Defensive Driving

30 November – 4 December 2026
Rome (Italy)



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Defensive Driving

Ref: 16298_1080073 **Date:** 30 November – 4 December 2026 **Location:** Rome (Italy) **Fees:** 6200 Euro

Introduction:

Defensive driving is a critical skill for reducing road risks, preventing accidents, and enhancing driver safety awareness. This course provides participants with advanced driving strategies that go beyond basic traffic laws and regulations. It emphasizes proactive risk assessment, situational awareness, and decision-making under challenging road conditions. Participants will explore proven techniques for identifying potential hazards and responding effectively to prevent collisions.

The Defensive Driving training also addresses human factors, including fatigue, distractions, and stress management, while driving. This training is suitable for both private and commercial drivers, helping professionals develop safe driving habits that protect themselves, their passengers, and others on the road. Learners will gain practical insights and theoretical knowledge applicable to real-world driving situations.

Targeted Groups:

This Defensive Driving training targets professionals seeking specialized knowledge and skills:

- Fleet drivers in logistics and transportation companies.
- Bus, taxi, and rideshare drivers.
- Corporate dare rivers are responsible for executive transportation.
- Emergency vehicle drivers, including ambulance and fire services.
- Delivery and courier service drivers.
- Safety managers and supervisors oversee driver operations.
- Private drivers aiming to enhance their driving skills.
- Employees frequently travel for business purposes.
- Driving instructors are seeking advanced training methods.

Targeted Competencies:

Participants will gain the following competencies during the Defensive Driving program:

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- Advanced hazard perception and risk assessment.
- Situational awareness and proactive decision-making.
- Effective emergency maneuvering and accident avoidance.
- Knowledge of traffic safety regulations and legal obligations.
- Vehicle control techniques under varying conditions.
- Fatigue and Stress Management for Safer Driving.
- Effective communication and defensive driving interaction with other drivers.
- Safety culture implementation within organizations.
- Ethical and responsible driving practices.

Course Objectives:

Participants will achieve the following objectives by completing the Defensive Driving course:

- Recognize and anticipate road hazards effectively.
- Apply risk management principles to prevent accidents and incidents.
- Analyze traffic patterns and identify safe driving opportunities.
- Develop quick and accurate decision-making under pressure.
- Demonstrate correct vehicle handling in adverse weather conditions.
- Integrate defensive driving habits into daily professional duties.
- Evaluate the impact of fatigue and distractions on driving safety.
- Implement emergency response strategies during critical incidents.
- Understand legal responsibilities and liability in traffic incidents.
- Develop a safety-first mindset that aligns with your organization's safety policies and procedures.
- Enhance communication and coordination with other road users to ensure safe and efficient travel.
- Adapt driving techniques to urban and rural road environments.
- Apply ethical considerations and responsible driving behavior.
- Maintain compliance with occupational safety standards and traffic regulations.

Studying Scenarios:

In this Defensive Driving training, participants will develop their skills through the analysis of the following scenarios:

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- Identifying hidden hazards on busy highways.
- Responding safely to sudden vehicle breakdowns ahead.
- Managing vehicle control during heavy rain and low visibility.
- Navigating urban traffic while avoiding distractions.
- Applying safe overtaking on rural roads with limited sightlines.
- Handling aggressive drivers and road rage situations.
- Executing emergency braking to prevent pedestrian collisions.
- Assessing risk factors when driving with passengers or cargo.
- Implementing safe driving techniques in high-risk work zones.

Course Content:

Unit 1: Fundamentals of Defensive Driving:

- Definition and principles of defensive driving.
- The role of driver attitude and behavior in road safety.
- Common Causes of Accidents and Their Prevention.
- The importance of hazard recognition and anticipation.
- Human factors affecting driving include fatigue, distractions, and emotions.
- Understanding traffic safety laws and compliance requirements.
- Ethical responsibilities and professional conduct on the road.
- Safe driving statistics and real-world case studies.

Unit 2: Risk Assessment and Hazard Management:

- Techniques for scanning the road and identifying hazards early.
- Evaluating environmental, vehicle, and driver-related risks.
- Time and space management for safe vehicle operation.
- Strategies for driving in high-traffic urban environments.
- Risk assessment in rural and highway driving conditions.
- Collision prevention frameworks and decision-making models.
- Defensive driving techniques for managing blind spots.
- Integrating vehicle technology for improved safety.
- Case studies of accident scenarios and root cause analysis.

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Unit 3: Advanced Driving Strategies and Vehicle Control:

- Speed management and safe following distances.
- Braking systems and emergency braking techniques.
- Cornering and skid control methods in adverse conditions.
- Vehicle handling with heavy loads or passengers.
- Safe Driving Practices for Night and Low-Light Conditions.
- Adapting to weather-related hazards: rain, fog, snow.
- Using mirrors and signaling effectively for awareness.
- Accident avoidance maneuvers and safe escape routes.
- Role of defensive driving in fuel-efficient vehicle operation.

Unit 4: Legal, Ethical, and Occupational Safety Aspects:

- Understanding legal obligations for professional drivers.
- Employer and employee responsibilities for road safety.
- Traffic Violation Penalties and Their Impact on Professional Licenses.
- Liability issues in the event of an accident.
- Occupational safety standards and regulations for drivers.
- Insurance implications of unsafe driving practices.
- Ethical decision-making for responsible driving.
- The Role of Defensive Driving in Organizational Safety Culture.
- Legal case reviews highlighting defensive driving best practices.

Unit 5: Emergency Response and Safety Management:

- Responding to vehicle malfunctions and breakdowns.
- Accident scene management and emergency communication.
- Providing basic first aid until emergency services arrive.
- Coordinating with emergency responders effectively.
- Crisis management and psychological resilience during incidents.
- Vehicle safety inspections and maintenance for accident prevention.
- Creating a Personal and Organizational Defensive Driving Plan.
- Evaluating driving performance and continuous improvement.
- Simulated scenarios to practice real-world emergency responses.

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Final Insights & Key Takeaways:

Defensive driving is essential for preventing accidents and ensuring the safety of all road users. This course equips professionals with practical techniques and theoretical knowledge for real-world application. Participants will leave with enhanced awareness, improved decision-making, and stronger adherence to traffic safety standards. Mastering these strategies leads to safer roads, lower accident rates, and enhanced professional driving performance.