**Introduction to the Education Section**

One of the key aspects of training that is sometimes overlooked, is repetition. Repetition is the key element of a training programme that will get your employees following your fleet risk management procedures. To become competent and then good at anything, we all need practice and repetition. Training also gets all employees in the business understanding what is required of them and working in the same direction. Ultimately, it helps develop a positive driving culture within the business.

A one off training event is better than no training, and it’s not every business that provides refresher training unless there is a formal requirement to do so. Even refresher training is normally provided on an annual basis at best. If the training is not repeated in a short time your employees gain a lot of information but without the repetition, they will forget most of that information.

To help you repeat your training content we have included a number of toolbox talks in this section. Once a toolbox talk is delivered you can go back to the drivers at a later date and remind them of the most important aspects of the content. The talks can also be repeated as reminders on a frequency appropriate to your business. The talks focus on subjects that are relevant to collision prevention:

* Aggressive driving and road rage
* Cyclists and LGVs
* Driving blind spots
* Stay focused
* Lane changing
* Scanning the road
* Three talks on improving sleep
* Staying calm
* Stress management
* Vehicle manoeuvring



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