Define defensive driving habits, the **Fatal Four** driving behaviors, **Drive for 5** mindset and **DDC Collision Prevention Formula**

Session 2 – The Professional Driver

- Identify the characteristics of professional drivers, and recognize how a code of ethics demonstrates a professional image
- Identify physical and mental driver conditions that can affect driving
- Recognize your own personal driving tendencies, attitudes and habits
- Identify aggressive driver behaviors and determine ways to maintain self-control behind the wheel, and describe the effects of fatigue on driving performance
- Recognize the risks of distracted driving, and identify ways to control in-cab driver distractions
- Explain what it means to strive for excellence in your profession
- Recognize the need for constant improvement in driving habits, attitudes, and behaviors
- Understand how to maintain self-control in tough operating situations.
- Learn how professional excellence is beneficial to us personally.
- Discuss the importance of pre-trip, en-route, and post-trip truck inspections
- Identify unique characteristics and problem points of your vehicle, and recognize when it is necessary to shut a vehicle down.

(Continued – see side 2)

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Course Content Overview (Preliminary)

Session 3 – Driving Strategies

- Describe techniques for scanning while driving and identifying potential hazards
- Recognize hazards while driving and identify safe and legal alternate choices for dealing with different hazards
- Recognize that speeding is a major factor that contributes to collisions, crashes and other driving incidents
- Describe the potential ramifications of driving at excessive speed, and techniques to avoid driving too fast for the conditions
- Maintaining a safe and proper following distance, and determine following distance for vehicles at various speeds
- Identify factors affecting stopping distance
- Identify ways of creating a safe space and managing lane usage around your vehicle
- Explain how to abide by lane markings and conduct safe lane changes
- Distinguish between overtaking and passing
- Explain the steps for safely overtaking another vehicle, and for completing a safe pass

Session 4 – Handling Challenging Situations

- Describe five steps to avoid head-on collisions and maintain vehicle control
- Identify key hazards that lead to intersection collisions
- Explain techniques for safely navigating intersections
- Describe how to eliminate colliding with fixed objects
- Identify hazardous backing situations specific to your vehicle
- Identify maneuvers to avoid backing, and list five steps for backing safely

Final Exam

25 multiple-choice questions, 80% passing score

*This course overview applies to the 4-hour DDC Professional Truck Driver Online, 5th edition Course. Course length may vary based on participant's independent learning characteristics and skill level.