

EFFICIENT AND SAFE DRIVING TRAINING FOR DRIVERS OF HEAVY VEHICLES

The training programmes for drivers of lorries, trucks and other heavy vehicles, and bus drivers.

THEORETICAL TRAINING

Efficient and safe driving

During theoretical trainings **of the basic level** contemporary driving conditions and challenges which drivers face on the road will be reviewed. Exceptional attention will be paid to development of such skills of drivers as fair assessment of situation and timely solutions. Duration – 4 hours.

Trainings are organized as a seminar, it means that training participants will be not only passive listeners, but also active seminar participants – they are encouraged to discuss, to share their good and bad experience, personal opinion...

Safe driving part includes the following topics:

- How travel safety depends on the driver's knowledge and skills,
- What are the most dangerous situations and how to avoid them,
- Choice of safe speed and where is the threshold of risk,
- Operational principles of safety systems and other.

Efficient driving part includes the topics on what has the greatest impact on driving both safely and economically. The main focus is on formation of driving style:

- How to reduce effect of movement resistance forces,
- How to use the vehicle's kinetic energy more efficiently,
- How to accelerate, brake and use the gears more effectively,
- What depends on the driver while planning a drive and more.



Both topics are closely related to each other, and they explain why it is very important not only to learn **to control the vehicle technically** but also continuously improve your skills to **correctly assess the situation on the road and make the right decisions**.

Training helps the drivers to recognize the habits which need to be corrected, to understand their personal safe driving gaps and to prepare for practical training.



You may choose the location of trainings. It may be company's hall, training class (in the city convenient for you) or leased premises outside town (in a farmstead or else). The projector and the screen are necessary for the training.

Training can take place remotely.

The language of the lecture is Lithuanian (or Russian; simultaneous translation into English is possible (for an additional fee)).

During the theoretical training programme its participants will be prepared for practical training.

PRACTICAL TRAINING UNDER REAL TRAFFIC CONDITIONS

Efficient and safe driving

During the practical training, which takes place in real traffic conditions, the driver improves his skills and tries driving techniques proposed by driving coaches and follows individual advice. Duration – 2 h.

During the training trainees will be assisted in understanding what kinds of driving habits should be developed and what should be changed in their driving style, seeking the car is controlled more effectively and preserves dynamics, and fuel consumption is lower.

Training takes place in accordance with an advance schedule in the route (in the agreed city) prepared by a trainer - all the participants ride the same route, therefore, their results are comparable. Part of the route consists of driving in the city and another part in the countryside. While planning the route, the nature of work of the drivers is also considered.

After the training, **the company is provided with the summary report** of the results of a group (all persons trained) training.



PRACTICAL TRAINING IN AUTODROME ON SLIPPERY SURFACES

Safe driving technique



Practical training in the driving center (autodrome) is organized in small groups - 4 persons. Duration - 4 hours.

Training places (Lithuania): Vilnius, Panevėžys, Šiauliai, Klaipėda.

Practical safe driving training takes place in a special training ground with a slippery cover and water barriers where it is safe to develop speed and perform specific exercises which develop the driver's reaction to the obstacles encountered on the road.

These trainings help the drivers to know their, as drivers', capacity limits and correctly understand the driven vehicle's potential behaviour in an emergency situation.



Practical trainings are organized with the driver's vehicle or similar vehicle (the driver must have all necessary documents and permits).

Note: if you cannot use your personal vehicle for practical training, please consult on their lease separately.

While performing tasks in the learner's vehicle, the safe driving coach is always together, **in real time explaining your mistakes and providing individual advice.**

The language of all practical training is Lithuanian (Russian or English is available; Latvian is also available in Latvia, Estonian in Estonia).

IMPORTANT

Practical training of efficient driving in real traffic conditions requires the **loaded vehicle** with onboard computer to record **fuel costs**.

Practical training of safe driving in the driving center (autodrome) for safety reasons are organized with vehicles **without a trailer**.

OTHER TYPES OF TRAINING AND PROGRAMMES

We may also arrange individualized training programmes with topics and training format (theory / practice) agreed with you. For example:

- **Complex safe driving programme - theory and practice in one day.** This is an especially effective training format by concentrically covering the most important safe driving aspects. The practical part takes place in the racetrack.
- **Driving skills assessment test for new employees (in real traffic conditions).** The training participant is provided with specific practical advice. The employer is provided with the training participant's driving skills assessment and recommendations.

Other topics are possible, for example: **Recent changes to traffic rules, How to act in the event of an accident and filling in the traffic declaration** etc.

We can regularly prepare **newsletters** for your employees on current driving topics.

To ensure the continuity of training for drivers who have participated in basic level training, we organize second and higher-level training (both theory and practice), during which the knowledge acquired during the basic course is strengthened and new topics are touched upon. The programs may also include issues relevant to the specifics of the company's work.

Training programs may be completed with **knowledge testing**.

LECTURERS AND DRIVING TRAINERS

UAB "Ecodriving LT" lecturers and driving trainers work in accordance with the most advanced training methodology used in the EU countries, by using the principles of coaching. Our unique experience - specialized eco-driving training for the employees of the companies engaged in a range of activities, driving instructors as well as examiners. We organize driving trainings depending on nature of work of the participants.

These are the persons who would share their experience with you:



Andrejus Savčenko – highly experienced safe and efficient driving trainer, working with both ordinary drivers and the professionals and with the services whose drivers need special driving skills.

The second trainer will be selected according to the specifics of the training program.

Handouts and certificates may be provided to training participants.