

TRAINING MEANS SAFETY

If driving a car is part of your work, it is necessary to dispose of skills in driving safely. Therefore, SEAT implemented the training “Prevention of Risks of Driving”. Between September and December, 255 SEAT employees from production and quality assurance participated. All of these employees drive a car as part of their work, both inside and outside the

factory premises. “The idea was to inform those employees and make them conscious about risks of driving and to train them in order to avoid accidents in their work context as well as in other contexts”, explains Sergio Crespo, one of the training’s founders on the part of the occupational safety department.



/ MORE KNOWLEDGE, LESS PROBLEMS

“We all think that we are good drivers and the others are not”, says David Bosch, head of Fast ParcMotor driving school and responsible for the training’s execution. “More knowledge and consciousness means less problems on the road”, states the experienced driver, assuring that “although we might spend a lot of time on the road, we often don’t recognize basic questions that can help us drive safely, to avoid dangerous situations or to respond appropriately to them.” As Christmas time is near, the number of private journeys in vehicles is rising. Therefore, David Bosch gives us some basic recommendations, useful especially in the winter time:

/ CONTROL YOUR VELOCITY

“Velocity does not only have an influence on the probability of an accident, it also determines the time left to react in an unexpected situation. In case of an accident, the higher the speed, the more serious its consequences.”

/ DRIVING POSITION

“A good driving position includes a low sitting position, the leg operating the clutch slightly bent, the seat back in a 10 degree position and straight arms with the steering wheel at height of the wrists.”



/ POSITIVE ATTITUDE AND ZERO DISTRACTION

“At a speed of 100 km/h, a look away from the road means passing by 28 metres. There is no worse obstacle than the one you don’t see. When you drive, avoid all kinds of distraction, don’t use the mobile and show a positive attitude. Avoid being aggressive.”

/ THE SEATBELT

“To guarantee an effective use of the seat belt, it should be at height of the collar bone and its lower part should fit tight.

/ SAFETY DISTANCE

“A good safety distance equates three seconds passing between your own car and the preceding vehicle. To measure this distance, count the seconds

until you pass by a certain point your precedent has passed.”

