



Workshop on Defensive Driving for Truck Drivers

February 10 – 11, 2024, Lagos & Port Harcourt

March 23 – 24, 2024, Lagos & Abuja

May 4 – 5, 2024, Lagos & Port Harcourt

June 8 – 9, 2024, Lagos & Abuja

July 13 – 14, 2024, Lagos & Port Harcourt

August 24 – 25, 2024, Lagos & Abuja

October 5 – 6, 2024, Lagos & Port Harcourt

November 9 – 10, 2024, Lagos & Abuja

Available for In-plant Training

Program overview:

Defensive driving revolves around anticipating and being prepared for what other drivers might do on the road and how changing road conditions would affect the way trucks operate.

Defensive driving is one of the most effective ways organizations can reduce Drivers' injuries, Truck damages and death on the highways. Vehicle collisions are the leading cause of occupational injury.

Weighing those costs, many companies have opted to invest in defensive-driving training for their Truck Drivers as a way to help reduce organizational losses due to accidents on the highways.

Because defensive driving involves techniques for driving more smoothly, there's also less wear and tear on Truck engines and brakes, less chance of Drivers' injuries, and less product damage.

This defensive driving training for truck drivers will empower the truck driver with the knowledge, skills and attitudes that will enable them commit to safety and excellence in truck driving.

For Whom:

This program is designed for Truck drivers charged with the transportation of hydrocarbon products, dairy products, timber and general consumables using trucks. New and experienced truck drivers will benefit from this program.

Learning objectives:

At the end of the program, participants will be able to:

- inspect and identify cab controls and gauges, power train, brake, steering and various engine control components;
- develop good work ethic appropriate to the truck driving industry;
- develop skills and knowledge of the safety factors unique to the truck driving industry;
- acquire key defensive driving skills and safety maneuvers to avoid collisions and violations of driving rules and regulations;
- acquire defensive driving skills for preventing fatalities, injuries, and property damage;
- manage driving fatigue/stress as it affects operating a large truck;
- develop skills for proper vehicle maintenance and inspection;
- deal with uncontrollable driving conditions/hazards; and
- safeguard their company's reputation through safe-driving behaviors.

Course Outline:

Day 1: Understanding Your Truck

- Vehicle Inspection
- Control Systems

- Vehicle Systems
- Basic Control
- Shifting
- Backing
- Coupling and Uncoupling
- Sliding Fifth Wheels and Tandem Axles

The concept of defensive driving

- Preventable collision
- The 30km/h collision exercise
- Art of overtaking, using the 4R's rules
- Stopping Distance: How close is too close
 - The Two-second rule
 - The two-second plus rule
 - Driving in emergencies
 - Following distance exercise
- Speed Management
 - Visual Search
- Extreme Driving Conditions
 - Night Driving
 - Skid Control
 - Hazard Awareness
- Railroad Crossings
- Emergency Maneuvers
- Accident Procedures

Day 2: Highway safety

- Road safety and traffic regulations:
 - Using the revised highway codes
- Traffic sign test
- Trip Planning
- Driving Ergonomics
- Driving and drinking
- Breath alcohol content and its side effect on driving
- Prescription drugs and their potential side effects on driving
- Exercise: Reaction time test
- The mystery crash
- Developing defensive driving attitude
- Handling Cargo
 - Cargo Documentation
 - Hazardous Material
- Driving International Routes
- Transportation Security
- Customer Relations and the Truck Driver
- Preventive Maintenance and Servicing
- Defensive driving course:
 - Post course evaluation test

Training Methodology

Lectures, discussions, driving exercises, case studies, audio-visual aids will be used to reinforce these teachings/learning methods.

LOCATIONS

1 - HCA Learning Centre. Acme House 2nd Floor, 23, Acme Road, Ogba, Industrial Scheme, Ikeja, Lagos, Nigeria

2 - Green-Minds Hotel, Plot 764, Cadastral Zone B05, E. Ekukinam Street, Utako District, Abuja

3 - Pakiri hotel Ltd., 4 Okwuruola Street, off Stadium Road, Rumuola, Port Harcourt, Rivers State.

Open Course Fee: N90, 000
In-plant Fee Negotiable

WORKSHOP FEE:

N90, 000 per participant, VAT –N6, 750

Note: this covers Workshop Fee, Tea/coffee break, Lunch, course materials and certificate of attendance.

Payment should be made into our Accounts:

Account Name: Human Capital Associates Global Consult Ltd.

Union Bank of Nig. PLC: Account No: 0097961537

First Bank of Nig. PLC: Account No: 2033683960

Keystone Bank Ltd.: Account No: 1007150325

**For Booking / Enquiry, Call: 234-8051365946, 234-7087578814
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& 234-9112830607**