

FSGB Advanced Driver Training

Committed to driver development
and wellbeing





Managing work-related road safety

Committed to driver development and wellbeing



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FSGB Driver Management programme objective

FSGB Driver Management is a comprehensive toolbox of processes, programmes and functionality designed to support companies in the successful management of driver wellbeing, compliance, risk and cost.

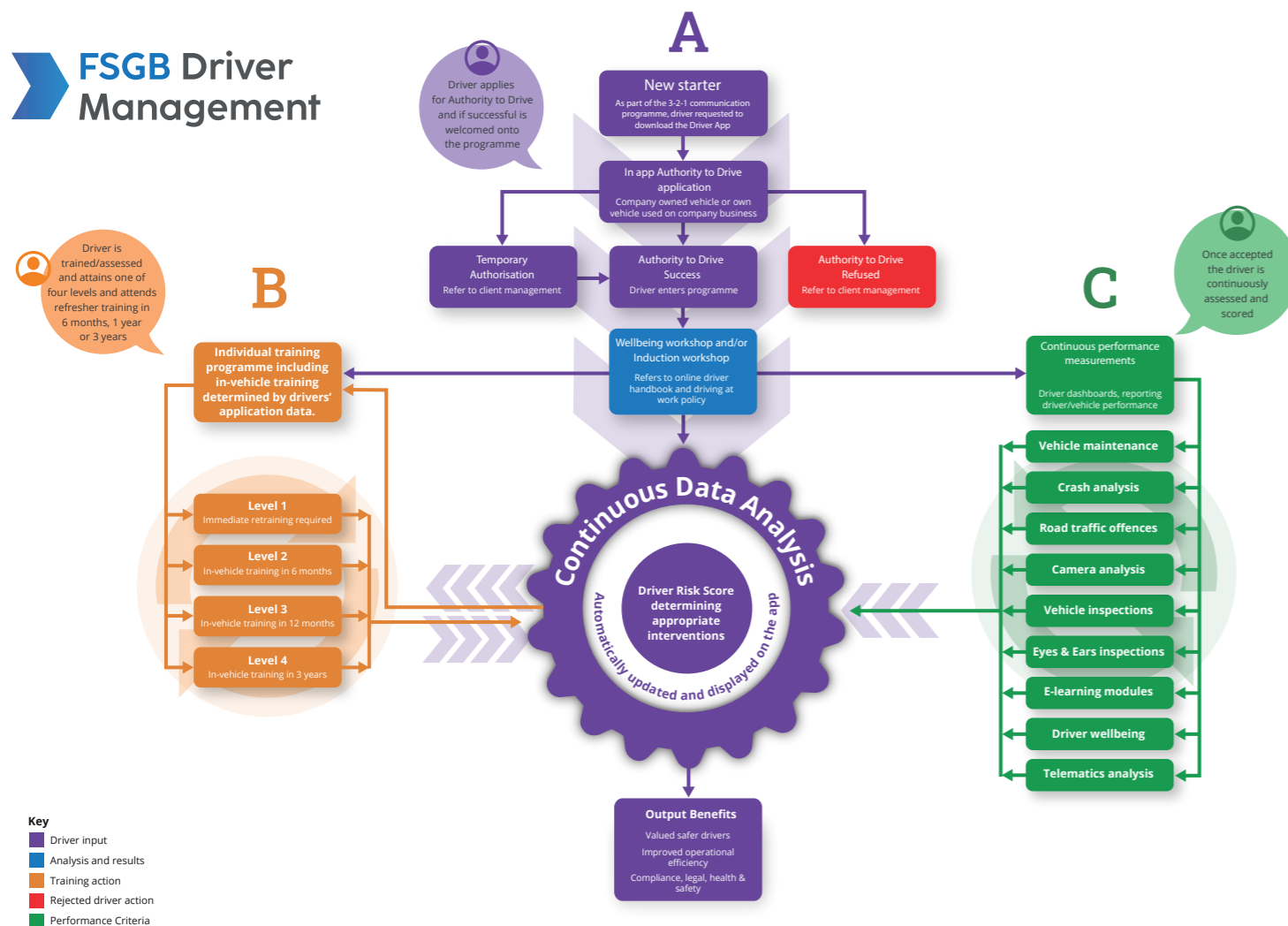
It provides a full audit trail of data, leaving nothing to chance, delivering full transparency and visibility in all areas covering the management of the vehicle and the driver.

The programme addresses the specific needs of the driver, particularly wellbeing focusing on the four cornerstones: Hydration, Nutrition, Fatigue and Stress management.

Improving driver performance is one of the key objectives of the programme. Continuous analysis of data determines appropriate interventions to support and improve an individual's driving mindset and performance level.

It is a genuine comprehensive driver support programme. Offering training, data performance analysis and interventions all in one package.

Process Flow



How the Achieve Software Hub determines each drivers journey within the programme



Information gathered as part of the registration process is analysed and used to produce an individual **Live Driver Score**.



This score, part of the continuous performance measurement, is used to determine a drivers initial **suggested support level**:

Level 1 – immediate in-vehicle training.

Level 2 – in-vehicle training in 6 months.

Level 3 – in-vehicle training in a year.

Level 4 – in-vehicle training in 3 years.



The in-vehicle training is booked automatically by the **Achieve Software Hub**. The software determines a hierarchy in which drivers receive training, based on the organisations overall driving ability level.



ELearning modules are selected automatically and presented to each driver, using the **Achieve Driver App**, as part of the continuous process of **FSGB Driver Management**.



Access to the digital learning library, via the **Achieve Driver App** is sent to the driver. This contains useful support materials, such as videos, further promoting the continual process of **FSGB Driver Management**.



Periodic 'customer specific' and/or 'seasonal driving' notifications are shown in the **Achieve Driver App**.



The continuous element of the programme ensures that all drivers are assessed as the programme updates their performance measurement data. Subsequently, their individual **driving ability level** is adjusted dynamically.

In-vehicle & workshop training

There are many elements to the **FSGB Driver Management** programme in addition to the in-vehicle **FSGB Advanced Driver Training**.

The training programme establishes a positive 'learning' culture which runs throughout the driver learning journey and is designed to 'not let go' once it has started.

The **FSGB Advanced Driver Training** courses are a key element of the programme as they provide the opportunity for drivers, on a face-to-face level, to engage with experienced trainers. Once the initial in-vehicle training is complete drivers will receive personal and written feedback, and bespoke communications setting out the points they need to work on to continue their personal improvement journey.



Example of courses available

1. **FSGB Advanced Driver Training.**
2. **Fuelsave Driver Training.**
3. **Vehicle Familiarisation.**
4. **FSGB Wellbeing Workshop.**

It is important to the success of the programme that every driver is included in the 'in-vehicle' training element, so no one is singled out and everyone has an equal opportunity to improve. Plus, why wouldn't you want to save 11% on fuel costs for every driver?

"Although I thought it to be a bit unusual to be invited on another driver training day, so soon after the full day off road event, the half-day follow-up was perfect, to re-emphasise what we originally learnt in the short session and improve on those techniques. I also learnt new techniques that will hopefully improve my driving experience in the future. One of the main reasons, was the full 3½ hour session was 1:1, rather than sharing with 2 others. I'd certainly recommend it for all my colleagues."

Paul, Fleet Driver

1 **FSGB Advanced Driver Training**



Venue:
Any suitable UK location

No. of Trainees:
1:1 half day / 2:1 full day

Details:
FSGB Advanced Driver Training

Duration:
Half day is 3 ½ hours
Full day is 7 hours

Description

The proposed course is a half-day or full-day in duration (it can be tailored to include any specific areas of training such as speed awareness, parking & manoeuvring and fuel-save) and begins with a briefing and objective scene setting session; this provides the opportunity for delegates to offer any specific concerns relating to their general driving or any of the course content.

Setting the scene for any training course is critical and this particular briefing will cover the reasons for the course, the benefits to the driver personally and how it fits into the FSGB Driver Management programme.

As with all practical training courses, this course includes a comprehensive post training report which is sent directly to the participant, the course administrator and uploaded to Achieve for future reference and audit.

This ensures full H&S Duty of Care responsibilities are covered.

Practical Training – on road

Following the briefing the course will commence with an eyesight and vehicle check. The trainer will then demonstrate many of the aspects covered in the briefing by way of a 'demonstration' drive, where appropriate.

Following this the trainee will then drive for the remainder of the session, taking breaks where required, covering the below;

- ▼ Learning how to enhance the key mental skills required to become an 'Advanced Driver' namely, concentration, observation and anticipation.
- ▼ Developing expertise in proactively managing risk, particularly in urban areas, and reducing the likelihood of being involved in a preventable driving incident.
- ▼ Rural and multilane roads will also be covered, depending on the geographical location of the training session, and the driver's personal needs.
- ▼ Slow speed manoeuvring and fuel-efficient driving techniques are covered as a standard part of all Achieve training courses.
- ▼ The coaching session will develop the perceptual skills outlined in the presentation and to provide ample opportunities to explore the principles of keeping space, identifying risk and keeping visible and communicating with other road users.

Who is this for?

All drivers who are included in the FSGB Driver Management programme should attend this course.

Outcome

A full and detailed report will be produced post-training, circulated to all interested parties and available in the **Achieve Driver App**.

Additionally, each driver will gain 'credit' for completing this course which will affect their '**Live Driver Score**' and in turn their driver ability level. This will then reset the suggested refresher training period.

2 Fuelsave Driver Training



Venue:
Any suitable UK location

No. of Trainees:
1:1 half day / 2:1 full day

Details:
Fuelsave Driver Training

Duration:
Half day is 3 ½ hours
Full day is 7 hours

Description

The proposed course is half-day or full-day in duration and begins with a briefing and objective scene setting session; this provides the opportunity for delegates to offer any specific concerns relating to their general driving or any of the course content.

Setting the scene for any training course is critical and this particular briefing will cover the reasons for the course, the benefits to the driver personally and how it fits into the FSGB Driver Management programme.

As with all practical training courses, this course includes a comprehensive post training report which is sent directly to the participant, the course administrator and uploaded to the **Achieve Software Hub** for future reference and audit.

This ensures full H&S Duty of Care responsibilities are covered.

Practical Training – on road

Following the briefing the course will commence with an eyesight and vehicle check. The trainer will then demonstrate many of the aspects covered in the briefing by way of a ‘demonstration’ drive, where appropriate.

Following this the trainee(s) will then drive a pre-set route several times whilst being coached in fuel saving tips. Miles per gallon (MPG) will be measured on each trip to be able to show to the driver how easily improvements can be made whilst at the same time not extending the driving time.

The emphasis will be placed on driving in a fuel-efficient and emissions reducing manner, by planning further ahead, by reducing gear changes

and advising on other simple ‘contributions’ that drivers of all vehicles can make. The Fuelsave training not only teaches drivers to drive in a more fuel efficient manner, which ultimately saves money. It inadvertently adds to a ‘business’ green credentials by using less fuel and decreasing harmful emissions and, even decreases journey times!

Who is this for?

Whilst Fuelsave training is covered as standard in the **FSGB Advanced Driver Training** course this specific course covers this element in more detail. Every driver can become more ‘efficient’ and with additional refresher training can continue to make improvements year on year.

Outcome

A full and detailed report will be produced post-training, circulated to all interested parties and available in the **Achieve Driver App**.

Additionally, each driver will gain ‘credit’ for completing this course which will affect their **‘Live Driver Score’** and in turn their driver ability level. This will then reset the suggested refresher training period.

3 Vehicle Familiarisation



Venue:
Any suitable UK location

No. of Trainees:
1:1 half day / 2:1 full day

Details:
Vehicle Familiarisation

Duration:
Half day is 3 ½ hours
Full day is 7 hours

Description

The proposed course is half-day or full-day in duration and begins with a briefing and objective scene setting session; this provides the opportunity for delegates to offer any specific concerns relating to their general driving or any of the course content.

Setting the scene for any training course is critical and this particular briefing will cover the reasons for the course, the benefits to the driver personally and how it fits into the FSGB Driver Management programme.

As with all practical training courses, this course includes a comprehensive post training report which is sent directly to the participant, the course administrator and uploaded to the **Achieve Software Hub** for future reference and audit.

This ensures full H&S Duty of Care responsibilities are covered.

Practical Training – on road

Following the briefing the course will commence with an eyesight and in this case an extensive vehicle check covering all aspects of this ‘new’ vehicle and its differences. The trainer will then demonstrate many of the aspects covered in the briefing by way of a ‘demonstration’ drive, where appropriate.

Following this the trainee will then drive for the remainder of the session, taking breaks where required, covering the below;

- ▼ Training will cover the practical differences of the ‘new’ vehicle’s handling characteristics, particularly with regards to tyre type fitted, a potentially higher centre of gravity and loaded vs unloaded.
- ▼ Any legal differences will be addressed re licencing and speed limits for example.

- ▼ All road types will be covered where appropriate.
- ▼ Low speed manoeuvring is covered in some detail including the use of a ‘banksman’ when available or GOAL (Get out and Look) when not!
- ▼ Particular attention will be giving to loading and load security and also the potential limited vision of a commercial type vehicle over a car.
- ▼ All areas of EV driving will be covered if appropriate as will the use of any new technologies fitted to the vehicle presented.

Who is this for?

Any driver who may be changing vehicle type or even size for a newly qualified driver. Any commercial vehicle, whatever size has a different dynamic, loaded vs unloaded and reduced visibility so training should be provided. Multi-purpose, in particular 4x4 vehicles should also be trained for, whether for off-road or on-road use.

This course can also be adapted for EV drivers and those who are new to towing trailers.

Outcome

Importantly drivers will now be trained and competent in a ‘new’ vehicle, more confident and less likely to cause harm or damage. All duty of care and H&S matters will also be covered, and an audit trail provided for. A full and detailed report will be produced post-training, circulated to all interested parties and available in the **Achieve Driver App**.

Additionally, as with all courses, the driver will gain ‘credit’ for completing this course which will in turn affect their Live Driver Score and potentially, their refresher training period.

4 FSGB Wellbeing Workshop



Venue:
Any suitable UK location with classroom facilities including AV

No. of Trainees:
12 max

Details:
FSGB Wellbeing Workshop

Duration:
2 hours

Description

Driver error is inevitably a consequence of losing concentration and this may be for one of many reasons, including distraction, stress, and/or fatigue. Therefore, the FSGB Wellbeing Workshop is based around the 4 pillars of wellbeing.

The common causes of a crash are also explored in this highly interactive workshop via a range of media, including video, PowerPoint and active attendee participation.

Who is this for?

Anyone who is required to drive as part of their work requirement will benefit by attending an FSGB Wellbeing Workshop. Driving is a potentially dangerous activity; the workshop demonstrates a company's absolute commitment to encourage its employees to participate in a continuous learning programme.

Non-company drivers will also benefit hugely from this workshop.

Outcome

The workshop lasts for 2 hours and is for up to 12 delegates; it is highly interactive, and all will learn how to improve health and wellbeing which will benefit them personally, in and out of work, and their improved performance will in turn will benefit the company.

Four Pillars of Wellbeing

1. Fatigue

Sleep is the most important function in restoring us both physically and mentally; think of it as akin to recharging your mobile phone! In this section of the workshop, we will discuss sleep hygiene, sleep patterns, sleep stages and how to prepare for good quality sleep. We will also provide the tips which will enable all workshop attendees to leave more aware of how to improve their sleep and reduce fatigue.

2. Stress

Understanding the basics of the human physiology and how we react to stress is paramount to being able to control said stress! This element of the workshop will major on how a person's heart and brain connect to provide the flight or fight response and cloud the judgement and ability to make sound, safe decisions. Simple techniques will be learned and practised to ensure all delegates leave with the ability to better manage their stress.

3. Hydration

Poor hydration affects a person's ability to think, concentrate and even sleep. We will explore how and why good hydration is key to human performance.

4. Nutrition

Food is fuel, and we are literally affected by what fuel we choose to put in the tank! We will explore how and why we make decisions about what we eat and make plans to change where appropriate. Some simple planning and a little knowledge will assist in improving individual performance and also our health and wellbeing.

The Achieve 'eLearning modules'

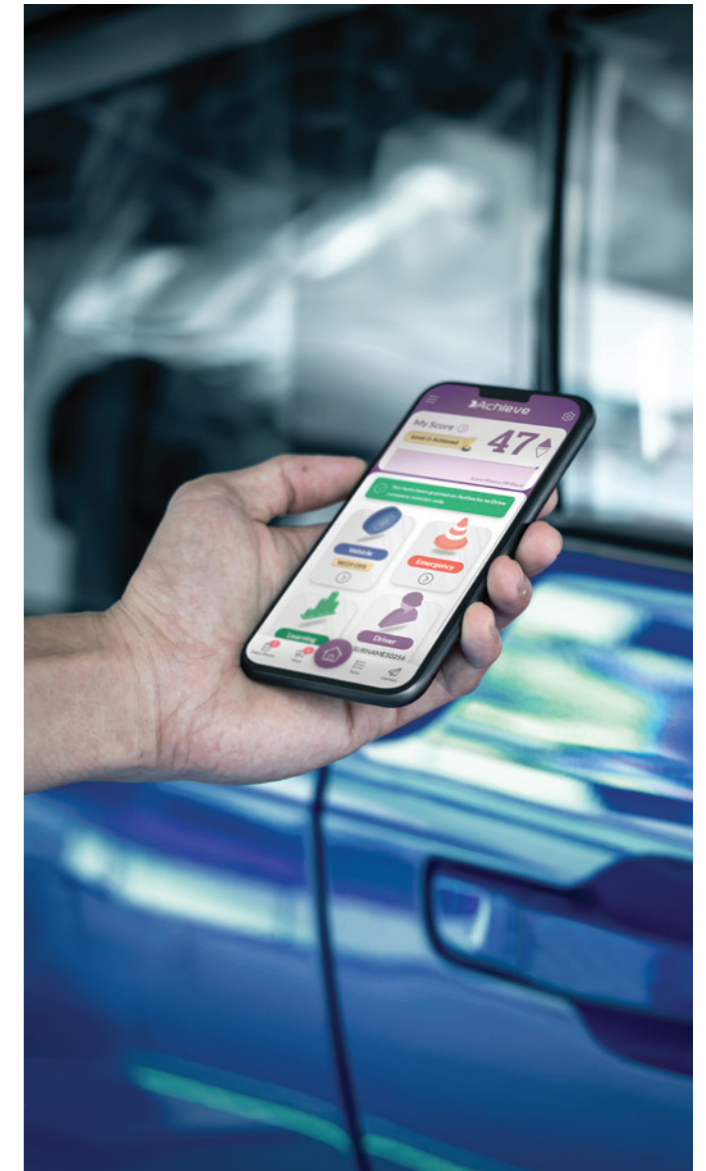
There is a wide range of eLearning modules covering all driving topics. These are an integral part of the FSGB Driver Management programme and work best when delivered on a quarterly basis and following the in-vehicle FSGB Advanced Driving and Wellbeing Workshop.

In this format drivers are reminded of their in-vehicle training and also provides a continuous prompt of the importance of road safety, advanced driving and individual health and wellbeing.

This drip feed of continuous information improves driving skills and knowledge whilst maintaining the core message of the programme.

Driver learning + performance monitoring = safer and more rounded (happier) drivers.

A learning culture is one where training forms a key pillar in the company's business plan. It is a strategy to achieve its goals. Typically, in these companies learning opportunities are made available to everyone.



FSGB Advanced Driver Training

Based on the three mental skills of concentration, observation and anticipation **FSGB Advanced Driver Training** encourages drivers to be proactive and not reactive on roads. By coaching drivers to look further and to 'scan' continuously they are encouraged to keep their vehicle moving, arriving at green traffic lights, roundabouts when they are clear and always having an 'out.'

Using the three mental skills and by learning how to stay alert through better hydration, better sleeping habits and by dealing with stress better, drivers will begin to drive in a smoother and calmer manner whilst at the same time, decrease their journey time (see Fuelsave case study)!

FSGB Advanced Driver Training is based around these key 3 mental skills and every session includes the all-important Fuelsave tips.

FSGB Advanced Driver Training is integrated into all our practical courses including:

- ▼ Fuelsave.
- ▼ Vehicle Familiarisation.
- ▼ Post Incident Training.
- ▼ UK Familiarisation.
- ▼ Trailer Towing.
- ▼ Every course includes comprehensive 'Vehicle check training'.

FSGB Advanced Driver Training is most effective when delivered on a 2:1 full day basis but where logistics do not permit this can be split into 2 half day courses (am/pm) on a 1:1 basis.

What is an Achieve Advanced Driver?



An 'FSGB Advanced Driver' is someone who cares and who is proactively engaged with the actual task of driving; autopilot becomes a thing of the past.



An 'FSGB Advanced Driver' takes a pride in their vehicle and understands the important of the daily vehicle check, a clear cab policy and safe loading.



An 'FSGB Advanced Driver' can be a driver of any vehicle, this is not just for 'professional drivers' but is for every car, van, and truck driver.



An 'FSGB Advanced Driver' will be a safer driver, will be a more efficient driver and will be a driver who is much less stressed than all the 'other' average drivers!

Companies with the most successful training programmes continuously acknowledge and celebrate the hard work of their employees.

The Benefits of FSGB Advanced Driver Training

- ▼ **Better maintained** vehicles leading to **increased residual values**
- ▼ **Better engaged** 'drivers'
- ▼ **Increased** range capacity (EVs and Hybrids)
- ▼ **Reduced** fuel consumption (ICE vehicles)
- ▼ **Decreased** journey times
- ▼ **Reduction** in wear and tear; brakes, clutches, etc.
- ▼ **Less stressed**, calmer drivers
- ▼ **Reduction** in 'incident' frequency and costs
- ▼ **Reduction** in 'speeding' and other offences
- ▼ **Better brand representation** to the 'public'

Who should become an Achieve Advanced Driver?

Everyone who drives on company business, whether in a car, a van, a truck or even their own car (grey fleet) should become an 'FSGB Advanced Driver.'

The benefits outlined in this document are clear and everyone will benefit from them individually, whether driving for work or driving away from work.

Additionally, every company will clearly benefit and so it's imperative everyone gets trained and buys into the concept.

FSGB Advance Driver Training should be seen as a benefit and not a punishment. Therefore, by training everyone, especially senior management a top-down approach is established, quickly dispelling any negative attitudes to training and creating a united culture within the organisation. The training starts to be seen as a positive, and subsequently driver attitude will be changed for the better.

FSGB Driver Trainers are handpicked, experienced communicators who genuinely want to help all drivers of all levels and abilities to improve. They work with drivers in a non-confrontational manner ensuring all courses are delivered in a positive, fun and highly interactive way.



Fuel Savings – a case study

The priority for implementing driver training since the 1980's has been to save money. However, the main objection is always the same, "We can't get the budget to do it!". Or that you "shouldn't train everyone, do a risk assessment first."

However, the facts speak for themselves.

The Facts

The below data is from a case study over a 5-month period with training data being audited by the Energy Savings Trust. The training covered a range of clients and a wide range of vehicles from cars to trucks.

This auditable data shows the following key facts:

- ▼ **409 drivers were trained**, in cars, light commercial and even some proper trucks.
- ▼ The **average Fuelsave** figure across this 409 is **11.3%**.
- ▼ The **decrease** in journey times was **3.6%**.
- ▼ The feedback from drivers was that they enjoyed the training and wanted more; they 'engaged'.

The Savings

The following data on a vehicle doing 30,000 miles per annum, at 35mpg with fuel costing £1.23 (ex. VAT) working a 40-hour week:

- ▼ The actual **year 1 financial saving**, including paying for the training equates to **£368 per vehicle, with even greater savings being achieved in subsequent years.**

Drivers agree that the new driving style is more relaxing but often state that they do not have time to 'drive like that' as they have too much to do in a short space of time however, when they learn that by:

- ▼ **Driving in a more fuel-efficient manner the average mph increases by 3.6%** they quickly buy into the new way of driving. This saving equates to 75 hours saved per year, per driver, or a saving of 1.5 hours each week.

And of course, the savings of CO₂ and other beneficial environmental savings are not to be sniffed at!

Summary

With the additional benefits of less stressed drivers, reduced maintenance costs, fewer crashes, improved brand image and 'free' duty of care, what's not to love!

▶ **The bottom line is, if you want a fully trained workforce delivering increased productivity you have to invest time, effort and money to achieve it.**

▶ **Managing work-related road safety**

You cannot afford not to do this!

With over 40 years of designing and delivering high quality 'advanced driver' training interventions, the FSGB team has heard every 'excuse' as to why companies can't do face-to-face training.

Reason 1

We can't afford to do this.

Reply

But you will recoup the cost within weeks through fuel savings alone!

Reason 2

We can't afford to lose our staff from their day job for half a day.

Reply

Even to save additional time and money later through reduced maintenance, fewer crashes, less off the road days and better residual value for your fleet?

Reason 3

Most of my drivers refuse to listen.

Reply

If the training makes sense to them, makes their life better and improves their wellbeing, we guarantee they will both listen and change; and it does! Face-to-face training gives them the opportunity to question, try, learn and improve.

Don't listen to us, try it for FREE...

We would like to invite two key decision-makers from your company to take part in a FREE day of training.

This opportunity will enable us to demonstrate, first-hand, the compelling reasons why this will not only save your business money but produce happier, safer drivers.

Get in contact

If you would like to get in contact, please email Marcus at:
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Visit our website to find out more on how FSGB Driver Management can benefit you and your company.

