

CPC Driver Training – Driver Essentials (Classroom Training 7 Hours) 20:1

Course Aims and Objectives

Aims:

To develop, reflect and enhance existing driving skills, behaviour and attitudes. Develop safer and more resilient approaches towards safe road use. Including vehicle checking, sharing the road health and wellbeing, incident causation, speed use and skid risks.

Objectives:

- Basic health and wellbeing – why we do things we do as humans/road-users
- Sharing the road and safer attitudes
- Common incidents, their causes and prevention (defensive techniques)
- The role speed plays on the road
- Skid causation and prevention, modern technology in skid prevention
- Advanced and defensive driving techniques
- Time to reflect on attitudes and beliefs
- Promoting safer road use
- Optimising fuel use and reducing wear & tear