

Defensive Driving: Safe Habits for Life

A practical course to recognize hazards and avoid collisions, designed for drivers of all levels to change risky behaviors.

[Home](#) Instructor: Jordan Blake • 5 sections • 46 lessons • 14.25h total

[View this course online](#) [Browse all courses](#)

About this course

Every year, risky driving habits lead to preventable accidents and violations. Many drivers lack the skills to anticipate and respond to hazards on the road, putting themselves and others at risk.

In this course, you'll learn defensive driving techniques through real-life scenarios, hazard recognition exercises, and step-by-step guides. Includes video demonstrations and case studies to help you build safe habits that last.

Course curriculum

Foundations and Preparation

- **Introduction to Defensive Driving (18m)**
Get an overview of what defensive driving means and why it's essential for safety.
- **Know Your Vehicle's Safety Features (12m)**
Explore your car's controls and safety systems to use them effectively.
- **Perform Pre-Drive Safety Checks (8m)**
Step-by-step guide to inspecting your vehicle before every trip.
- **Adopt a Safety-First Mindset (25m)**
Learn to develop mental habits that prioritize caution and awareness.
- **Review Essential Traffic Laws (15m)**
Brush up on key rules of the road to avoid violations.
- **Build Situational Awareness (20m)**
Techniques to scan your environment and spot potential dangers early.
- **Set Personal Safety Goals (10m)**
Create a plan to track and improve your driving habits.

Core Concepts

- **Master the SEE System (30m)**
Learn to Search, Evaluate, and Execute actions for safe driving.
- **Manage Your Driving Space (25m)**
How to maintain safe following distances and buffers around your vehicle.
- **Control Speed in Different Conditions (20m)**
Adjust speed for weather, traffic, and road types to stay safe.
- **Navigate Intersections Safely (18m)**
Techniques for handling intersections, the site of many accidents.
- **Prevent Tailgating and Rear-End Collisions (15m)**
Strategies to avoid being hit from behind and to keep distance.
- **Change Lanes and Merge with Confidence (22m)**
Step-by-step methods for safe lane changes and highway merging.
- **Deal with Distracted Drivers (12m)**
How to spot and react to drivers who aren't paying attention.
- **Drive Safely at Night (25m)**
Adjust your driving for reduced visibility and night-time hazards.
- **Be Aware of Pedestrians and Cyclists (18m)**
Protect vulnerable road users with proactive scanning techniques.

Deep Dive

- **Handle Adverse Weather Conditions (32m)**
Techniques for rain, snow, fog, and other weather challenges.

- **Recover from Skids (20m)**
Learn to correct oversteer and understeer in emergencies.
- **Practice Emergency Braking (15m)**
When and how to brake hard without losing control.
- **Respond to Tire Blowouts (12m)**
Steps to take if a tire fails while driving.
- **Navigate Construction Zones (18m)**
Stay safe in areas with reduced lanes and workers.
- **Cross Railroad Tracks and School Zones (10m)**
Special precautions for these high-risk areas.
- **Use Highway Driving Strategies (25m)**
Techniques for long trips, exits, and high-speed traffic.

Advanced Application

- **Advanced Hazard Perception Drills (30m)**
Practice spotting hidden dangers in simulated scenarios.
- **Manage Multi-Vehicle Scenarios (25m)**
How to handle traffic with many cars and complex interactions.
- **Handle Highway Emergencies (22m)**
What to do in breakdowns or accidents on busy roads.
- **Use Technology for Safer Driving (18m)**
Incorporate dashcams, ADAS, and apps to enhance awareness.
- **Deal with Aggressive Drivers (20m)**
Strategies to avoid confrontation and stay calm.
- **Manage Fatigue on Long Drives (15m)**
Recognize signs of tiredness and take effective breaks.
- **Avoid Impairment from Substances (12m)**
Understanding how alcohol and drugs affect driving.
- **Maintain Your Vehicle for Safety (10m)**
Regular checks and maintenance to prevent failures.
- **Analyze Real-World Case Studies (25m)**
Review incidents to learn from others' mistakes.
- **Simulated Defensive Driving Practice (32m)**
Apply techniques in virtual or video-based simulations.

Implementation & Next Steps

- **Build Daily Driving Habits (20m)**
Integrate defensive driving into your routine with reminders.
- **Plan for Continuous Improvement (15m)**
Set up systems to track progress and refine skills.
- **Review and Learn from Incidents (12m)**
How to conduct a self-assessment after close calls.

- **Create a Family Safety Plan (18m)**
Teach and practice safe driving with family members.
- **Apply Skills in Fleet Driving (25m)**
Adapt techniques for commercial or work-related driving.
- **Understand Insurance and Safety Benefits (10m)**
How safe driving can lower costs and improve coverage.
- **Course Review and Knowledge Check (30m)**
Recap key concepts and test your understanding.
- **Plan for Advanced Training (15m)**
Explore further courses or certifications to enhance skills.
- **Access Resources and Tools (8m)**
List of apps, websites, and materials for ongoing learning.
- **Stay Updated with Traffic Laws (12m)**
How to keep up with changes in driving regulations.
- **Start a Personal Safety Journal (10m)**
Record driving experiences to identify patterns and improvements.
- **Final Practical Assessment (32m)**
Demonstrate your skills in a comprehensive test scenario.
- **Course Completion and Next Steps (18m)**
Wrap up the course and plan for maintaining safe habits.

Discover our blog

Learn more with free articles written by our professors and guest experts.

Latest article: **[Flight Attendant Preparation: What to Study Before You Apply](#)**

[Visit the blog](#) [All courses](#) [This course](#)