



## 4 x 4 Off Road Training

The ISM are pleased to offer a dedicated training course in off road 4x4 vehicles for our customers. The use of 4x4 off-road vehicles for business and pleasure has dramatically increased in Ireland over the past 10 years.

Used correctly they can be very versatile with a wide variety of uses. However even the more experienced off-road users can often find themselves in extremely dangerous situations, and serious accidents can and do occur frequently.

**The motto is 'as slow as possible, as fast as necessary'.**

ISM have developed a 4x4 training course to help reduce the risk of a serious accident while off-road, while also including basic vehicle checks to minimize the risk of vehicle downtime. Our course will cover in detail the following areas of 4x4 off-road driving:

- Pre start checks - vehicle inspection - Correct use of low gears
- Emergency procedures - Correct use of differential lock
- How to cross gullys and channels - Use of all traction aids
- Vehicle checks before returning on-road - Vehicle positioning
- Correct move off procedures - Transmission and running gear
- Instruments and controls – Start-Stop procedures - Steering
- Route planning - Hill climbing techniques
- Ascent / descent / traversing
- Load limits - Daily vehicle checks

**Our intensive 4x4 training course is 3 hours on a one to one basis**

**Course Details:**

**ISM Advanced Training, ISM HQ, Jamestown Business Park, Finglas, Dublin**

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