



## Advanced Defensive Driver Training Programme:

### 1. Theory session:

- The vehicle: Vehicle limitations and capabilities, vehicle dynamics, vehicle inspection, tyres, drive train layout and basic mechanics, safety features
- Braking systems: Retarders, Exhaust brakes, Trailer brakes, ABS/Non-ABS.
- Vehicle combination: Trailer towing, License restrictions, GVM, GCM, Tare, coupling & uncoupling, braked / un braked trailers
- The driver: Attitude, Correct thinking patterns, drivers responsibilities, Professional conduct and image
- Principles of defensive driving: SIPDE and ABC
- Driver / physical fitness: fatigue, alcohol, medication, nutrition

### 2. Practical session:

- Vehicle inspection and correct seating Position
- Practical application of SIPDE & ABC of defensive driving, observations
- Vehicle handling in mountainous area:
- Acceleration, green band driving, cornering, and smooth braking  
Practical vehicle walk around
- Braking distance, stopping distance and following distance recognition exercise

### 3. Practical session Continues:

- ABS/non-ABS practical exercise
- Applying different braking techniques
- Emergency lane change

### 4. Theory session: Night Driving

- Hazard identification principles for night driving
- The influence of reduced visibility on safety driving
- Adapting to changing illumination and the use of headlights
- Judgement: headlights, distance, and Speed

## 5. Practical session: Night Driving

- Practical driving and in car application of guidelines for night driving

## 6. Any latest / new applicable mechanism / lessons improving heavy vehicle driving performances

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Edward Serekele  
Senior manager: HCM  
Human capital management  
Date: 18/02/2026

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Paledi Legoabe  
Acting sales & OPS Executive  
Sales & Operations  
Date 18 Feb 2026

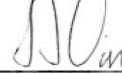
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Rakesh Chiba  
Management Accountant  
Finance  
Date: 23 February 2026

Supported by



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Petrus Visser  
Technical Expects  
Technical  
Date: 23 February 2026

Approved by:



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Niel Roesch  
Divisional Head  
Lond Distance Passenger Transport  
Date: 23 February 2026