



*South Louisiana Chapter*  
*Your Safety & Health Leader*

## **Alcohol, Drugs and Driving Awareness Course (ADDAC)**

### **7-Hour Course Outline**

Educational programs comprise only one countermeasure in the post-detection portion of an impaired-driver control system. However, when considered as a single component in a system of countermeasures (that includes enforcement, adjudication, public information and counseling) educational programs make a positive contribution to alcohol/drug traffic safety by reducing the recidivism of multiple offense or impaired drivers.

This course is accepted in Louisiana for adult driver educational programs and its components have been selected to reflect positive re-enforcement of today's alcohol & drug awareness efforts. All presenters are National Safety Council certified Defensive Driving Instructors. Certificate of completion issued.

#### **DEFENSIVE DRIVING COURSE (4 hour module)**

- **The Driving Reality!**
  - Risks/hazards on the roadways
  - Common "Pet Peeves" on the road
  - Definition/techniques of defensive driving
  - Driver's responsibility and control
- **Driving the road less traveled?**
  - Fatal four behaviors
  - Aggressive driver behaviors / actions
  - Personal aggressiveness behaviors
  - Self-control behind the wheel
- **Drive to stay ALIVE!**
  - Impact of driver condition on safety
  - Strategies to handle driver conditions
  - How conditions increase hazards / risks
- **You, your vehicle, and the law!**
  - Benefits of using occupant restraint systems
  - Methods to maintain your vehicle
  - Exterior and interior vehicle check
  - Anti-lock brake systems
  - Legal responsibilities
  - Defensive driving concepts
  - Personal plan to use defensive driving skills
- **Multiple Choice Test**

#### **ALCOHOL/DRUGS MODULE (3 hour module)**

- **Ethyl Alcohol-The Most Abused Drug**
  - Alcohol, a depressant
  - How alcohol affects the brain
  - Judging your BAC
  - Physical/Mental factors Impaired by alcohol
  - Levels of BAC which affect safety driving
  - Synergism, drugs and alcohol combined
  - Dealing with the #1 highway fatality
- **Personal Choices**
  - If you Drink, Don't Drive
  - If you Drive, Don't Drink
  - Avoiding Impaired Drivers
- **Other Things to Consider**
  - Common myths about drugs, drinking
  - Drugs/Alcohol their effects on the body
  - Alcoholics and Alcoholism
  - Legal, illegal drugs and driving
  - Drugs, Alcohol and crime
- **Summary & Review**
- **Final Exam**



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