

# Correcting Risky Driving Behavior With Online Fleet Driver Training

100+ Lessons Syllabus

## 90% of Accidents Are Caused by Human Error

Just like any acquired skill, safe driving can deteriorate over time if not practiced or reinforced.

Embark Safety's fleet driver training is integrated with our Driver Record Monitoring technology to maximize fleet safety management and performance.

- Target Driver Deficiencies
- 📀 Easy Access Online
- 오 Interactive Training
- Completion Certificate
- ✓ Available in English, Spanish, and French



# Assign & Track your Driver Lessons With a Few Clicks

Combining MVR Monitoring with driver safety training allows organizations to customize training plans based on individual driver needs. By analyzing MVR data, organizations can identify areas of concern or repeated offenses and design training programs that directly address these issues.





# **Interactive Online Fleet Training**



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### • <u>Light Duty Training</u>



• IQuotient Assement



### Heavy Duty Training





### <u>Manager Coaching</u>



Safety Tips



# **Light Duty Training**

### 15-20 min lessons with a concluding test

- 1. Avoiding Aggressive Driving
- 2. Avoiding Collisions at Intersections
- 3. Avoiding Collisions While Backing and Parking
- 4. Avoiding Collisions While Changing Lanes
- 5. Distracted Driving: The Decisions You Make
- 6. Impaired Driving Not Worth the Risk
- 7. Managing Your Time and Speed
- 8. The One second Advantage
- 9. The One Second Advantage: Braking
- 10. The One Second Advantage: Looking
- 11. The One Second Advantage: SEE the Advantage
- 12. The One Second Advantage: Steering
- 13. Preventing Rear-End Collisions
- 14. Proper Lane Position
- 15. Protecting Yourself and Your Vehicle
- 16. <u>Telematics: Breaking The harsh Braking Habit</u>
- 17. <u>Telematics: Stop speeding!</u>
- 18. <u>Understanding Traffic Signals & Signs</u>
- 19. Your Personal Security Expert Advice for a Safer Road Trip





# 1. Avoiding Aggressive Driving

The primary obligation of any driver is to be safe and responsible. This lesson defines aggressive driving and then investigates the causes, typical behaviors, and factors that can make drivers aggressive. Several case scenarios are presented on what to do if you encounter an aggressive driver and why responding to aggression with aggression isn't effective.

#### **Key Learning Points**



Aggressive driving defined



Causes of aggressive driving



Reactions to aggressive driving

Managing your !?# emotions





Situational learning





## 2. Avoid Collisions at Intersections

Intersections are the home of more collisions than anywhere else. This lesson reviews how to stay safe in intersections by anticipating hazardous situations and identifying traffic control devices. It also introduces new techniques such as evaluating an intersection and how to brake safely and wait to your advantage.



Approaching Traffic Lights





Avoiding multi-vehicle accidents







Collisions happen at an alarming rate in the low-speed world of parking. This lesson reviews Smart Parking, which combines skills learned in the first lesson with the pull-through parking technique. Backing, space selection criteria, and how to position your vehicle in a space are also discussed. A step-by-step animation of parallel parking is also presented.



parking technique

Smart parking technique Situational Learning Examples





Properly adjusted mirrors give you control of the space around your vehicle and eliminate the blind spots that can make lanechanging hazardous. This lesson reviews how to use looking techniques and properly adjusted mirrors to achieve a 360° view around your vehicle. It also covers tips and techniques, such as using turn signals and passing safely on a highway.



lane positions

Situational learning Examples





### 5. Distracted Driving: The Decisions You Make

This lesson is designed to help the learner appreciate, understand, and internalize that at the heart of solving this issue is taking personal responsibility. The primary goal of this lesson is to motivate the learner to become an active, positive decision maker when driving to avoid unfortunate consequences. Using sophisticated instructional design tools including a range of interactivities such as visual games, challenges, and guizzes, the learner guickly realizes his/her limitations to drive safely while attempting to perform non-essential driving functions. The lesson concludes with a call to action for the learner to commit to becoming a conscientious driver by taking responsibility for his/her actions behind the wheel.

#### **Key Learning Points**



How well do we drive?

What causes

crashes?





Personal Responsibility

Cell Phone

Distractions



Other sources of distractions



# 6. Impaired Driving: Not Worth the Risk

This lesson examines the facts and consequences of driving while impaired. Animated scenarios in this lesson demonstrate collisions caused by impaired driving, and what could have been done to avoid life-threatening situations. The impact on the driver, passengers and everyone who shares the streets is considered, with special attention given to the career impact of a DUI conviction.



safe strategy

Other causes of impaired driving



DUI consequences: death and injury



Situational Learning Examples





# 7. Managing your time and Speed

Speeding on all types of roadways is an increasingly serious problem. This lesson investigates the underlying situations that cause people to speed and how to manage speeders to create a safer driving experience. Topics discussed include why speed limits are established, using time management to control speeding, and the results - both legal and physical - of breaking speed limits.



How speed influences collisions



Speed and stopping distance



Incremental increases in speed = large increases in damage





## 8. The One Second Advantage - Braking, Looking, See, Steering

The DrivActiv One Second Advantage<sup>™</sup> curriculum was developed to provide drivers with superior, safe driving methods and extra reaction time which can mean the difference between a collision and a safe outcome. Learners complete our programs with a different attitude on safety and benefit from newly acquired advanced performance and safe driving skills.

#### **Key Learning Points**



One extra second safety cushion



Braking: 30% Braking, Ready Brake



Safety Vision: With a 360 view, farther ahead, using focal & peripheral vision Steering: Proper hand position, slide technique



## **13. Preventing Rear End** Collisions

Whether on the highway or standing still, awareness of your safety zone and the available escape routes can be the critical difference in avoiding a collision. This lesson presents techniques to establish a safety zone around your vehicle, control the space in front of you, and brake to avoid collisions. Escape routes and the best reactions to roadway emergencies are also discussed.



Avoiding fatigue

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Planning and using escape routes

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#### LIGHT DUTY TRAINING

## 14. Proper Lane Positioning

The Insurance Institute of Highway Safety reports that drivers have 242,000 sideswiping accidents annually which result in 2,500 fatalities and 27,000 injuries. Without much thought, drivers begin each journey with the destination in mind. Journey planning is not something drivers typically think about when starting their vehicle – couple this with vehicle misplacement, you have the recipe for a potential crash. For many drivers, the aggravation of a sideswipe collision comes in the form of having their mirror knocked off or hitting their mirror on a stationary object. Ultimately, vehicle lane choice and vehicle position in the lane is the driver's responsibility. Our goal for you in completing this lesson is to help you recognize and choose best practices for lane choice and lane position.

**Key Learning Points** 

/:\ Best Practices for Lane Choice Q Position in ℓ the Lane



Review of S.E.E. concept (Search, Evaluate, Execute)



# 15. Protecting Yourself and Your Vehicle

Only you can protect your personal safety and that of your vehicle. This lesson will give you tools and techniques to use while driving, stopped, and in parked situations. Specific topics covered include taking understanding what attracts criminals, avoiding parking lot attacks, and recognizing common tricks criminals use on the street.





Are you vulnerable?





techniques



When your vehicle breaks down





## **Telematics**

### **16. Breaking the Harsh Braking Habit**

Repeated harsh braking causes abnormal wear and tear on vehicles, while also increasing the risk of drivers getting hit from behind.

### **17. Stop Speeding!**

Speeding is a leading contributor to roll-over crashes and increasing the severity of a crash.







Traffic control devices are in place to protect everyone on the road. This lesson covers the signals and devices of the road. Ignoring or trying to skirt the rules is a good way to get a traffic ticket. It's also a good way to get someone else on the road into an accident they can't avoid. Disregarding traffic signals and signs accounts for nearly 25% of all crashes.





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LIGHT DUTY TRAINING

## 19. Your Personal Security Expert Advice for a Safer Road Trip

The First Amendment to the Constitution protects our right to protest. Throughout the history of the United States, peaceful protests have sometimes escalated into violence, causing physical damage to property and harm to individuals. This lesson reviews how to properly plan your journey and what to do if you encounter protests or civil unrest. It also covers the do's and don'ts if you are pulled over by law enforcement officials and what measures can be taken to avoid being stopped by the police.

Key Learning Points



Handling Police Stops Safely



How to avoid being pulled over by law enforcement



Do's and Don'ts when involved in a police stop



### Heavy Duty Training 15-20 min lessons with a concluding test

### 1. Avoiding Collisions at Intersections

- 2. Avoiding Collisions While Backing
- 3. <u>Avoiding Collisions While Changing Lanes</u>
- 4. Distracted Driving: Decisions You Make
- 5. <u>Managing Your Time and Speed</u>
- 6. <u>Driving After Dark: Avoid Fatigue and using</u> <u>night vision</u>
- 7. Preventing Rear-End Collisions
- 8. Winter Driving







There is an intersection-related crash approximately every twelve seconds. Traffic lanes crossing, vehicles turning, and drivers changing speed or stopping at signals make intersections one of the most dangerous areas of the road. As a professional driver, you share the roads with all kinds of drivers. When other drivers make mistakes, you're impacted. To stay safe, you must be prepared to read the incorrect actions of other drivers. In this lesson, you will learn the skills to navigate intersections safely.



blind spots

Approaching Traffic Lights





The role of eye technique





# 2. Avoiding Collisions While Backing

In the average truck fleet, one out of every four accidents involve backing. This lesson identifies techniques for backing your truck, including ways to keep yourself and those around you out of harm's way. Although most of the techniques in this lesson are applicable to any type of truck, the focus will be on tractor-trailers. The pivot between a tractor and a trailer makes backing considerably more difficult, on top of the issues of visibility and clearance that every driver faces.

Key Learning Points



Equipment checklist

Mirror adjustment



Backing techniques Backing principles





# 3. Avoiding Collisions While Changing Lanes

In an ideal world, you could drive all day without ever getting stuck behind a slow driver. You'd never have to make a left turn across traffic and all the four-wheel drivers would know how to stay out of your blind spots. In the real world of truck driving, you get to deal with all of that. If you need to change lanes, you can't count on other drivers to stay out of the way. Your technique will determine your safety. This lesson identifies the best techniques for changing lanes on the highway and in the city to help keep you safe.

Key Learning Points



Changing lanes on the highway & city



Mirror adjustment



Planning and using escape routes

Passing & Cignaling





# 4. Distracted Driving Decisions You Make

Distracted Driving has reached epidemic proportions and is now reported to be a contributing factor in up to 25% of all driving incidents. The primary goal of this lesson is to motivate the learner to become an active, positive decision maker when driving to avoid unfortunate consequences. Using sophisticated instructional design tools including a range of interactivities such as visual games, challenges and quizzes, the learner quickly realizes his/her limitations to drive safely while attempting to perform non-essential driving functions. The lesson concludes with a call to action for the learner to commit to becoming a conscientious driver ... taking responsibility for his/her actions behind the wheel.

#### **Key Learning Points**



How Well Do We Drive?

Crashes?

What Causes

( Personal
( Responsibility



Cell Phone

Distractions







## 5. Managing Your Time And Speed

A federal study found that excess speed was the leading cause of the most serious accidents on the road. As a professional driver, you must have a higher level of knowledge about speed than other drivers. Your actions will impact not just you and your family, but your company, your career, and every other vehicle that shares the road with you. This lesson addresses the realities of speed. It discusses some misconceptions about speed and speed limits and investigates the underlying situations that cause drivers to speed.

#### **Key Learning Points**



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Speed and fuel economy

loss of control

no excuse

Speed limits and the

Speed limits: there is



How speed influences collisions



Speed and stopping distance



Incremental increases in speed





It takes a skilled professional to operate a tractor trailer safely day in and day out on today's roadways. Driving at night presents its own set of safety challenges. By recognizing the challenges of driving at night, drivers can learn to minimize potential dangers to themselves and other vehicles sharing the road. As a professional driver, it's your responsibility to set the highest standard for safe driving on the road. This lesson addresses the reasons why night driving can be more hazardous than daytime driving and provides useful techniques to help keep you safe.

#### **Key Learning Points**





Scan, don't stare





Use peripheral vision

Look for contrast and movement

Fatigue and Safety







### 7. Preventing Rear End Collisions

The rear end collision is the most common type of truck crash. One-third of all crashes involving two or more vehicles, almost 2 million annually, are rear-end collisions. Over 85% are caused by a combination of insufficient following distance and driver inattention. Awareness of the vehicles around you is critical in managing your safety zone to prevent rear-end collisions. This lesson identifies methods to prevent either causing a rear-end collision with a vehicle in front of you or sustaining one from a vehicle behind you.

Key Learning Points





# 8. Winter Driving

Winter weather conditions, freezing rain, ice, fog, and snow require that drivers contend with poor visibility, reduced traction, and increased instability in the vehicle. No amount of knowledge or driving experience will remove the risk of driving in winter weather. This lesson provides an understanding of the challenges of weather conditions, together with sound techniques for recognizing signs of danger on the road and responding to them appropriately. Other drivers on the road may underestimate the conditions but as a professional driver you must be ready to read and anticipate the situation well.

#### Key Learning Points



Speed in Winter Conditions



Vision in Winter Conditions



Vehicle Traction



Distinguish between Wet and Icy

Plans and Rules for Snow



Avoid Skidding





# **Manager Coaching**

Manager Ride Along - DriveReady Overview
Manager Ride-Along - The Coaching Process





#### MANAGER COACHING

# **Manager Coaching**

This two-lesson set gets managers and supervisors prepared to conduct a driver safety ride-along with their driving employees. The lesson provides a refresher of key driver safety skills and behaviors, while the lesson provides tips on the best way to "coach" a driver/student.

Key Learning Points



Stay calm, put safety rest



Preparing your vehicle



Alert other motorists





# iQuotient Assesment and E-Lessons

1. iQuotient - Insights for Safer Driving





#### IQUOTIENT ASSESMENT



Driving safely involves both proper skills and behavior behind the wheel. This lesson helps drivers understand how their specific personalities impact their behavior, and how to create 'interrupts' that will help them avoid poor behavior while driving. In advance of this lesson, drivers are required to take a psychometric assessment which identifies their dominant behavioral traits, which then is used to tailor the lesson to their unique personality.

#### Key Learning Points

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Your "pre ight" checklist



Why you should not use cruise control



Using windshield wipers and headlights Safe stopping in downpour





# **Mini Lessons**

### Valuable lessons delivered in 5 minutes

- 1. <u>Breakdown Safety</u>
- 2. <u>Driving in the Rain</u>
- 3. Driving Safely Next to large trucks
- 4. Life Saving Knowledge Adjust your driving for foul weather
- 5. Life Saving Knowledge Avoid driving fatigued
- 6. Life Saving Knowledge Avoid parking lot collisions
- 7. Life Saving Knowledge Don't speed
- 8. Life Saving Knowledge Have the right attitude
- 9. Life Saving Knowledge Maintain a safety cushion
- 10. Life Saving Knowledge Maintain escape space
- 11. Life Saving Knowledge Never drive impaired
- 12. Life Saving Knowledge Pay attention
- 13. <u>Life Saving Knowledge Scan 360-degrees</u>
- 14. Life Saving Knowledge Stay back when stopping
- 15. Life Saving Knowledge Use caution on highways
- 16. Properly Maintaining Your Business Vehicle
- 17. Seatbelts and Airbags
- 18.<u>Tire Pressure</u>
- 19. <u>Using Your Anti-Lock Braking System</u>
- 20. <u>Winter At the Wheel</u>





# 1. Breakdown Safety

A breakdown can be inconvenient, but it can also be dangerous. This brief lesson addresses safety concerns when stopping unexpectedly or in an unfamiliar place, keeping your passengers safe on the side of the road, calling for help, and cueing other motorists to avoid your disabled vehicle. Also included is a section on breakdown preparedness, where learners review how to prepare their vehicle for a breakdown and assemble a safety kit to keep in the vehicle.

### **Key Learning Points** Stay calm, put safety rest Alert other $\mathbf{P}$ motorists

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Preparing your vehicle

- Safeguard your passengers



# 2. Driving in the Rain

Staying safe in poor weather conditions relies on advance preparation and discipline behind the wheel. This lesson covers important maintenance to prepare for wet weather, along with a review of proper use of wipers and headlights, a consideration of speed and the proper use of cruise control.





Important maintenance items



Your "pre ight" checklist



Using windshield wipers and headlights The importance of proper tire pressure



Why you should not use cruise control



Safe stopping in





# 3. Driving Safely Next to Large Trucks

Professional truck drivers are some of the most skilled drivers on the road. However, their limitations are more significant than most drivers sharing the road know. This brief lesson reviews critical factors that can keep automobile drivers safe including an awareness of heavy truck starting and stopping distances, truck blind spots, and tractor trailer turning radius.

#### Key Learning Points



Truck stopping distances





Truck blind spot practice





# Life Saving Skills

### 4. Adjust your driving for foul weather

Bad Weather - Slow Down! Increase following distance for each worsening condition and maintain your vehicle.

### 5. Avoid driving fatigued

Get enough rest, and plan frequent stops. Never try to "push through" Stop get refreshed.

### 6. Avoid parking lot collisions

Avoid reverse driving.1. First choice, Pull through 2. Choice, Back in.Take precautions when reversing.

### 7. Don't speed

Break the speeding habit, pay attention to speed limits and don't overload your schedule.

### 8. Have the right attitude

You need to realize that the most important task you accomplish everyday is arriving home safely.

### 9. Maintain a safety cushion

Keep a safe following: 3 seconds when dry, 6 when wet, 8 in light snow. If Icy, Park it!





# Life Saving Skills

### **10. Maintain escape space**

You have 3 escapes when driving - left right and ahead. Keep as many of these open as possible.

### **11. Never drive impaired**

Never drive impaired by alcohol, marijuana, illicit drugs, or prescribed and over the counter medications.

### **12. Pay attention**

Avoid anything that causes distraction, This includes electronics, eating, and daydreaming. Stay focused!

### 14. Stay back when stopping

Stop back so that you can see the rear tires of the vehicle in front of you, a car length when you are first in line.

### 13. Scan 360-degrees

Be aware of your surroundings by continuously scanning scanning ahead, behind to the left and to the right.

### **15. Use caution on highways**

Stay focused, choose the safest lane of travel, and avoid riding next to trucks.







Taking the right steps to maintain your business vehicle will reap tangible rewards in reliability, reduced operating cost, and safer driving. This brief lesson delves into not only scheduled maintenance items but also the details of tires, lights, and windows. Written with the business driver in mind, this lesson emphasizes the time and money saved by regular maintenance.





# 17. Seatbelts and Airbags

Used together, seatbelts and airbags save lives. However, when used incorrectly, they may provide little or no protection at all. This brief lesson examines both the science of passenger restraint systems and the common ways drivers inadvertently defeat their own safety devices.

Right and wrong seatbelt positioning

**Key Learning Points** 

Click it or ticket

g 🛱 Rear-seat packages

Understanding air bags

Rear-seat occupants and







This brief lesson explains the critical role tires play in vehicle handling, braking, accelerating, and overall safety on the road. From the technical standpoint of contact patches to everyday concerns such as gas mileage and finding your vehicle's correct tire pressure, everything a driver needs to know about tire pressure is here.



Tire pressure measurement





ABS brakes enable drivers to control their vehicles in emergency situations in ways that were never before possible. Unfortunately, most drivers aren't familiar with ABS braking technology or how to employ it in an emergency. This brief lesson covers the difference between ABS and traditional brakes, as well as practical advice on the application of ABS and how to tell if your vehicle is equipped with ABS brakes.

Key Learning Points



Does your vehicle have ABS?



ABS and non-ABS brake comparison



ABS De ned and Use





# 20. Winter At The Wheel

Seasonal precipitation in winter challenges all driver skill levels. This brief lesson addresses both the slippery realities of driving in snow and icy conditions as well as empowering timid drivers with facts about speed, handling, all-wheel drive and 4-wheel drive vehicles, and the vital vehicle maintenance points for cold weather readiness.

Key Learning Points



Winter maintenance issues



Traction in snow and ice

□+□ □+□ Four-wheel drive

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Keeping windows clear



# **Safety Tips Standalone**

#### **3-4 minute video segements**

1. Anti-Lock Braking Safety Tip 2. Avoid Aggressive Driving Safety Tip 3. Avoiding Collisions While Changing Lanes Safety Tip 4. Avoiding Collisions with Large Animals Safety Tip 5. Avoiding Fatigue Safety Tip 6. Avoiding Rollovers Safety Tip 7. Breakdown Safety - Safety Tip 8. Distracted Driving -3 Types Safety Tip 9. Distracted Driving Multitasking Safety Tip 10. Distracted Driving -The Mind's Eye Safety Tip 11. Driving Ergonomics Safety Tip 12. Driving In Rain Safety Tip 13. Eco-Driving Safety Tip 14. Entering/Merging Safety Tip 15. Highway Work Zones Safety Tip 16. Hot Weather Safety Tip 17. Intersection Etiquette Safety Tip 18. Maintaining Your Vehicle Safety Tip



- 19. Managing Intersections Safety Tip
- 20. Managing Your Speed Safety Tip
- 21. Mountain Driving Safety Tip
- 22. Multi-lane Highways Safety Tip
- 23. Parent-Teen Driver Safety Tip
- 24. Parking Backing Safety Tip
- 25. Pedestrians Safety Tip
- 26. Ready Brake Safety Tip
- 27. Safely Navigating Roundabouts Safety Tip
- 28. Seat Belts Safety Tip
- 29. Sharing the Road with Motorcycles Safety Tip
- 30. Sharing the Road with Trucks Safety Tip
- 31. The One Second Advantage Safety Tip
- 32. Tire Pressure Safety Tip
- 33. Trailer Towing Safety Tip
- 34. Vehicle Technologies -- Driver Assist
- 35. Winter Driving Tip



# Safety Tips

### **3-4 minute video segements**

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