

# Defensive driver training redefined.

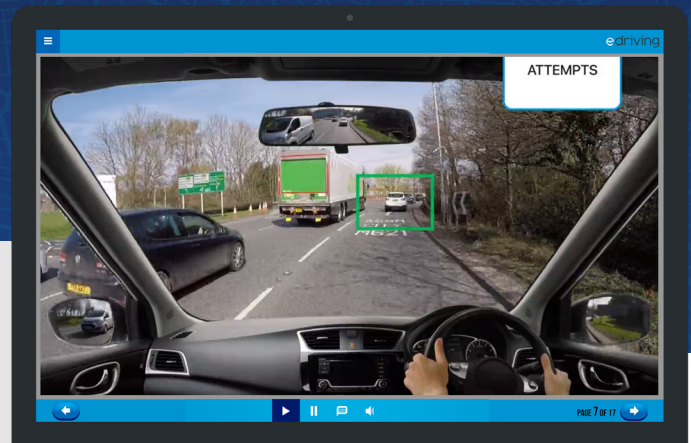
Foundation, refresher or targeted training in just two hours.

eDriving's One More Second® driving course is an interactive, 2-hour course designed to help all drivers develop the attitudes and behaviours necessary to be in control behind the wheel and manage today's driving situations in the safest way possible for the benefit of all road users.

## Driving Change

Research confirms that over 90% of crashes are caused by drivers' actions, which are expressions of their attitudes, behaviour and personal choices, NOT their inability to drive. One More Second will introduce your drivers to a new concept, the "attitude & behaviour shift", which encourages drivers to make conscious, deliberate choices about driving safely - and to do so EVERY time they get behind the wheel. This unique course challenges drivers to be more self-aware and to revisit their driving style in order to help combat aggressive and distracted driving which has reached unprecedented levels.

Drivers' actions behind the wheel are influenced by many factors – mood swings, office politics, kids' schedules, work deadlines, traffic, weather and more. And one's attitude can be transformed wildly in an instant in response to external or internal triggers. One More Second teaches drivers to recognise such triggers and provide tools to help manage their emotions and reactions before they lead to destructive actions.



- > **New hires**  
Strong foundation for driver orientation
- > **Experienced drivers**  
Engaging, short refresher training
- > **High-risk drivers**  
Targeted training to address identified issues

*Nearly 80% of drivers, millions in total, report that they have experienced anger, aggression and even road rage while driving (AAA Foundation for Traffic Safety)*

*47% of UK drivers aged 25-34 admit making or receiving calls while driving (RAC Report on Motoring, 2018)*

# Defensive Driving Redefined



One More Second imparts a new definition of defensive driving – **a set of fundamental principles which, when combined in a planned driving system with the correct attitude and sufficient skills will guide a driver's actions.** The purpose of defensive driving is to reduce drivers' chances of collisions or incidents despite the actions of other road users or the conditions in which they're driving. This course introduces a systematic approach that will help to make your drivers' approach consistent every time they get behind the wheel. By using a planned system of driving, they will be less likely to make mistakes, and better able to recover and rectify the situation if they do.

## Engaging Content

One More Second's 2-hour, interactive format appeals to all learning styles using a variety of engaging multimedia to maintain drivers' attention:

- **Fully narrated content segments** with accompanying text convey information in bite-size nuggets.
- **Full-motion video "journeys"** help drivers explore the unique hazards of city, motorway and urban driving.
- **Interactive format** helps drivers practice spotting threats before they become unavoidable dangers.
- **Knowledge checks** ensure that critical information is understood and retained.
- **Support for 12 languages** ensures that One More Second's important lessons can be shared with your drivers around the world.



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