



Four-Wheel Drive (4WD) Off-Road Training

Driving off-road means facing unique risks that standard driver training doesn't address. This comprehensive course transforms everyday drivers into confident, capable off-road operators who understand not just how to drive, but how to assess risks, protect expensive company vehicles, and make sound decisions when help is hours away.

Course objectives

At the end of this training course, participants will be able to:

- Apply critical skills like reading terrain to prevent rollovers.
- Manage vehicle dynamics on side slopes.
- Recovering stuck vehicles safely and navigating everything from deep mud to rocky tracks, water crossings to wet sand.
- Understand how to inspect and prepare vehicles properly.
- Manage loads for stability.
- Use recovery equipment without creating workplace hazards.
- Develop the judgment to know when to proceed and when to find another route—potentially saving the organization from costly vehicle damage, workplace incidents, and productivity losses.

Course Contents

Module 1: Off-road driving and vehicle basics

- Introduction to 4WD vehicles
- Vehicle configurations
- Vehicle clearances
- Modern vehicle systems
- Basic vehicle mechanics
- Understanding transmissions
- Suspension and axle systems

Module 2: Preparation

- Pre-operation checks
- Vehicle maintenance
- Essential equipment
- Trip planning
- Regional requirements
- Environmental protection

Module 3: Vehicle dynamics

- Centre of gravity
- Load management
- Transmission wind-up
- Axle articulation
- Towing a trailer off-road

Module 4: Tyres

- Tyre basics
- Tyre management

Module 5: Driving techniques

- Basic controls.
- Driver development.
- Traction management.
- Manual vs automatic techniques.

Module 6: Terrain

- Hill climbing
- Descending
- Stall recovery technique
- Rock driving
- Mud driving
- Sand driving
- Side slopes
- Ruts and washouts
- Water assessment and water crossing techniques

Module 7: Communication & Recovery

- Convoy procedures and communication in group travel
- Recovery equipment
- Recovery techniques
- Emergency response
- Post-trip procedures

Target audience

- Drivers
- Fleet or transport supervisors.

Course duration **4 Days**

Course Fee **TZS 685,000** Per person

Course delivered in **English, Swahili**