



STOCKHOLMS TRAFIKSÄKERHETSCENTER

Defensive Driving

Provides a road safety training filled with experiences and challenges for both vehicles and human drivers. Driver training gives the participants increased awareness of the risks in traffic and an understanding of how one's actions affect both the driving environment and the traffic in general.

Introduction

Review of the objectives and goals of the education program, today's program. General discussions regarding behaviour in traffic.

Purpose

To improve planned driving skills and achieve safe driving. A greater awareness of traffic behaviour, risk awareness and learning how to avoid risks in traffic. The course also helps to reduce stress for human drivers in traffic. The goal, regardless where you work, is that the driver must always reach the destination safely.

Implementation

The curriculum is a combination of practical exercises on the track, and theoretical exercises. The vehicle's safety systems and the driver's experiences of them are analyzed in a group discussion.

We Will Address:

- ABS, evasive manoeuvres while braking and how to brake in curves.
- Correlation between accident hazards, roads, speeds and evaluation of their own driving ability
- Reference brakes on slippery and non-slippery surfaces at varying speeds
- In the security hall we will experience a simulated car crash and what it feels like when vehicles roll
- Momentum and importance of properly secured loads
- What affects my ability to drive defensively? Can fatigue or stress contribute?
- Planned driving: How to plan and what to think of?
- Risk factors that are affected by; daylight, dusk/dawn and fog/darkness
- Animal collisions and other sudden events occurring while driving. Can they be prevented?
- Road surfaces that affect the driving characteristics and speed of the car
- Ability to detect and avoid critical and hazardous situations
- The impact of speed and proper use of protective gear when accidents happen
- Safety margins while driving
- The car's protective equipment and how it is used properly
- Factors that affect the length of the stopping distance

At the End of The Day

We summarize the day and all participants receive a certificate of participation.

Time schedule: 4 hours.

Number of participants: 6-8 persons.

Price: 1.750 SEK pp, VAT excluded.

Vehicles used: The exercises are carried out either using your own vehicles or with Gillinge's electric cars.