



## 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**