

STRUCTURE



- Get into the vehicle
- Before it becomes dark...
- Is this normal!?
- And then it happens
 - The origin of fatigue
 - Other influencing factors
 - Like this it becomes really a problem
- It must not be
 - How do I recognize fatigue?
 - What you can do against it
 - Sleep to be fit
 - Hints for everyday life
- Summary
- Test course
- Drowsy despite having slept

TEST

STRUCTURE



To speed

- ...slowly but fast around the corner
- To stop needs time and place
- Anticipatory driving style
- Summary

To brake

- You're lucky
- To stop is more than braking
- Before it crashes
- The circumstances are different
- To brake correctly

To brake/steer

- The limits of stability
- To „lay“ in a curve
- To pit one's strength against
- Either..or!
- Summary

To accelerate

- Is it enough?
- On the fast lane
- Keep care, opposite traffic
- To cross safely

To load

- To keep in balance
- To put the center of gravity in the right place
- Summary

Driving under different
circumstances

- To be at the mercy of natural elements
- To surf on the motorway
- To see not the hand in front of the face
- To be blown over
- Summary

TEST