

FLEET SAFETY COURSE



Look Ahead

Look Around

Leave Room

Communicate

FLEET SAFETY COURSE

Catalog

POWERED BY:



LLLCTM
DEFENSIVE DRIVING

FLEET SAFETY COURSE (non-CDL vehicles) – Full Lessons

Defensive Driving Topics:

Understanding Safety and Risk (≈30 minutes)

Presents the definitions of safety, accidents, risk and teaches drivers how to use that knowledge to avoid unsafe behaviors (taking chances) and eliminate accidents.

LLLC Defensive Driving (≈30 minutes)

Educates drivers how to drive defensively and prevent accidents by using the Four Principles to Driving Safely: Look Ahead, Look Around, Leave Room, and Communicate.

Following Distance (≈20 minutes)

Educates drivers about the importance of always maintaining a minimum safe following distance on dry road conditions and discusses how to adapt to different driving conditions.

Backing (≈20 minutes)

Covers the potential dangers of backing vehicles and how to avoid backing whenever possible; focuses on the changing environment, using spotters and standard hand signals, and using G.O.A.L. (Get Out & Look).

Intersections (≈25 minutes)

Educates drivers about the risks associated with intersections and the best methods for negotiating a vehicle through controlled and uncontrolled intersections; covers left and right turns and using the Rock and Roll technique.

Lane Changing, Merging and Passing (≈20 minutes)

Informs drivers of the correct procedures to follow when changing lanes, passing and while merging onto and exiting a highway. Drivers will understand the risks of lane changing, merging, and passing and perform these maneuvers safely.

Adverse Weather (≈15 minutes)

Adverse weather comes with the job of being a professional driver – and it makes defensive driving more challenging. Professional drivers are prepared to drive in adverse weather and account for reduced visibility and traction. They account for this by slowing down and leaving more room. They also reduce the risk posed by adverse weather by implementing LLLC and other defensive driving techniques.

Attentive Driving (≈15 minutes)

The driving environment is constantly changing and even a brief moment of distraction can lead to serious accidents. Professional drivers are serious about their safety and the safety of others. In this lesson, they will learn the definitions of attentive driving and how to minimize distractions while behind the wheel. They will learn how risky distracted driving is and how to utilize LLLC to reduce those risks.

Pedestrian & Cyclist Safety (≈15 minutes)

Pedestrians & cyclists are the most vulnerable group that professional drivers share the road with. They are hard to spot and can make mistakes that can cause accidents. This lesson covers the dangers that pedestrians & cyclist pose and how to implement LLLC and other defensive driving techniques to keep them as safe as possible.

Injury & Illness Prevention Topics:

Hazard Communication (≈10 minutes)

Covers common health and physical hazards that professional drivers may face on the job. Discusses Safety Data Sheets and the importance of understanding and staying safe from workplace hazards.

Bloodborne Pathogens & Personal Protective Equipment (≈10 minutes)

Educates drivers on the common types of bloodborne pathogens and how to appropriately react to situations where exposure is possible. Explains universal precautions and the importance of PPE whenever faced with potential exposure.

Avoiding Slips, Trips and Falls (≈10 minutes)

Educates drivers on tips and techniques to avoid injuries at work stemming from slips, trips and falls. Covers the dangers that different environments and scenarios may pose and how to safely maneuver through them to prevent a slip, trip or fall.

Safe Lifting Techniques (≈10 minutes)

Demonstrates and explains how to prevent injuries stemming from improper lifting. Teaches tips and techniques for safe lifting on the job as well as back injury avoidance.

Fleet Safety Course Video Tune-Ups:

(Each Tune-Up is 2-5 minutes in length)

- Understanding Safety & Risk
- LLLC
- Intersections
- Backing
- Lane Changing, Merging & Passing
- Following Distance
- What is Attentive Driving?
- Dangers of Distracted Driving
- Attentive Driving & LLLC
- Driving in the Rain
- Driving in Snow
- Driving in Ice/Sleet
- Driving in Limited Visibility Conditions
- Pedestrian & Cyclist Safety: Safely Navigating Intersections
- Pedestrian & Cyclist Safety: Passing Cyclists
- Pedestrian & Cyclist Safety: Protecting them During Turns
- Universal Precautions
- Personal Protective Equipment
- Protecting Your Back
- How to Safely Warm Up
- Avoiding Slip and Trip Injuries
- Preventing Falls at Work
- Common Types of Workplace Hazards
- Protecting Yourself from Workplace Hazards
- Proper Vehicle Positioning
- Changing Lanes
- Merging onto A Highway
- Safely Passing Other Vehicles
- LLLC at Intersections
- Pedestrians & Cyclists at Intersections
- Look Ahead
- Look Around
- Leave Room
- Communicate
- What is Safety?
- What is Risk?
- What are Accidents?
- Why do Accidents Happen?
- 300:29:1
- Calculating Following Distance
- Seat Adjustment

Schedule Your Demo Today



(330) 730 1111



jkuder@avatarms.com

REVIEWS

“Until now, safe driver training was not interesting, entertaining or exciting. Times have changed and now the LLLC program, when facilitated by one of our own safety analysts/instructors, provides an atmosphere of learning and laughter that helps those in attendance better retain the information. This program provides high-quality, behavior-based professional driver education and training materials that engage drivers on the proper defensive driving procedures. One of my favorite modules is the LLLC - Look Ahead, Look Around, Leave Room and Communicate. Now say that out loud to yourself three times, then repeat each time you get into your vehicle. This will help you remember and apply these safe principles behind the wheel.”

- Duane Hendricks, Fairfax County

“LLLC is an easy thing to remember and to teach new drivers. It is a very interesting course and the instructor had a lot of experience to share with the class to make it interactive.”

- Sylvain Racicot, C.A.T.