



STOCKHOLMS TRAFIKSÄKERHETSCENTER

Safety Driving

High -quality traffic safety training, packed with experiences and challenges in traffic for both vehicles and drivers. The driver's awareness and understanding of risks increases along with an insight into own choices. A day full of exercises on the driving track, combined with theory. Active Theory in Behaviour, Risks and Attitudes (BRA). The vehicle's safety system connects to the driver 's experiences and are analyzed in group discussion.

Introduction

Review of the objectives and purpose of the course, how the day will be spent while drinking coffee..

Purpose

To create a safer working environment for employees who drives in the service, such as home services and caretakers, as well as reduce vehicle damage costs. Theoretical discussions aim at increasing participants' awareness of risk factors in the traffic environment.

Implementation

Practical exercises at low speed, manoeuvring in tight areas, reversing using only mirrors, parallel parking and high-speed driving safety. This is a driver course focusing on vehicle management from road safety perspective. This is combined with theoretical exercises and discussions.

We Will Address:

- Evaluation of technical autonomous systems, Ea. ESP, ABS, Anti -Lock Brake System.
- Reference braking on steady and rough surfaces at varying speeds.
- We experience and test the crash and rollover simulator in the security hall.
- Discussions regarding seat belt's and belt pre-tensioners.
- How does momentum affect safety driving? What happens to the items that are not secured inside the car or with cargo?
- Deformation zones and crashes.
- Importance of the tires: How does a worn-out tire affect driver safety?
- Road surfaces that affects the driving characteristics and speed of the car.
- Risk factors that affect driving in daylight, dusk/dawn, fog/darkness and wildlife.
- How speed and crash affect the driver? Ability to avoid critical situations.
- Evasive manoeuvres and safety margins while driving.
- How the car 's safety equipment is used properly

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: 2.750 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.