



Driver Training Matters Works With The Suzy Lamplugh Trust to Help Raise Women Driver Safety Awareness

Driver Training Matters, the driver safety training consultancy is delighted to be working with The Suzy Lamplugh Trust, the leading authority on Personal Safety, to provide seminars in the South East on Women's Personal Safety when Driving. The aim is to raise women's awareness of potential dangers and encourage strategies to recognise and reduce those risks.

([PRWEB](#)) June 5, 2005 -- Driver Training Matters, the driver safety training consultancy is delighted to be working with The Suzy Lamplugh Trust, the leading authority on Personal Safety, to provide seminars on Women's Personal Safety when Driving. The aim is to raise women's awareness of potential dangers and encourage strategies to recognise and reduce those risks.

In today's environment, whether doing the school run, driving for work, or driving alone at night, women's health and safety must be of paramount importance.

Risk can present itself in numerous forms and levels and through many different situations. The Driver Training Matters seminars help women drivers understand those risks and give them the confidence and peace of mind to enjoy driving safe in the knowledge that they are better prepared for any situation.

Many women drive as part of their regular working day and the seminars will enhance their skills of personal safety, encouraging women to take responsibility for their own wellbeing.

Under the Health and Safety at Work Act 1974, companies must have a Duty of Care to their employees and have an obligation to minimise the risks those employees face whilst at work.

The seminars are designed to offer practical advice and guidance to women and help them reduce the risks they face when driving for work or socially. They can be presented as either a half or full day and can be customised to address particular issues certain women may face when driving.

'RoSPA Award winning Co-Director Sue Read, of Driver Training Matters, the driver safety consultancy, says 'Our business is all about improving the safety of drivers and we are delighted to be working with The Suzy Lamplugh Trust on improving personal safety when driving. Personal safety and security is imperative for everyone, particularly for women today. We want them to enjoy their independence and freedom and be able to travel safely and confidently on our road. We hope that by highlighting the risks facing women drivers, it will provide them with a wealth of information and also encourage employers to take more responsibility in addressing those risks'

The benefits of learning about personal safety are vast. The Driver Training Matters seminars cover all aspects from personal skills and strategies such as planning, assertiveness and body language, to car maintenance, breakdown advice and how to deal with road rage, car jacking and exit strategies to use.

Sue continues 'These seminars can be stand alone or combined with an Advanced Driving Course. The Driver Training Matters training consultants are ex traffic police sensitive to female driver safety issues. They have the highest driving credentials and personal attributes to improve your confidence and driving skill so that you feel safer and more self assured whilst driving'

The lack of personal/driver safety awareness to women is costly. If there is a serious incident, the emotional scars are difficult to deal with, resulting in low confidence and morale, days lost due to injury and trauma and work-related stress. Any responsible company should be addressing this issue of personal safety and doing everything they can to safeguard their female employees.

Driver Training Matters also provides practical advice and bespoke training to safeguard businesses and company drivers ranging from Driver Development Training, Driver Risk Assessments, Fleet Safety Audits, Pre employment Driving Appraisals, Advice on Drug and Drink testing, UK Familiarisation Courses, LGV training, Forklift Driver Training, Corporate Driving Days and Seminars on Road Safety.

The threat to female drivers is not going to go away. With so much at stake, can women really afford not to find out more and take action?

The personal safety seminar will deal with:
Personal strategies:

Increasing awareness

Planning ahead

Assessing the risks

Acting confident

Common sense techniques

Personal skills:

Being a proactive driver not a reactive driver
Body language

Diffusing a potentially aggressive situation
Self defence

Exit strategies



Travelling by car:
Implications of using vehicles for work
Journey planning
Vital vehicle checks
Basic car maintenance
Choosing where to park
Completing a journey by foot

What if situations?
What to do if you breakdown
What to do in an emergency
Dealing with road rage
Car-jacking

For further information about the seminar or to book a place, contact:
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