



STOCKHOLMS TRAFIKSÄKERHETSCENTER

## Preventive Driving

The training is aimed towards those wanting to reduce claims costs and increase understanding for fellow road users. The course includes training on behaviour in traffic, visits and reviews of our safety hall as well as driving safety, precision driving and manoeuvring on slippery surfaces. The stations shown below are adjusted before the course based on the participants' needs. The goal of the education is to help strengthen the values that give your employees a safer everyday life in traffic.

### Introduction

Review of the education objectives, current programs, current traffic issues and behaviour in traffic. What are the most common accidents in general, or for the company, and what are the reasons for them?

### Safety Hall

In our well-equipped safety hall, you will, amongst other things, get to test how it feels to crash at 7 km/ h. You also get to know what it's like to be in a car when it rolls over.

- Crash simulator: Experience a car crash at 7 km/ h.
- Rollover car: How does the seat belt work if the car is rolling?
- Rollover truck cabin: How does the seat belt work if the truck rolls?
- Wild animals : What happens when colliding with large wild animals?
- Tires: What is good tire?
- Car construction: How is the car's security system structured and how does it work?
- Crashed cars: What happens to the car in a crash?
- Momentum/ load: How does momentum affect everyday items in a vehicle? What is the weight of a mobile that comes flying?

### Driving on the manoeuvring track

Our goal is to give you greater confidence in precision driving.

- Serpentine reversing. Reverse driving using only mirror s.
- Parallel parking. How to be smart about it?
- Make full turn on extremely limited area.
- Angle reversing. Back into a parking lot.
- Side movements. From one parking box to another.

### Driving on traffic simulation track

Here we experience how the car's active safety system works in a safe environment and the natural forces that affect you while driving.

- Brake on rough surfaces. How fast can you stop a car?
- Brake on slippery surface. What is the difference between braking on rough surfaces?
- Brake with evasive manoeuvres, ABS on slippery surface.

### 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.