



A TRAINING ON DEFENSIVE DRIVING



BUILDING COMPETENCE, INSPIRING CONFIDENCE

Course Overview

The Defensive Driving Training course is designed to develop safe, responsible, and proactive driving behaviors. The program focuses on reducing road accident risks by training drivers to recognize hazards, anticipate unsafe situations, and make safe driving decisions.

This classroom-based course emphasizes awareness, attitude, and behavior-based safety concepts through interactive discussions, case studies, and real-life examples.



Course Objectives

- Understand the principles and importance of defensive driving
- Identify common road hazards and high-risk driving situations
- Anticipate and respond safely to the mistakes of other road users
- Improve decision-making under normal and adverse driving conditions
- Apply safe driving techniques to reduce collision risks
- Demonstrate responsible, courteous, and law-abiding driving behavior
- Enhance overall road safety awareness and driving confidence

Target Audience

- Company and fleet drivers
- Corporate staff using company or personal vehicles for official duties
- New drivers seeking safe driving awareness
- Experienced drivers requiring refresher or behavior-based safety training



Course Content

Defensive Driving Fundamentals & Risk Awareness

- Introduction to Defensive Driving
- Driver Responsibility and Road Safety Culture
- Causes of Road Accidents and Preventive Measures
- Human Factors in Driving
 - Attitude and behavior
 - Fatigue, stress, and distraction
- Hazard Recognition and Risk Perception
- Anticipating Other Drivers' Mistakes
- Driving in Adverse Conditions
 - Weather conditions
 - Traffic congestion
 - Poor road conditions
- Safe Speed Management and Following Distance
- Defensive Driving Techniques and Best Practices
- Case Studies, Videos, and Interactive Discussions



Training Methodology

- Classroom-based lectures
- Interactive discussions and group activities
- Scenario-based learning and hazard anticipation exercises
- Case studies and real-life examples
- Conducted in a relaxed, interactive, and non-judgmental learning environment



Instructor



Mr. Asad Aleem

Senior Trainer & Consultant

Mr. Asad Aleem is a seasoned HSE leader with 30 years of service at Engro, spanning Marketing, Logistics, and HSE. He drove safety excellence by leading initiatives that earned the company its first-ever Dupont Rating 4 and won two Marketing Excellence Awards. His landmark achievement—the Defensive Driving & Riding Program—dramatically reduced fleet accidents and was later adopted by other organizations. He also developed a community safety awareness program recognized by the company's board. With an EMBA from LUMS and an MSc in Physics from the University of Karachi, Asad combines technical expertise, regulatory insight, and strong leadership to create safer, more efficient workplaces.

Logistics

Duration

1 day

Location

Client site or Lahore

Training Instructors

Mr. Asad Aleem

Get in Touch

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