

The Safety Section of the North Carolina Industrial Commission was created as part of the original North Carolina Workers' Compensation Act of 1929 as an educational, training, and public relations unit to promote industrial safety and accident prevention in the industrial workplaces of the state of North Carolina.

NC Industrial Commission Instructors

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COURSE COSTS:

**DDC-4 - \$20.00 PER PERSON Plus
\$4.00 for the NSC Book**

**Professional Truck Driving -
\$20.00 PER PERSON Plus \$6.00
for the NSC Book**

**Please call Mel or Alvin
for more information.**

Defensive Driving Courses

- DDC-4
- Professional Truck Driving

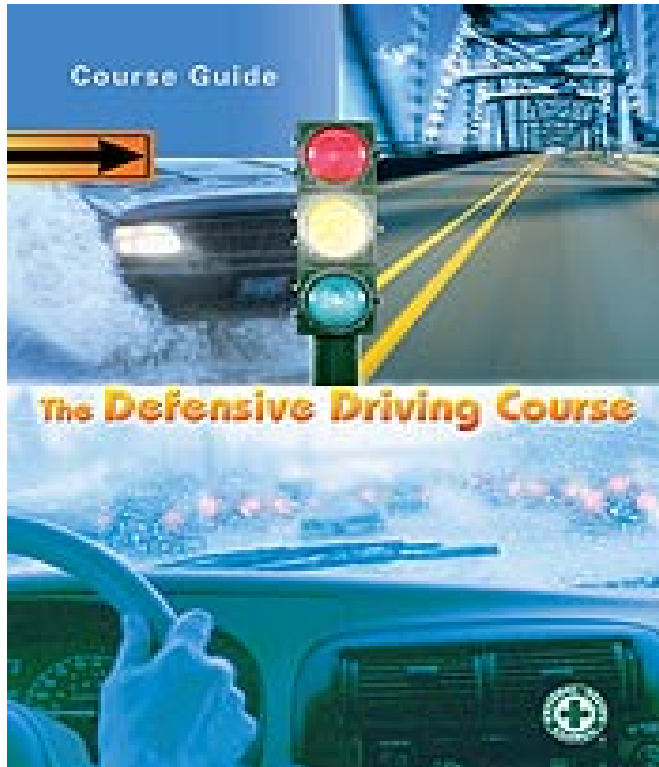


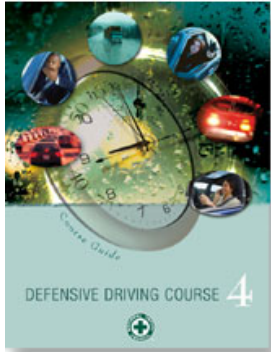
NORTH CAROLINA INDUSTRIAL COMMISSION

We Are STILL Working for **YOU!**

**Call 919-807-2602 for more
information**

<http://www.ic.nc.gov/safety.html>





DEFENSIVE DRIVING COURSE 4 is a fast-paced, four-hour driver improvement program that also makes an ideal refresher course. In just a half day, DDC 4 offers practical strategies to reduce collision-related injuries, fatalities, and costs. It addresses the importance of attitude in preventing

accidents, and reinforces the good driving skills students already have. Most importantly, DDC 4 shows students the consequences of the choices they make behind the wheel, and puts defensive driving in a personal context.

Expanded Topics

- Aggressive driving and road rage
- Fatigue and drowsy driving
- How driver behavior and mental conditions affect driving
- Defensive driving techniques
- The crash impact on passengers
- How to avoid a collision and case study scenarios
- Personal driving style evaluation
- Hazard recognition and collision avoidance
- Emotional impairment, common driving irritation and "Pet Peeves"
- The "Fatal Four" causes of a crash
- Driving skills inventory and assessments
- Occupant protection laws and graduate driver's licensing
- Vehicle malfunctions and maintenance

Defensive Driving

More than 41,000 people lose their lives in motor vehicle crashes each year and over two million more suffer disabling injuries, according to the National Safety Council. The triple threat of high speeds, impaired or careless driving and not using occupant restraints threatens every driver—regardless of how careful or how skilled.

Driving defensively means not only taking responsibility for yourself and your actions, but also keeping an eye on "the other guy." The National Safety Council suggests the following guidelines to help reduce your risks on the road.

- Don't start the engine without securing each passenger in the car, including children and pets. Safety belts save thousands of lives each year! Lock all doors.
- Remember that driving too fast or too slow can increase the likelihood of collisions.
- Don't kid yourself. If you plan to drink, designate a driver who won't drink. Alcohol is a factor in almost half of all fatal motor vehicle crashes.
- Be alert! If you notice that a car is straddling the center line, weaving, making wide turns, stopping abruptly or responding slowly to traffic signals, the driver may be impaired.
- Avoid an impaired driver by turning right at the nearest corner or exiting at the nearest exit. If it appears that an oncoming car is crossing into your lane, pull over to the roadside, sound the horn and flash your lights.
- Notify the police immediately after seeing a motorist who is driving suspiciously.
- Follow the rules of the road. Don't contest the "right of way" or try to race another car during a merge. Be respectful of other motorists.
- Don't follow too closely. Always use a "three-second following distance" or a "three-second plus following distance."
- **While driving, be cautious, aware and responsible.**



PROFESSIONAL TRUCK DRIVER COURSE

Last year, more than 5,000 people died in collisions with large trucks. 74% of those killed were in passenger vehicles and 10% were pedestrians, bicyclists or motorcyclists.

Professional truck drivers have a tremendous responsibility for keeping the highways safe for others. The National Safety Council's Professional Truck Driver Defensive Driving Course gives them the tools to carry out this responsibility. Since DDC-PTD was first introduced in 1986, thousands of professional truck drivers have taken it and made a difference on our roads. Our experience and proven training techniques set us apart from other driver training providers.

- **DDC-PTD** is written exclusively for professional truck drivers by professional truck drivers.
- No matter where your fleet and drivers are based, they'll get the same quality and course content for DDC-PTD.
- Materials are frequently updated to reflect changes in traffic laws and teaching techniques.

This edition features new information on:

- Code of Ethics
- Drive for 5 - protecting motorists and truck drivers
- Personal safety
- Mirror adjustment stations
- Following distance
- Situation analysis of collisions and incidents