



STOCKHOLMS TRAFIKSÄKERHETSCENTER

Defensive and Ecodriving

This training creates grounds for defensive and planned driving as well as reducing stress at work. It improves your company's traffic safety policy while contributing to a sustainable environment by actively promoting the environmentally conscious driving. The positive results are reduced vehicle damages, improved work environment for the employee and reduced fuel consumption. A safe driving system creates a safer working environment for humans who drive a car in their line of work.

Introduction

Review of the objectives and purpose of the course, how the day will be spent and general discussions regarding current traffic issues concerning your company.

Purpose

To practically test and learn more about safety system in vehicles of today. As well as theoretically discuss the systems advantages, limitations and risks with different driver systems.

Implementation

A full-day education based on two educational blocks. Defensive Driving and Ecodriving. ECO driving gives an economical and traffic-safe advantages that teaches professional driver's how to plan routes more effectively. Defensive Driving gives the driver increased awareness of traffic behaviour and risk factors in traffic. Educational blocks include both theory and practical exercises to help guide the drivers. These courses can be separated and can be done one at a time

We Will Address:

- Risks, Behaviour and Attitudes (BRA) to increase understanding of what affects us as drivers in traffic.
- The "working environment car" is being discussed and in our security hall we deepen the understanding of the actions taken in traffic in general effects the environment.
- We theoretically review the reasons for reduced fuel consumption and mix this with practical driving, where the participant can translate the theory into practice.

At the End of The Day

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

Time schedule: 7 hours.

Number of participants: 6-8 persons.

Price: 2.950 SEK pp, VAT excluded.

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

Practical: Combine with coffee and sandwiches or lunch.