Logistics and equipment operation

Defensive driving and eco-driving

One day to reduce the road risk of employees who drive for work and to cut the fleet's fuel consumption. Anticipation, distances, blind spots, fatigue, mobile phones and vulnerable road users are covered, then eco-driving techniques and consumption monitoring. The course starts from your teams' real journeys and vehicles and ends with an individual driving commitment.

Duration : 1 day

Objectives

1. Identify the road risk factors specific to the company's business travel
2. Apply the principles of defensive driving: anticipation, space around the vehicle, reading other road users
3. Adapt driving to fatigue, road conditions and the vehicle's load
4. Apply eco-driving techniques and measure their effect on consumption
5. Build an individual driving commitment and monitoring indicators for the fleet

Programme

Day 1 — morning

• Occupational road risk: assignments, journeys, round planning, deadline pressure

• Risk factors: speed, safe distance, fatigue, phone, alcohol and medication

• Defensive driving: anticipation, space around the vehicle, blind spots, two-wheelers and pedestrians

• Pre-departure vehicle check: tyres, lighting, load

Day 1 — afternoon (workshop)

• Eco-driving: engine speed, anticipation, smooth driving, idling, air conditioning, tyre pressure

• Reading the consumption data of your vehicles

• Commented drive in a vehicle where site organisation allows, otherwise studies of real journeys

• Individual driving commitment and knowledge test

Teaching methods

• Analysis of claims and of your teams' real journeys

• Studies of driving situations from photos and commented videos

• Comparison of consumption before and after applying the techniques

• Exchanges between drivers about their own risk situations

Assessment and documents

A knowledge test and a driving commitment written by each participant, and an end-of-course evaluation at D+1. A numbered training certificate that can be verified online; the company receives the training report with proposed fleet monitoring indicators.

Bilingual materials for every participant; each classroom course comes with its digital twin on OmniLearn.

Good to know

The course is for drivers of light vehicles as well as heavy goods vehicles; examples are adapted to your fleet. For drivers who load their own vehicles, the “Loading, blocking and load securing” course complements this one.

Practical information

Duration	1 day
Audience	Sales staff, travelling technicians, delivery and heavy goods drivers, fleet managers
Prerequisites	Valid driving licence
Group size	Groups of 6 to 12 participants, in-company
Format	In-company, face to face on your site
Language	French, Darija or English; bilingual materials
Funding	OFPPT special training contracts (TFP), GIAC, Maroc PME: we prepare the applications with you, at no extra cost.
Programme customisation	Programme adapted to your procedures, your equipment and your audience

Frequently asked questions

Are vehicles needed for the training?

Not essential. If a drive in a vehicle is possible, it makes eco-driving more concrete; otherwise, the course relies on real journeys by your teams and the fleet's consumption data.

Who should take part?

Sales staff, travelling technicians, delivery drivers and heavy goods drivers, and the managers who organise rounds. The way journeys are organised weighs as much as behaviour at the wheel.

Are fuel savings measurable?

Yes, if consumption is tracked by vehicle or by driver. The training report proposes simple indicators to follow the effect over time.