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YOUR GUIDE TO A SAFER TOMORROW

Same Roads Brighter Futures

DRIVE LEARN EXPLORE SWEDEN

Risk 1 & Risk 2 in Sweden

Complete English Guide to Riskettan, Risktvåan and Halkbana

For learners preparing for a Swedish Category B driving licence.



Risk 1

KNOWLEDGE, ATTITUDES AND BEHAVIOUR

THINK REFLECT
MAKE SAFER CHOICES

Risk 2

PRACTICAL DRIVING AND SAFETY

EXPERIENCE CONTROL
HIGHER SAFETY

Halkbana

SLIPPERY ROADS AND CAR CONTROL

REAL CONDITIONS
REAL CONFIDENCE

Understand compulsory risk training, build safer habits and prepare for the Swedish theory test in English.



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Risk 1 & Risk 2 in Sweden

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Complete English Guide for Category B Learners

Understand the compulsory risk training and prepare with confidence.

KNOWLEDGE CONFIDENCE FREEDOM

Riskettan and Risktvåan

The Swedish driving licence includes two compulsory risk training parts. They give you the knowledge, awareness and practical skills you need to become a safer, more responsible driver.

More than a licence – a safer you

Risk 1
Knowledge, attitudes and behaviour

- **Alcohol and drugs**
  Learn how alcohol and drugs affect your ability to drive safely.
- **Fatigue and concentration**
  Understand how tiredness and lack of sleep increase the risk of accidents.
- **Risky behaviour and peer pressure**
  Discuss attitudes, decision-making and how to handle pressure from others.

THINK REFLECT MAKE SAFER CHOICES

Risk 2
Practical driving and safety

- **Speed and braking**
  Experience how speed affects braking distance and safety.
- **Grip and road conditions**
  Learn how different road surfaces and weather conditions affect grip.
- **Slippery-road experience**
  Drive on a slippery track and feel how the car behaves in real situations.

EXPERIENCE CONTROL HIGHER SAFETY

Risk 1 = Behaviour
ATTITUDES TODAY SAVE LIVES TOMORROW

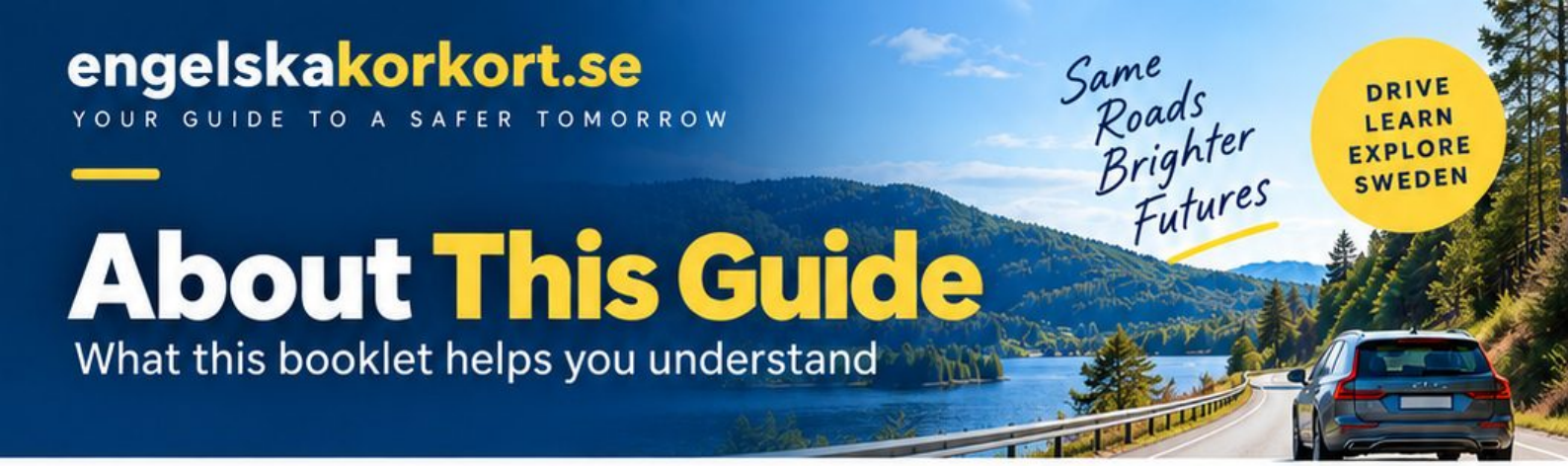
Risk 2 = Practical safety
REAL SITUATIONS BUILD REAL SKILLS

Prepare for the Swedish theory test in English

Clear explanations. Practice questions. Updated guidance for current rules. Everything you need to pass – and become a safer driver.

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About This Guide

What this booklet helps you understand

This guide helps English-speaking learners understand Risk 1 and Risk 2 in Sweden. It explains what the courses involve, what you will learn, and how they connect to your theory study, so you can prepare with confidence and become a safer, more responsible driver.

Knowledge today – a safer tomorrow

Who this guide is for

English-speaking category B learners in Sweden.

This guide is for you if you are taking the Swedish driving licence (category B) and want clear, easy-to-understand information about the compulsory Risk 1 and Risk 2 training, in English.

What you will learn

Key knowledge, practical insights and the bigger picture.

- **What Risk 1 covers**
  Attitudes, risk awareness, substances, fatigue and peer pressure.
- **What Risk 2 covers**
  Practical driving in different risk situations, such as slippery roads, emergency braking and loss of control.
- **How both connect to safer driving**
  See how Risk 1 and Risk 2 build your knowledge, skills and judgement as a driver.

How to use this guide

Get the most out of your preparation.

- **Read the pages in order**
  Follow the structure for a clear understanding from start to finish.
- **Reflect on the examples**
  Take time to think about the real-life situations and questions.
- **Combine with theory practice**
  Use this guide together with theory study, practice questions and mock tests.

Important note

This guide supports your preparation – but does not replace the official courses.

This booklet gives you knowledge, explanations and practice to help you prepare for Risk 1 and Risk 2. However, it does not replace the compulsory training, which must be completed in person at authorised driving schools in Sweden.

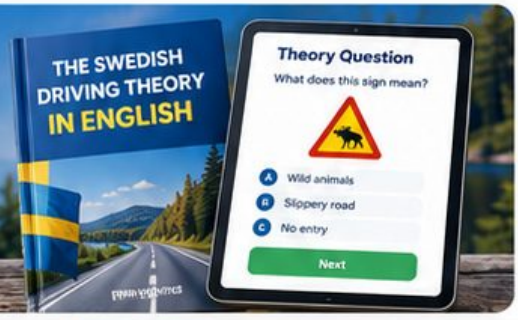
Make sure to book and complete both courses with an approved provider before you can apply for your driving licence.

More Tools for Your Success

Study smarter with our English resources.

Theory Book | Theory Questions | Free Theory Test

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The Swedish Driving Licence Journey

Where Risk 1 and Risk 2 fit into the process

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Getting a Swedish driving licence involves several important steps. Risk 1 and Risk 2 are mandatory parts of the process and give you the knowledge, awareness and practical experience you need to become a safer, more responsible driver.

A clear path to your licence

1 Learner's Permit

Apply for your learner's permit (körkortstillstånd) with the Swedish Transport Agency (Transportstyrelsen).

2 Study Theory

Learn the rules of the road and build your knowledge using a theory book and practice tests.

3 Driving Lessons

Take driving lessons with a driving school or a supervisor to develop your practical skills.

4 Risk 1

MANDATORY

Complete the theory-based risk course (Riskettan) about attitudes, alcohol, drugs, fatigue and risk behaviour.

5 Risk 2

MANDATORY

Complete the practical risk course (Risktvåan) with real driving situations such as slippery roads, braking and loss of control.

6 Theory Test

Pass the official theory test at Transportstyrelsen (typically 70 multiple-choice questions).

7 Driving Test

Pass the practical driving test with an examiner from Transportstyrelsen.

8 Get Your Licence

Congratulations! You receive your Swedish driving licence and can start driving on your own.

How this guide helps

Your complete support for Risk 1, Risk 2 and beyond

More knowledge A safer you

Understand the risk courses

Clear explanations of what happens in Risk 1 and Risk 2, what to expect and why they are important.

Build your vocabulary

Key words and phrases in English for driving, risk situations and theory test topics.

Prepare for theory topics

Simple explanations, real practice questions and up-to-date guidance based on current rules in Sweden.

Your journey starts at engelskakorkort.se

Guides, practice questions, vocabulary and everything you need to pass – and become a safer driver.

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Risk Training at a Glance

A simple comparison of Risk 1 and Risk 2

Both Risk 1 (Risktettan) and Risk 2 (Risktvåan) are compulsory parts of the Swedish driving licence. They complement each other – one gives you knowledge and insight, the other gives you practical experience. Together, they help you become a safer, more responsible driver.

More than a licence – a safer you

Topic	Risk 1 Risktettan	Risk 2 Risktvåan
Swedish name	Risktettan	Risktvåan
Main format	Theory-based course (group discussion)	Practical training (at a driving facility)
Main focus	Attitudes, risk awareness and behaviour	Practical driving and safety in real situations
Typical setting	Classroom or online (with instructor), usually 3–4 hours	Driving facility and varied environments, usually a full day
What you practise or discuss	Alcohol and drugs, fatigue, peer pressure, risk behaviour and decision-making	Speed and braking, grip and road conditions, slippery roads, emergency braking and loss of control
Why it matters	Helps you make safer choices and understand the consequences of risky behaviour	Gives you real experience of how the car behaves in different situations and builds practical skills
Required before the tests?	Yes	Yes

Risk 1 = attitudes, reflection and awareness
KNOWLEDGE TODAY SAVES LIVES TOMORROW

Risk 2 = practical experience, speed, grip and safety
REAL SITUATIONS BUILD REAL SKILLS

Both parts are mandatory for a Swedish category B driving licence.

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Why Risk Training Exists

More than passing a test

KNOWLEDGE CONFIDENCE FREEDOM



Why Risk Training Exists

More than passing a test

The Swedish system uses risk training to help learners understand the consequences of their behaviour, reduce dangerous behaviour and build safer habits. It is not just about passing a test – it is about becoming a more responsible driver for life.

"A safer driver prevents dangerous situations before they happen."

Awareness

Recognise risks earlier.

Risk training helps you notice potential dangers in traffic, in yourself and in others. You learn to identify risk situations before they become serious.

OBSERVE ANTICIPATE STAY ALERT

Responsibility

Understand how choices affect yourself and others.

You learn how your behaviour can impact your own safety, your passengers and other road users. This builds a stronger sense of responsibility in traffic.

CONSIDER RESPECT TAKE RESPONSIBILITY

Experience

Connect theory to real traffic situations.

Through practical training, you experience how the car behaves in different conditions. This makes the risks more real and helps you understand the consequences.

PRACTISE LEARN GAIN INSIGHT

Safer decisions

Create safety margins before danger develops.

You learn to make safer choices, keep safety margins and avoid risky behaviour. This helps you prevent accidents and contribute to a safer traffic environment.

PLAN AHEAD KEEP DISTANCE DRIVE SMARTER

How this helps your theory test

- Helps you understand the effects of fatigue, alcohol and drugs.
- Builds your knowledge about speed, braking and stopping distances.
- Strengthens your road-safety thinking, which is a key part of the theory test.

The same knowledge that makes you a safer driver also helps you pass the theory test.

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Key Facts Before You Start

Important things to know before booking your courses

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Key Facts Before You Start

Important things to know before booking your courses

Risk 1 and Risk 2 are compulsory for a category B driving licence in Sweden. Here are the key facts to help you plan, book and complete your courses with confidence.

Better preparation for a smoother journey

Risk 1 and Risk 2 are mandatory

Both Risk 1 (Riskettan) and Risk 2 (Risktvåan) are compulsory for a category B driving licence in Sweden.

Both parts must be completed

You must complete both Risk 1 and Risk 2, and they must be valid before you can take the theory test and the practical driving test.

Validity: up to 5 years

The results from Risk 1 and Risk 2 are valid for up to 5 years from the date you complete each course.

Use an authorised provider

Complete the courses with an authorised driving school or training provider approved in Sweden.

English availability may vary

Many providers offer the courses in English, but availability can vary by location. Always check in advance.

Bring valid ID and follow instructions

Bring a valid ID (passport or Swedish ID card) and follow all instructions from the provider on the day of your course.

Ask about timing, location and what to bring

When booking, ask about available dates, location, language, course content, price and what you need to bring. This helps you avoid delays and be well prepared.

Before you book

- Check available dates and locations
- Confirm the course is in English
- Ask what to bring (e.g. ID)
- Check the price and cancellation policy

Official sources

For the latest rules and requirements, always check the official websites:

TRAFIKVERKET
www.trafikverket.se

TRANSPORT STYRELSEN
www.transportstyrelsen.se

Rules and information can change. Always use the official sources.



What Is Risk 1?

Riskettan: knowledge, attitudes and behaviour

Risk 1 is the theoretical and discussion-based part of the compulsory risk training for a Swedish driving licence.

KNOWLEDGE CONFIDENCE FREEDOM

Alcohol and drugs

Understand the risks and your responsibility

Learn how alcohol and drugs affect your judgement, reaction time and ability to drive safely. The course explains Swedish laws, real-life consequences and why even small amounts can be risky.

Fatigue and concentration

Stay alert, stay safe

Find out how tiredness, stress and lack of concentration affect your driving. Learn to recognise the warning signs and get practical tips on how to stay focused behind the wheel.

Risky behaviour and attitudes

Small choices make a big difference

Discuss common risk behaviours such as speeding, distractions and taking unnecessary risks. Learn how your attitudes and decisions affect not only your own safety, but also the safety of others on the road.

Peer pressure and personal responsibility

Be the driver you want to be

Explore how friends, passengers and social situations can influence your driving. The course helps you build the confidence to make safe choices and take personal responsibility, even when others pressure you.

Course style

A discussion-based session guided by a certified instructor.

Main goal

To help you think more safely and understand how choices affect road safety.

THINK • REFLECT • MAKE SAFER CHOICES

Practice theory questions in English

Real exam-style questions. Clear explanations. Everything you need to prepare for the theory test.

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Alcohol and Driving

Why alcohol makes traffic more dangerous

KNOWLEDGE CONFIDENCE FREEDOM



Alcohol and Driving

Alcohol affects your brain and body, even in small amounts. It slows reactions, impairs judgement and makes it harder to drive safely. Driving after drinking puts your life and the lives of others at risk.

A clearer mind makes safer roads

Slower reactions

Alcohol slows down your reaction time, making it harder to respond to unexpected situations in traffic.

Poor judgement

Alcohol can make you take unnecessary risks and underestimate danger, leading to poor decisions while driving.

Reduced coordination

Alcohol affects your coordination, balance and ability to control the vehicle, making it harder to steer, brake and keep in your lane.

Greater crash risk

Alcohol significantly increases the risk of collisions, with more serious consequences for you, your passengers and others on the road.



Make the safe choice

- Never plan to drive after drinking.
- Arrange another way home.
- Do not trust guesswork.
- Protect yourself and others.

RESPONSIBILITY KEEPS EVERYONE SAFER

Theory test connection Alcohol and personal conditions are important topics in the Swedish theory test. You need to understand how alcohol affects driving and road safety.

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The Morning After

Alcohol can still affect you the next day

KNOWLEDGE CONFIDENCE FREEDOM



The Morning After

Even if you feel fine, alcohol can still be in your body the next morning. Your driving ability may be impaired, and poor sleep can make the situation worse. It's not just about how much you drank, but also how long ago, how well you slept and how your body reacts.

Be sure tomorrow too – drive sober

Remaining alcohol in the body

Alcohol is eliminated slowly from the body. You may still be over the legal limit the next morning, even if you feel sober.

False confidence

You might feel fine and think you can drive, but your judgement can still be impaired. Feeling "normal" does not mean you are under the limit.

Sleep loss and fatigue

Alcohol can give you a poorer quality of sleep. Lack of sleep increases the risk of accidents and makes it harder to stay alert and focused while driving.

Slower reactions and concentration

The morning after, your reactions may be slower and it can be harder to concentrate, even if the alcohol level is below the legal limit.

Late celebration, early drive?
If you are unsure, do not drive.



Safer choices

Simple decisions can keep you and others safe the next day.

- Give yourself enough recovery time.
- Do not guess whether you are fit to drive.
- Consider sleep and fatigue too.
- Choose the safe option.

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Drugs, Medicines and Driving

Why legal does not always mean safe

KNOWLEDGE CONFIDENCE FREEDOM



Drugs, Medicines and Driving

Substances can affect your ability to drive, even if they are legal or prescribed. They may impair your judgement, attention, reaction time and coordination. It is your responsibility to make sure you are fit to drive.

A clearer mind for a safer you

Illegal drugs

Strong effects on judgement, attention and reaction.

Illegal drugs, such as cannabis, amphetamines, cocaine and ecstasy, can seriously impair your judgement, attention, reaction time and coordination. Even small amounts can affect your driving ability and increase the risk of accidents.

AWARENESS RESPONSIBILITY SAFER ROADS

Prescription medicines

Some medicines can cause drowsiness or slower reactions.

Many prescription medicines can affect your ability to drive, for example painkillers, sleeping tablets, antidepressants and medicines for anxiety. They may cause drowsiness, slower reactions or reduced concentration. Always follow medical advice and read the patient information leaflet.

CHECK UNDERSTAND DRIVE RESPONSIBLY

Over-the-counter medicines

Allergy or cold medicines may also affect alertness.

Medicines that you can buy without a prescription, such as those for allergies, colds or hay fever, may cause drowsiness or reduced alertness. Always read the label and be aware of possible side effects before you drive.

READ BE AWARE MAKE SAFER CHOICES

Mixing substances

Combining medicines, drugs or alcohol greatly increases risk.

Mixing alcohol with medicines or illegal drugs can have unpredictable and stronger effects. The combination can significantly impair your judgement, reaction time and coordination, and greatly increase the risk of serious accidents.

DON'T MIX HIGHER RISK PROTECT YOURSELF

Before you drive

Take these simple steps to stay safe:

- Read labels and warnings.
- Ask a doctor or pharmacist if unsure.
- Never mix substances with alcohol.
- Do not drive if your ability may be affected.

Theory test connection

Personal conditions and safe decisions are important theory topics.

KNOWLEDGE BUILDS SAFER DRIVERS

Stay alert. Drive safer.

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Fatigue and Driving

Why tired drivers are dangerous drivers

KNOWLEDGE CONFIDENCE FREEDOM



Fatigue and Driving

Fatigue reduces alertness, reaction speed, concentration and judgement. A tired driver may still be moving, but the brain is no longer processing traffic as effectively. Learning to recognise tiredness early is an important part of safe driving.

Stay alert. Drive safer.

Slower reactions

Fatigue delays your response to unexpected hazards. At higher speeds, even a small delay can mean many extra metres travelled before you react.

Reduced concentration

Tired drivers may miss signs, signals, pedestrians or changes in traffic because attention becomes harder to maintain.

Poor judgement

Fatigue can make you underestimate danger, choose smaller safety margins and make decisions you would avoid when fully alert.

Microsleep

A microsleep is a very short, involuntary period of sleep. It may happen before you realise how tired you really are.

If you are struggling to stay awake, stop driving.
The safe solution is rest — not willpower.

Reduce the risk

- Sleep enough before long journeys.
- Plan breaks before you become exhausted.
- Do not rely on coffee alone.
- If you are too tired, stop and rest.

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Stay alert. Drive safer.

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Warning Signs of Fatigue

Recognise the signals before it becomes dangerous

KNOWLEDGE CONFIDENCE FREEDOM



Warning Signs of Fatigue

Fatigue often gives warning signs before a situation becomes critical. Learning to recognise these signals helps you take action in time and prevent a dangerous situation.

Recognise the signs. Drive safer.

Repeated yawning

Your body is telling you it needs rest.

Heavy eyelids

Keeping your eyes open starts to require effort.

Difficulty focusing

Road signs and traffic details become harder to process.

Drifting in the lane

Small steering corrections become less precise.

Missing signs or exits

Reduced attention makes you overlook information.

Memory gaps

You cannot clearly remember the last few kilometres.

Microsleep can happen in seconds.

At road speed, the vehicle can travel a long distance with no real control.

What to do

- Stop in a safe place.
- Rest before continuing.
- Change driver if possible.
- Continue only when alert.

Think about it

Have you ever noticed any of these warning signs while driving? Recognising them early can prevent a dangerous situation.

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Stay alert. Drive safer.

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High-Risk Times for Fatigue

When tiredness is more likely to affect your driving

KNOWLEDGE CONFIDENCE FREEDOM



High-Risk Times for Fatigue

Tiredness does not affect every journey the same way. Some times of day and situations make fatigue much more likely, and the risk is higher even if you feel fine at the start of your journey.

Same roads
Different risks
Stay alert.

Late at night

The body naturally expects sleep.

Early morning

Alertness can be low after insufficient rest.

After a long workday

Mental and physical fatigue build up.

After too little sleep

Sleep debt reduces concentration.

Long monotonous roads

Low stimulation can increase drowsiness.

After shift work

Irregular sleep can disturb normal alertness.

Feeling awake at the start of a journey does not guarantee you will stay alert.

Plan before you drive

- Sleep well.
- Plan your route and breaks.
- Share driving when possible.
- Choose alternative transport if you are exhausted.

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Distraction Behind the Wheel

When your attention leaves the road

KNOWLEDGE CONFIDENCE FREEDOM



Distraction Behind the Wheel

Distraction can be visual, manual or mental. Even a short interruption can prevent a driver from noticing a developing hazard in time.

Stay alert. Drive safer.

Visual distraction

Your eyes leave the road, for example when looking at a phone, map or object inside the vehicle.

Manual distraction

Your hands leave the driving task, for example when reaching for something or adjusting controls.

Mental distraction

Your mind is somewhere else. You may look at the road but fail to process what is happening.

Combined distraction

Many activities distract your eyes, hands and mind at the same time, making the risk even greater.

A driver can look at the road and still be mentally distracted.

Common distractions

Phone | GPS | Passengers | Food | Controls | Loose items

Stay focused

- Prepare navigation before moving.
- Secure loose items.
- Avoid unnecessary tasks while driving.
- Keep your attention on traffic.

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Stay alert. Drive safer.

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Mobile Phones and Attention

Why a phone can take more than your eyes off the road

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Mobile Phones and Attention

Using a mobile phone while driving can create visual, manual and cognitive distraction. A safer driver plans ahead so that the phone does not compete with the road for attention.

Your attention keeps everyone safer.

EYES | **HANDS** | **MIND**

Phone use can take all three away from driving.

Looking at the screen

Even a quick glance can mean missing a pedestrian, signal, brake light or change in traffic.

Touching or typing

Using your hands for the phone reduces your ability to control the vehicle and react immediately.

Thinking about a conversation

Cognitive distraction can continue even when your eyes remain on the road.

Missing changes in traffic

The longer your attention is divided, the greater the chance that a hazard develops unnoticed.

Hands-free does not remove cognitive distraction.

Safer phone habits

- Set navigation before moving.
- Silence unnecessary notifications.
- Stop safely if you must use the phone.
- Keep full attention on traffic.

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Stress, Anger and Emotions

How your state of mind changes your driving

KNOWLEDGE CONFIDENCE FREEDOM



Stress, Anger and Emotions

A driver's emotional state affects how risks are seen, how situations are judged and how safety margins are chosen. When you are stressed, angry, worried or overly excited, it becomes harder to make calm, thoughtful and safe decisions.

A calmer you drives safer

Stress

Stress can narrow attention and make you rush decisions that normally deserve more time.

Anger

Anger can lead to aggressive choices, unnecessary speed and shorter safety margins.

Worry or anxiety

Strong worry can reduce concentration and make it harder to process traffic information.

Urgency or excitement

Feeling rushed can increase risk-taking and create a false sense that saving time matters more than safety.

Scenario: I am late

You are running late and feel tempted to speed, follow too closely and take gaps you normally would not take.

Reflect

What would a responsible driver change first?

Safer choices

- Accept being late.
- Increase safety margins.
- Slow down mentally and physically.
- Stop if emotions are too strong.

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Peer Pressure

Your passengers should not make your decisions

KNOWLEDGE CONFIDENCE FREEDOM



Peer Pressure

Friends, passengers and group expectations can influence your speed, attention and risk-taking. Safe driving means that the responsibility always stays with the driver, no matter what others say or do.

Your car. Your choices. Drive safely.

Pressure to drive faster

Passengers may tell you to speed up even when your own judgement says patience is safer.

Showing off

Trying to impress others can lead to unnecessary acceleration, risky overtaking or unsafe cornering.

Distracting passengers

Noise, arguments or sudden movements can take attention away from traffic.

Fear of saying no

A responsible driver must be able to reject unsafe suggestions, even when others disagree.

Scenario | Your friends tell you to go faster because the road looks empty. What should you do?

The driver is responsible for the decision — not the passengers.

Stay in control

- Set expectations before driving.
- Stay calm and say no.
- Keep your planned safety margins.
- Stop if passengers make driving unsafe.

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Risk-Taking and Overconfidence

Confidence is useful — overconfidence is dangerous

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Risk-Taking and Overconfidence

Drivers often take more risks when they overestimate their own ability or underestimate the danger. Overconfidence can make you drive faster, take bigger risks and leave smaller safety margins, which increases the chance of an accident.

Be realistic. Drive safer.

Confidence

Recognises limits, plans ahead and keeps safety margins.

Overconfidence

Underestimates danger and believes skill can replace caution.

Too fast for conditions

Legal speed is not always a safe speed.

Following too closely

Overconfidence often reduces the distance left for the unexpected.

Unnecessary gaps

A driver may accept gaps or overtaking opportunities that leave too little room for error.

Skill is not a safety margin

Experience cannot remove reaction time, stopping distance, limited grip or mistakes by others.

A skilled driver still needs time, distance and grip.

Self-check

- I adapt speed to conditions.
- I keep safety margins.
- I do not drive to impress others.
- I expect the unexpected.

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Young and Inexperienced Drivers

Experience changes how quickly you recognise risk

KNOWLEDGE CONFIDENCE FREEDOM



Young and Inexperienced Drivers

Experience does not change the traffic rules, but it can change how quickly a driver recognises hazards and understands what may happen next.

More experience
A safer you

Hazard recognition

Inexperienced drivers may notice developing risks later because they have seen fewer traffic situations before.

Speed judgement

Judging closing speed, stopping room and safe gaps becomes easier with experience, but still requires caution.

Safety margins

New drivers benefit from extra distance and more time because unexpected situations require more processing.

Peer influence

Less experienced drivers may be more vulnerable to passengers who encourage speed or risky behaviour.

Experience helps — but good habits start now.
Safe driving means observing early, adapting speed, creating margins and staying humble.

Four habits to build early

- Look far ahead.
- Expect mistakes from other road users.
- Keep extra distance.
- Never drive to show off.

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Study today
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Risk 1 Scenario Workshop

Think, discuss and make the safer choice

KNOWLEDGE CONFIDENCE FREEDOM

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Risk 1 Scenario Workshop

Risk 1 is not only about facts. It is about reflecting on real-life situations, understanding consequences and choosing the safer option before danger develops.

Real situations
Better decisions
Safer drivers

Scenario 1 — Too tired to continue

You slept only five hours, worked all day, and still have 200 km to drive.

? **What risks can you identify? What is the safest decision?**

Scenario 2 — Pressure from friends

Passengers tell you to speed up and say you are driving too slowly.

? **Who is responsible for the decision? What should you do?**

Scenario 3 — Medicine before driving

You took medicine that may cause drowsiness but you feel mostly fine.

? **What should you check? What is the safest choice?**

Risk 1 asks: What could happen next?

THINK AHEAD STAY IN CONTROL DRIVE SAFER

Identify the risk → Think about consequences → Consider safer alternatives → Make the responsible choice

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Risk 1 Self-Assessment

Reflect on your habits and attitudes

KNOWLEDGE CONFIDENCE FREEDOM

Risk 1 Self-Assessment

Use this page to reflect honestly on your habits, attitudes and choices in traffic. The goal is not perfection, but awareness. Safer decisions begin with honest self-reflection.

Know yourself. Drive safer.

1	I would avoid driving if I felt too tired.	○ Yes	○ Sometimes	○ Need to improve
2	I understand that alcohol can affect driving the next morning.	○ Yes	○ Sometimes	○ Need to improve
3	I know that some medicines can reduce alertness.	○ Yes	○ Sometimes	○ Need to improve
4	I can recognise pressure from passengers or friends.	○ Yes	○ Sometimes	○ Need to improve
5	I keep my phone from distracting me while driving.	○ Yes	○ Sometimes	○ Need to improve
6	I understand that stress and anger can affect my decisions.	○ Yes	○ Sometimes	○ Need to improve
7	I try to keep safe margins in traffic.	○ Yes	○ Sometimes	○ Need to improve
8	I choose safety over rushing or showing off.	○ Yes	○ Sometimes	○ Need to improve

This page is for reflection, not scoring.
The goal is to recognise where safer habits can be strengthened.

Build safer habits

- Be honest with yourself.
- Notice your weak points.
- Practise safer choices daily.
- Keep learning before the theory test.

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Think first. Drive safer.

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Risk 1 Knowledge Check

Test your understanding

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Risk 1 Knowledge Check

Think first. Drive safer.

These short questions help you review the key ideas from Risk 1. Think carefully about safety, responsibility and how human factors affect driving.

1 What is one major danger of driving while tired?
A) Better concentration
B) Slower reactions
C) Better judgement

2 Why can alcohol still be a risk the next morning?
A) It may still be in the body
B) It improves reactions
C) It increases grip

3 What is true about some medicines?
A) They never affect driving
B) They may reduce alertness
C) They increase attention

4 What is peer pressure in traffic?
A) Safe planning
B) Pressure from others affecting your choices
C) A road sign

5 Why is phone use dangerous while driving?
A) It improves focus
B) It can distract eyes, hands and mind
C) It shortens braking distance

6 What can anger cause?
A) Calmer decisions
B) Greater safety margins
C) Aggressive choices

7 Overconfidence can lead to:
A) Better grip
B) Smaller safety margins
C) More rest

8 A responsible driver should:
A) Drive to impress others
B) Ignore fatigue
C) Choose safety over pressure

Check your answers on the next page.
Learning is a step towards safer driving.

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Risk 1 Answers and Explanations

Review the key ideas

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Risk 1 Answers and Explanations

Use these answers to understand the safety logic behind each question. The goal is not just to know the correct option, but to understand why it is correct.

Understand why. Drive safer.

1 **Correct answer: B**
Fatigue slows your reactions and makes it harder to respond in time.

2 **Correct answer: A**
Alcohol may still remain in the body the next morning.

3 **Correct answer: B**
Some medicines can cause drowsiness or reduce alertness.

4 **Correct answer: B**
Peer pressure means other people influence your driving choices.

5 **Correct answer: B**
Phone use can distract your eyes, hands and mind.

6 **Correct answer: C**
Anger may lead to aggressive decisions and smaller safety margins.

7 **Correct answer: B**
Overconfidence often leads to smaller safety margins and greater risk.

8 **Correct answer: C**
A responsible driver chooses safety over pressure or showing off.

Risk 1 teaches safer choices, not just correct answers.
THINK AHEAD STAY IN CONTROL DRIVE SAFER

Remember

- Recognise human risk factors.
- Think ahead.
- Create safety margins.
- Choose responsibility.

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What Is Risk 2?

Practical risk training and safety

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What Is Risk 2?

Risk 2, often called Risktvåan, is the practical part of the compulsory Swedish risk training for Category B. It focuses on speed, grip, safety and how the vehicle behaves in difficult conditions.

Experience. Reflect. Drive safer.

Practical course

Risk 2 is experience-based training at a driving facility.

Speed and safety

It shows how speed affects control, risk and stopping distance.

Difficult conditions

You experience situations linked to slippery roads and limited grip.

Safer decisions

The aim is not to drive dangerously, but to understand how to avoid dangerous situations.

Risk 2 often includes

- Speed awareness
- Grip and road conditions
- Emergency braking
- Vehicle control
- Safety margins

Risk 2 is more than halkbana.
It is about practical risk awareness.

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What Is Halkbana?

Understanding skid training

KNOWLEDGE CONFIDENCE FREEDOM



What Is Halkbana?

Halkbana is the slippery-road training element that learners often associate with Risk 2. It helps you understand how grip changes and why speed and safety margins matter so much.

Grip matters.
Drive safer.

Slippery surface

You experience how reduced grip affects braking and steering.

Vehicle behaviour

The course helps you feel how the car reacts in risky situations.

Emergency situations

Practical exercises may involve braking and control on a slippery surface.

Learning outcome

The aim is to build respect for speed, grip and safer choices.

Halkbana is part of Risk 2 — but Risk 2 is broader than skid training alone.

Why it matters

- Limited grip changes everything.
- Stopping distance becomes longer.
- Small mistakes grow quickly at higher speeds.
- Safer speed creates safer outcomes.

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Slow down. Gain time.

DRIVE LEARN EXPLORE SWEDEN

Speed Changes Everything

Why speed affects safety so much

KNOWLEDGE CONFIDENCE FREEDOM

Speed Changes Everything

As speed increases, the driver has less time to react, the vehicle needs more distance to stop, and a crash becomes more severe. Speed affects nearly every part of road safety.

Slower today. A safer tomorrow.

More reaction distance

A higher speed means you travel a greater distance before you react. Even a small delay can have big consequences at higher speeds.

Longer braking distance

The vehicle needs more distance to come to a complete stop when you are driving faster, even with good brakes and dry road conditions.

Longer stopping distance

Stopping distance is the total distance from when you see a hazard until the vehicle has stopped. It includes both your reaction distance and braking distance — and it increases rapidly with speed.

More severe collisions

The higher the speed, the more energy is released in a crash. This leads to more serious injuries and a higher risk of fatalities, for both the driver and others on the road.

How speed affects risk

The faster you drive, the greater the risk.



Legal speed is not always a safe speed.
Weather, visibility and traffic conditions matter too.

Safer thinking

- Adapt speed to conditions.
- Leave more distance.
- Look farther ahead.
- Expect the unexpected.

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Reaction Distance

How far you travel before you react

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Reaction Distance

Reaction distance is the distance the vehicle travels from the moment a hazard appears until the driver begins to brake. It depends on both speed and human factors.

See early. React sooner.

Speed

The faster you drive, the farther you travel before reacting.

Alertness

Tiredness, stress or distraction can slow your response.

Attention

If your mind is elsewhere, you react later.

Expectation

Hazards you do not expect can increase reaction time.

Reaction distance = speed × reaction time

Risk 1 connection

Several factors from Risk 1 can affect how quickly you react:

- Fatigue slows reactions.
- Alcohol can reduce judgement.
- Phones divide attention.
- Stress narrows focus.

Good reactions begin before the hazard appears — by staying alert.

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Braking Distance

How much room the vehicle needs to slow down

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Braking Distance

Braking distance is the distance the vehicle travels from the moment braking begins until the vehicle stops. It is influenced by speed, grip, tyres and road conditions.

More speed. More distance.

Speed

The higher the speed, the longer the braking distance. If you drive twice as fast, the braking distance is about four times as long.

Road surface

Wet, icy or loose surfaces reduce grip, which makes the braking distance much longer than on dry asphalt.

Tyres

Worn or incorrect tyres reduce grip, especially in wet or cold conditions, increasing the braking distance.

Brakes

Worn or poorly functioning brakes are less effective and need a longer distance to stop the vehicle.

Vehicle load

A heavier vehicle needs a longer braking distance because there is more mass to slow down and stop.

Downhill roads

On downhill roads, gravity helps the vehicle move forward, which increases the braking distance. You may also need to brake harder and for longer.

Higher speed means much longer braking distance.

Grip matters

- Wet roads reduce grip.
- Snow and ice reduce grip even more.
- Good tyres help but cannot remove physics.
- Leave larger safety margins in poor conditions.

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Stopping Distance

Reaction distance + braking distance

KNOWLEDGE CONFIDENCE FREEDOM



Stopping Distance

Stopping distance is the total distance the vehicle travels from the moment a hazard appears until the vehicle comes to a complete stop. It is made up of reaction distance and braking distance.

Leave room to stop.

Stopping distance = **Reaction distance** + **Braking distance**

Reaction distance

What happens before braking starts

Reaction distance is the distance the vehicle travels during the time it takes you to notice the hazard, process the information and move your foot to the brake pedal.

Braking distance

What happens after braking begins

Braking distance is the distance the vehicle travels from the moment you start braking until it comes to a complete stop. This distance is affected by speed, road conditions, tyres and the vehicle's brakes.

Total stopping distance

Why both parts matter together

Both reaction distance and braking distance are needed to stop the vehicle. The total stopping distance shows how far you will travel before you are completely stopped.

If speed increases, both reaction distance and braking distance increase.

Higher speed means a longer stopping distance. In poor conditions the distance can be much longer.

Safer driving reminders

- Keep a good following distance.
- Slow down in poor conditions.
- Stay alert.
- Expect longer stopping distance at higher speed.

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Choose speed wisely.

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Why Doubling Speed Is So Dangerous

Speed grows faster than most drivers think

KNOWLEDGE CONFIDENCE FREEDOM

Why Doubling Speed Is So Dangerous

A small increase in speed can create a much larger increase in stopping distance and crash severity. That is why speed choice is one of the most important safety decisions a driver makes.

Choose speed wisely.



Less time to react

At higher speeds you cover much more distance in the same time. You have less time to see, think and react.

Longer distance to stop

Braking distance increases rapidly as speed increases. Doubling the speed can mean a much longer distance to stop.

Harder to control the vehicle

At higher speeds the vehicle becomes less stable and more difficult to control, especially in curves, on wet roads or during sudden manoeuvres.

More severe consequences in a collision

Higher speed leads to greater impact forces, which increases the risk of serious injury or death.

Doubling speed does not simply double the danger — it can increase it dramatically.

Safer choice

- Choose a speed that matches the conditions.
- Do not rely only on the posted limit.
- Leave time and space.
- Respect grip and visibility.

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Grip and Road Surface

Why road grip changes driving safety

KNOWLEDGE CONFIDENCE FREEDOM

Grip and Road Surface

Grip is the friction between the tyres and the road surface. It allows you to accelerate, brake and steer. When the grip is lower, the stopping distance becomes longer and you have less control over the vehicle.

Same road different grip – drive with awareness

Dry road

Good grip

On a dry road surface there is high friction between the tyres and the road. You get good control and a shorter stopping distance compared to wet, snowy or icy roads.

Wet road

Reduced grip

Rain and water on the road create a layer between the tyres and the surface. This reduces grip, increases the risk of skidding and gives a longer stopping distance.

Snow and slush

Much lower grip

Snow and slush significantly reduce friction. The vehicle needs a longer stopping distance and can more easily lose grip when braking, accelerating or steering.

Ice and gravel

Very low and variable grip

Ice gives very low friction and a high risk of skidding. Loose gravel can also reduce grip, especially in bends and when braking. Grip can change quickly, even on the same road.

Less grip = less control + longer stopping distance

THE LOWER THE GRIP, THE GREATER THE RISK

Good tyres help, but they cannot create grip where there is very little.
Even the best tyres have limited grip on ice, deep snow or loose gravel.

Safer choices

- Adapt your speed to the road surface.
- Leave more distance, especially in poor conditions.
- Steer and brake smoothly.
- Expect changing conditions, even on the same road.

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Same Roads Brighter Futures

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Black Ice Hidden Risks

Why invisible ice can be so dangerous

KNOWLEDGE CONFIDENCE FREEDOM



Black Ice and Hidden Risks

Black ice can look like wet asphalt and may appear suddenly, especially when temperatures are around freezing. It can be very dangerous because it is difficult to see and can significantly reduce grip.

Invisible ice can be deadly

What black ice is

Black ice is a thin, transparent layer of ice that forms on the road surface. It can look like wet asphalt, even though it is frozen and very slippery.

Where it often appears

Black ice is common on bridges, in shaded areas, on roads near forests and in open rural stretches. It can also form quickly after rain, when temperatures drop to around 0°C.

Why it is hard to spot

Black ice is difficult to see because it is clear and can look exactly like a wet road. It often has no obvious signs, which means drivers may not realise the risk until it is too late.

What drivers should do

Be extra cautious when temperatures are near freezing. Look for warning signs such as shine on the road, and be prepared for icy patches, especially in risky areas. Adjust your speed and driving style early.

Key driving principles on icy roads

- **Temperature near 0°C** — HIGHER RISK
- **Smooth steering** — AVOID SUDDEN MOVEMENTS
- **Smooth braking** — BRAKE GENTLY AND EARLY
- **Lower speed** — GIVE YOURSELF MORE TIME

If the road looks wet in freezing conditions, treat it as a possible ice risk.
Just because it looks wet does not mean it is safe. It could be black ice.

Safer winter awareness

- Reduce speed early.
- Increase following distance.
- Avoid abrupt movements.
- Stay alert in changing weather.

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Winter Driving in Sweden

Adapting to snow, ice and reduced visibility

KNOWLEDGE CONFIDENCE FREEDOM



Winter Driving in Sweden

Swedish winter conditions can change quickly. Snow, ice, slush and reduced visibility can make driving more challenging. Stay calm, adapt your driving and keep larger safety margins.

Calm driving takes you further.

Reduce speed

Adjust to the conditions

Drive at a lower speed and adapt to the road, weather and visibility. A lower speed gives you more time to react and improves control.

SLOWER SAFER MORE CONTROL

Increase following distance

Give yourself more time

Keep a much larger distance to the vehicle in front. It takes longer to stop on snow and ice, even at low speeds.

MORE SPACE MORE TIME HIGHER SAFETY

Clear windows and lights

See and be seen

Remove all snow and ice from windows, mirrors, lights and the roof. Good visibility is essential for your own safety and for other road users.

CLEAR VISION BETTER SAFETY

Drive smoothly

Avoid sudden movements

Brake, steer and accelerate gently. Sudden movements can easily cause skidding on slippery roads. Smooth and calm driving gives you better control.

SMOOTH STEADY STAY IN CONTROL

Winter reminders

Be prepared for different conditions.

- **Snow** — Reduced grip
- **Ice** — Can be very slippery
- **Slush** — Less grip and visibility
- **Reduced visibility** — Harder to see and be seen

Winter tyres help, but speed and judgement still matter most.

Good tyres improve grip, but they cannot remove all risks. Adapt your speed and use good judgement.

Winter checklist

- Plan extra time for your journey.
- Clear the car fully (windows, mirrors, lights and roof).
- Keep a larger following distance.
- Expect a longer stopping distance.

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Tyres and Grip

Why the tyres are your only contact with the road

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Tyres and Grip

Tyres are the only part of the car that touch the road, and they play a vital role in your safety. The condition of your tyres affects braking, steering and stability, and therefore how well you can control the vehicle in all driving situations.

Four tyres A safer tomorrow

Tread depth

Essential for grip

A deeper tread helps the tyre grip the road and channel away water. Worn tyres have less grip, especially on wet roads, and increase the risk of skidding. In Sweden the legal minimum tread depth is 1.6 mm.

Tyre pressure

Keeps you in control

Correct tyre pressure ensures the tyre has the right shape and contact with the road. Too low pressure increases wear, reduces grip and can affect steering and braking. Check your tyre pressure regularly, especially before longer journeys.

Seasonal suitability

Right tyres for the season

Use summer tyres in warmer months and winter tyres when conditions are cold, icy or snowy. Winter tyres provide better grip at low temperatures and are essential for safe driving in Sweden's winter conditions.

Grip in poor conditions

Extra caution needed

Rain, snow, ice, slush and loose gravel all reduce grip. Even good tyres have less grip in these conditions, so you need to adapt your speed and driving style to the road conditions.

Small contact patch, big safety role.

FOUR TYRES. A SAFER JOURNEY.

Remember

GOOD TYRES HELP YOU STAY IN CONTROL

- Worn tyres reduce grip and increase stopping distance.
- Low tyre pressure can affect control and increase wear.
- Road conditions still matter, even with good tyres.
- Adapt your speed, even with good tyres.

A good tyre improves safety, but it cannot remove the laws of physics.

Even the best tyres have limited grip, especially on wet, icy or loose surfaces.

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ABS and Emergency Braking

Understanding control under hard braking

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ABS and Emergency Braking

ABS (Anti-lock Braking System) helps prevent the wheels from locking during heavy braking. This allows you to keep more steering control so you can avoid obstacles while braking hard.

Brake hard. Stay in control.

What ABS does

ABS automatically reduces braking force if a wheel is about to lock. This helps the wheels keep rolling, so you can maintain steering control during heavy braking.

What ABS does not do

ABS does not make the vehicle stop shorter. It cannot create extra grip or defy the laws of physics. Stopping distance depends on the road surface, speed, tyres and conditions.

Firm braking and steering

In an emergency, press the brake pedal firmly and keep it down. Let ABS work. At the same time, steer in the direction you want to go. You can brake hard and steer at the same time with ABS.

Grip still matters

ABS helps you keep control, but it cannot create grip on icy, wet or loose surfaces. If there is very little grip, the vehicle will still need a longer distance to stop, even with ABS.

ABS helps control — SAME VEHICLE. MORE CONTROL.

It does not create grip. — PHYSICS STILL MATTERS.

On ice or very slippery roads, stopping distance can still be long even with ABS.
ABS cannot remove the effect of low grip. Drive according to the conditions.

Safer braking habits

- Look far ahead and be prepared.
- Brake early when needed.
- Keep a safe following distance.
- Stay calm and steer smoothly.

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Cornering and Control

Why speed and smooth steering matter in bends

KNOWLEDGE CONFIDENCE FREEDOM



Cornering and Loss of Control

Bends require the right speed, good grip and smooth control. If you enter a bend too fast or make sudden movements, you can lose control of the vehicle. Understanding how to corner safely helps you drive more smoothly and reduces the risk of accidents.

A smoother drive keeps you safer on every journey

Enter at the right speed

Slow down before the bend

Reduce your speed before you reach the bend, not while you are in it. Entering at the right speed gives you better control and a larger safety margin if conditions change.

Look where you want to go

Guide the vehicle smoothly

Look through the bend, not just at the road in front of the car. This helps you choose the right line and steering angle, keeps you calm and makes the vehicle follow a smoother path.

Avoid sudden movements

Steering, braking and acceleration should be calm

Sudden steering, hard braking or quick acceleration can reduce grip and make the vehicle unstable. Be smooth and gradual with all your actions.

Grip changes in bends

Wet, icy or loose surfaces increase risk

Grip is often lower in bends, especially on wet, icy or loose gravel surfaces. The risk of skidding is higher, so you need to adapt your speed and be extra careful.

Too much speed in a bend reduces your safety margin.

A LOWER SPEED GIVES YOU MORE CONTROL.

If grip is low, even a familiar bend can become dangerous.

ROAD CONDITIONS CAN CHANGE QUICKLY, SO ALWAYS BE PREPARED.

Safer cornering habits

- Adapt your speed early, before the bend.
- Look through the bend, not just in front of the car.
- Steer smoothly and avoid sudden movements.
- Be extra careful in wet, icy or loose conditions.

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Following Distance Safety Margins

Leaving time and space for the unexpected

KNOWLEDGE CONFIDENCE FREEDOM



Following Distance and Safety Margins

Safe drivers create space in front, around and ahead of the car so they have time to react. Good safety margins give you more time to see, think and act when something unexpected happens.

More space more time – a safer you

Why following distance matters

More time to react

A good following distance gives you time to notice hazards, process what is happening and react calmly. It reduces the risk of sudden braking and rear-end collisions.

Bad weather means more distance

Rain, snow and ice need bigger margins

In poor weather the road is slipperier, visibility is worse and stopping distances are longer. You should increase your following distance significantly in rain, snow, ice and fog.

Do not drive too close

Tailgating increases pressure and risk

Driving too close, or tailgating, reduces your reaction time and increases the risk of a collision. It also creates stress for you and other road users.

Think ahead, not just straight ahead

Safety margins include speed, visibility and escape room

Look well ahead and consider the whole traffic situation. Keep space in front, to the sides and have an escape route if something unexpected happens.

More time	Better visibility	Smoother braking	Lower stress
TO SEE AND REACT	SPOT HAZARDS EARLIER	LESS SUDDEN STOPS	A CALMER DRIVE

Small gaps leave little room for mistakes.
If the vehicle in front brakes suddenly, a small following distance can quickly lead to a collision.

Safer spacing habits

- Keep a good time gap to the vehicle in front.
- Increase your distance in poor weather conditions.
- Avoid feeling pressured by other drivers.
- Plan ahead and give yourself escape routes.

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Collision Forces Seat Belts

Why restraint and speed matter so much

KNOWLEDGE CONFIDENCE FREEDOM



Collision Forces and Seat Belts

The faster you drive, the greater the impact force in a crash. Seat belts protect you and others by keeping people in place, reducing the risk of serious injury and helping to prevent people from being thrown around inside the vehicle.

Stay in place – a safer you and others

Speed increases force

A small speed increase can have big consequences

The force in a crash increases rapidly with speed. Even a small increase in speed can lead to a much more violent impact and a higher risk of serious injury or death.

Seat belts save lives

They protect the driver and passengers

Seat belts keep you in place during a crash, reduce the risk of serious injury and can be the difference between life and death. They also prevent you from hitting other people in the vehicle.

Loose objects become dangerous

Unsecured items can move with force in a crash

In a collision, loose objects can be thrown forward with great force. Even small items can cause serious injuries to you and others. Always secure luggage and other items.

Children need correct protection

Use the right child restraint and belt use

Children are more vulnerable in a crash and need the right child restraint for their age, height and weight. Make sure children use an appropriate child seat or booster seat and that seat belts are used correctly.

Seat belts help protect — but lower speed helps prevent severe consequences.

RESTRAINT KEEPS YOU SAFER. LOWER SPEED KEEPS CRASHES LESS SEVERE.

A short trip is still a trip where a crash can happen.

Crashes can happen anytime, even on short and familiar journeys. Always use seat belts.

Safer protection habits

- Wear seat belts every trip.
- Secure loose items in the vehicle.
- Protect children correctly.
- Respect speed – it reduces the consequences.

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After Risk 2 Stay Humble

Why practical training is not a licence to take risks

KNOWLEDGE CONFIDENCE FREEDOM



Overconfidence After Risk 2

More than a licence – a safer you

Risk 2 teaches you to respect speed, grip and safety margins. It gives you valuable real-world experience, but it does not make you invincible. Good drivers stay humble, even after completing the course.

The course builds awareness

It shows limits, not magic skills

Risk 2 helps you understand how speed, grip and safety margins affect your ability to control the car. It shows what can go wrong, so you learn to recognise limits – not to push them.

Real roads still change

Weather, surface and traffic are never identical

The situations you experience during Risk 2 are only a few examples. Real roads are constantly changing, and you will face different weather, surfaces, traffic and unexpected situations that require your attention and caution.

Good judgement matters most

Safety comes from decisions, not showing off

Knowledge and experience are important, but good judgement is what keeps you safe. Choosing the right speed, keeping distance and knowing when to wait are more valuable than trying to prove yourself.

Experience should create respect

The lesson is caution, not confidence without limits

Risk 2 gives you real-world experience, which should increase your respect for the challenges of driving. It is a reminder that even experienced drivers can be surprised, and that there is always more to learn.

Risk 2 teaches respect for risk — not confidence to chase risk.

The wrong lesson from Risk 2 is: now I can handle anything.
The course does not remove the risks of driving. Real roads are unpredictable, and serious situations can still happen, even to experienced drivers.

Keep the right mindset

- Stay humble, no matter how much experience you have.
- Adapt your speed to the conditions.
- Keep safe margins in all situations.
- Avoid unnecessary risk and never take chances.

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Everything you need to pass – and become a safer driver.
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DRIVE LEARN EXPLORE SWEDEN

Risk 2 Scenario Workshop

Think ahead and choose the safer option

KNOWLEDGE CONFIDENCE FREEDOM

Risk 2 Scenario Workshop

Practical risk awareness grows when you reflect on realistic situations and identify safer choices. These scenarios help you think like a safer, more responsible driver.

Real situations build safer drivers



1 Icy bridge ahead

It is close to 0°C and the road looks wet. You are approaching a bridge, which may be icy even though the rest of the road looks clear.

Reflect and discuss

- What is the risk in this situation?
- What should the driver change first?



2 Heavy rain on a faster road

It is raining heavily on a main road. Visibility is reduced and the road surface has less grip. You are driving at a higher speed than in town.

Reflect and discuss

- What happens to stopping distance in heavy rain?
- How should the driver adjust their safety margins?



3 Approaching a bend too quickly

You are approaching a bend and your speed feels high for the curve. The road may be wet and you are unsure how sharp the bend is.

Reflect and discuss

- Why is this dangerous?
- What should a safer driver do in this situation?

See the risk → Think ahead → Reduce speed → Create space → Drive smoothly

Risk 2 thinking

PRACTISE TODAY FOR SAFER TOMORROW

- Notice when the road conditions change.
- Respect stopping distance.
- Avoid sudden movements.
- Choose safety margins early.

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Risk 2 Knowledge Check

Test what you understand about speed, grip and safer driving

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Risk 2 Knowledge Check

These questions help you review the most important ideas from Risk 2 before continuing. Choose the best answer (A, B or C).

More than a licence – a safer you

1 What usually happens to stopping distance when road grip becomes lower?

- A It becomes shorter
- B It becomes longer
- C It stays the same

2 Why is black ice dangerous?

- A It is easy to see
- B It gives extra grip
- C It can be hard to see and is very slippery

3 What is the safest way to approach a bend?

- A Slow down before the bend
- B Brake sharply in the middle of the bend
- C Accelerate through the bend

4 What does ABS help you do?

- A Increase tyre grip
- B Keep steering control while braking
- C Stop instantly

5 What should you do in rain, snow or ice?

- A Keep the same following distance
- B Reduce the gap to the car in front
- C Increase your safety margin and following distance

6 What is a main purpose of Risk 2?

- A To teach you to drive faster
- B To show that modern cars remove risk
- C To help you understand speed, grip, and safer choices in real traffic

THINK CAREFULLY • CHOOSE THE SAFER ANSWER • THEN REVIEW THE EXPLANATIONS

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Risk 2
Answers & Explanations

Learn why the safer answer is the right answer

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Risk 2 Answers & Explanations

Review the correct answers and the reasoning behind them. The goal is to understand risk, speed, grip and good judgement in real traffic.

1

Correct answer:
Lower grip makes stopping distance longer.

When there is less grip, for example on wet, icy or gravel roads, the tyres have less friction and the car needs a much longer distance to stop.

2

Correct answer:
Black ice is hard to see and can suddenly reduce grip.

Black ice can look like a normal, wet road surface but it is very slippery. It can appear suddenly, especially in cold weather, and greatly reduce the grip.

3

Correct answer:
Slow down before the bend and steer smoothly.

You should reduce your speed before the bend so the car is stable, and then steer smoothly through the bend. This gives better control and reduces the risk of skidding.

4

Correct answer:
ABS helps maintain steering control, but it does not create grip.

ABS prevents the wheels from locking when braking, which helps you keep steering control. However, it does not increase the amount of grip between the tyres and the road.

5

Correct answer:
Poor weather means less grip and longer stopping distances, so you need a bigger gap.

In rain, snow or ice, the road is more slippery and the stopping distance is longer. You should therefore keep a larger distance to the vehicle in front.

6

Correct answer:
Risk 2 teaches respect for speed, grip and safety margins — not confidence to take risks.

The aim of Risk 2 is to give you practical experience so you understand how the car behaves in different situations, and so you make safer and more responsible choices in real traffic.

Understand the reason — make the safer choice

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YOUR GUIDE TO A SAFER TOMORROW

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Before Your Risk 1 & Risk 2 Courses

How to prepare before your training day

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Before Your Risk 1 & Risk 2 Courses

A little preparation goes a long way

Good preparation helps you get more from your risk training.
Use this checklist before attending Riskettan or Risktvåan.

Check the provider

Make sure the training provider is authorised.

Riskettan and Risktvåan must be provided by an authorised driving school. Check the provider's website or ask if you are unsure.

CHOOSE AUTHORISED PROVIDERS

Confirm the details

Check date, time, location, language, and what to bring.

Make sure you know when and where the course takes place, which language it is in, and if there is anything specific you need to bring, such as ID.

BE PREPARED AVOID STRESS

Bring identification

Follow the provider's instructions and arrive on time.

You usually need to show a valid ID (passport, national ID card or residence permit). Arrive on time so the course can start as scheduled.

VALID ID ARRIVE ON TIME

Be rested and ready

Especially for Risk 2, arrive alert, calm and ready to learn.

Risk 2 is a full-day, practical course. Make sure you have had enough sleep, are in a good state of mind and ready to actively participate.

BE ALERT LEARN MORE STAY SAFE

Your checklist

- ✓ Authorised provider
- ✓ Booking confirmation
- ✓ Valid identification (ID)
- ✓ Suitable clothing (if needed)
- ✓ Enough sleep
- ✓ Arrive on time

Check Plan Be ready

Prepare well • Learn more • Drive safer

SMALL STEPS A SAFER TOMORROW

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Booking Risk 1 & Risk 2 in Sweden

How to find and book the right training

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Booking Risk 1 & Risk 2 in Sweden

Risk training is completed through authorised providers. Before booking, check the course details carefully so you choose the right course in the right language.

The right training for a safer you

Use authorised providers

Book through providers that are authorised by the Swedish Transport Agency (Transportstyrelsen). Use their official provider lists to make sure the course is valid.

Check which course you need

Find out if you need Risk 1, Risk 2, or both, based on your current situation and progress towards a Swedish driving licence.

Ask about English

Language availability varies between providers. Contact the provider and confirm that the course is offered in English before booking.

Review practical details

Check the price, location, available dates, cancellation rules and arrival instructions. Make sure the details work for you before you book.

1. **Search provider** — FIND AN AUTHORISED PROVIDER
2. **Check course** — RISK 1, RISK 2 OR BOTH
3. **Confirm English** — CHECK LANGUAGE AVAILABILITY
4. **Book and prepare** — SECURE YOUR PLACE AND GET READY

Official sources

Always use official information when checking providers and course details.

- Transportstyrelsen provider search
- Trafikverket official information

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Clear explanations. Real practice questions. Updated for current rules. Everything you need to pass – and become a safer driver.

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Validity, Timing & English Courses

Know when to take the courses and what to check

KNOWLEDGE CONFIDENCE FREEDOM

Validity, Timing & English Courses

Risk training must be completed at the right stage of your licence journey. Timing, validity and language availability are important practical details.

More than a licence – a safer you

Validity

Risk training is normally valid for up to 5 years, and its validity ends when your driving licence is issued.

Before the tests

Both Risk 1 and Risk 2 must be completed and valid for the theory and practical tests.

Best timing for Risk 2

It is most useful later in training, when you already have some driving experience.

English availability

Some providers offer English, but always confirm before booking.

Validity — KNOW THE PERIOD

Test readiness — BOTH COURSES

Training stage — LATER IS BETTER

Language check — CONFIRM IN ADVANCE

Do not book without checking the course language and current validity.

Prepare for the Swedish theory test in English

Clear explanations. Real practice questions. Updated for current rules. Everything you need to pass – and become a safer driver.

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Risk Training and the Swedish Theory Test

How Risk 1 and Risk 2 connect to theory study

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Risk Training and the Swedish Theory Test

Risk training and theory-test preparation are different parts of the same journey. The ideas you learn in Risk 1 and Risk 2 are closely connected to many theory-test topics.

More knowledge
A safer you

Risk 1 connections

The topics in Risk 1 are directly linked to theory-test questions about alcohol and drugs, fatigue, distraction, behaviour and responsibility. Understanding how these factors affect you and others helps you answer theory questions and make safer choices in real life.

AWARENESS BETTER DECISIONS

Risk 2 connections

Risk 2 gives you practical experience of how the car behaves, which is closely linked to theory topics such as speed, stopping distance, grip, winter driving, tyres and safety margins. This real-world experience makes the theory easier to understand and remember.

REAL EXPERIENCE REAL INSIGHT

How to study smarter

Use what you learn in Risk 1 and Risk 2 to guide your theory study. Review your weak areas, practise explained questions and connect the safety principles to real driving decisions. This way you build deeper understanding and become a more confident driver.

LEARN CONNECT SUCCEED

Your study path to a Swedish licence

1. **Learn** — STUDY THE TOPICS →
2. **Practise** — ANSWER QUESTIONS →
3. **Review** — FOCUS ON WEAK AREAS →
4. **Pass** — BECOME A SAFER DRIVER

Theory Book — CLEAR EXPLANATIONS IN ENGLISH →

Theory Questions — PRACTISE REAL QUESTIONS →

Free Theory Test — TRY A FULL PRACTICE TEST →

Prepare for the Swedish theory test in English

Clear explanations. Real practice questions. Updated for current rules. Everything you need to pass – and become a safer driver.

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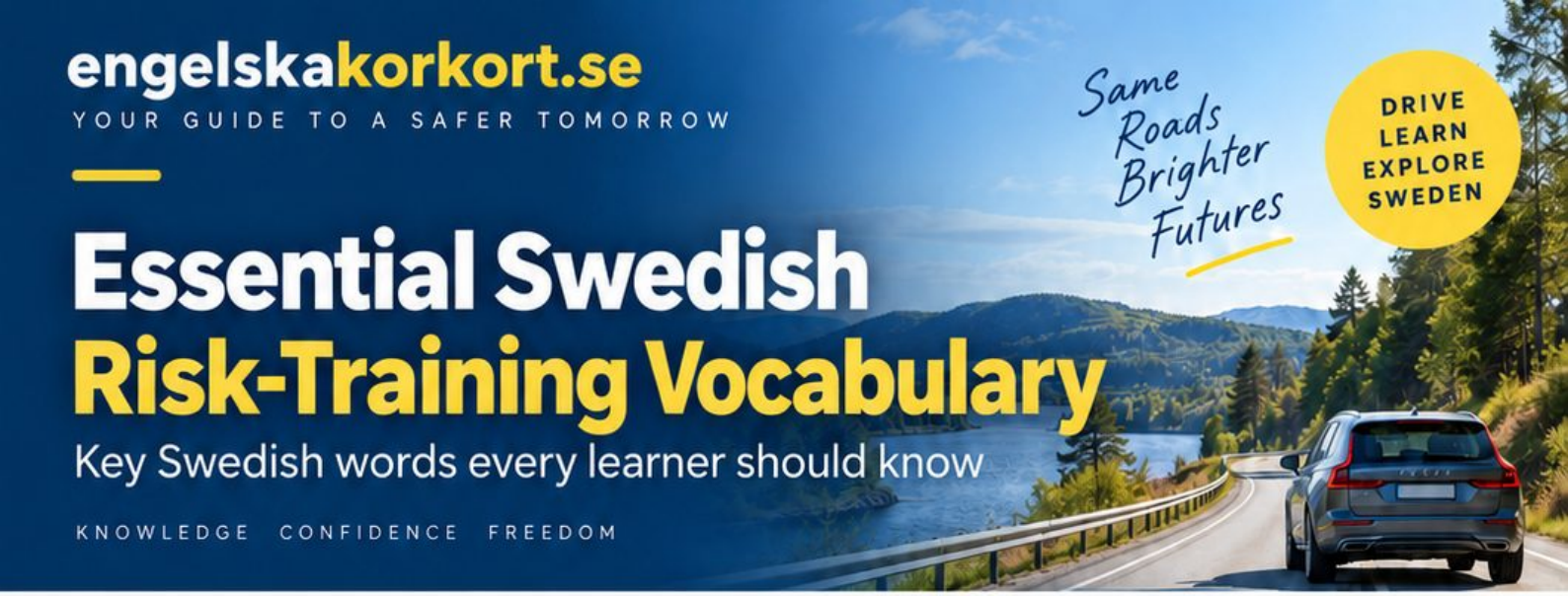
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DRIVE LEARN EXPLORE SWEDEN

Essential Swedish Risk-Training Vocabulary

Key Swedish words every learner should know

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Essential Swedish Risk-Training Vocabulary

Same Words A Safer You

These common Swedish traffic and risk-training terms will help you understand your course, official information and theory-study materials.

Riskutbildning = Risk training	**Bromssträcka** = Braking distance	**Däck** = Tyres
Riskettan = Risk 1	**Stoppsträcka** = Stopping distance	**Hastighet** = Speed
Risktvåan = Risk 2	**Trötthet** = Fatigue	**Bälte** = Seat belt
Halkbana = Skid training area	**Säkerhetsmarginal** = Safety margin	**Körkort** = Driving licence
Väggrepp = Grip	**Väglag** = Road conditions	**Trafiksäkerhet** = Road safety
Reaktionssträcka = Reaction distance	**Halt** = Slippery	**Körbana** = Carriageway

Learn the words • Understand the risks • Study with confidence

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Clear explanations. Real practice questions. Updated for current rules. Everything you need to pass – and become a safer driver.

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FAQ, Official Sources & Next Step

Finish this guide and continue your theory preparation

KNOWLEDGE CONFIDENCE FREEDOM

FAQ, Official Sources & Next Step

Use this final page to review key questions, check official sources and continue your Swedish theory-test preparation in English.

Knowledge today A safer tomorrow

What is Riskettan?

Riskettan is a theory-based course about attitudes, risk awareness, alcohol and drugs, fatigue, peer pressure and how your behaviour affects road safety.

How long is risk training valid?

Riskettan and Risktvåan are valid for 5 years from the date you complete each course.

What is Risktvåan?

Risktvåan is a practical driving course where you experience different risk situations, such as slippery roads, emergency braking and loss of control, at a driving facility.

Can I take the courses in English?

Many authorised providers offer both Riskettan and Risktvåan in English. Check with providers in your area.

Do I need both before the tests?

Yes. Both Riskettan and Risktvåan are compulsory before you can take the theory test and practical driving test in Sweden.

Is Risk 2 the same as halkbana?

Yes. Risktvåan is often called halkbana ("skid training"). It is the same practical risk training course.

Official sources

For the latest rules and requirements, always check:

- Transportstyrelsen (Swedish Transport Agency)
- Trafikverket (Swedish Transport Administration)
- Authorised provider search (approved driving schools)

Next step

Continue your theory preparation in English:

Study the Theory Book	Practise Theory Questions	Try the Free Theory Test
BUILD KNOWLEDGE	BUILD CONFIDENCE	BE FULLY PREPARED

Risk training teaches awareness.
Theory study helps you make the right decision.

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YOUR GUIDE TO A SAFER TOMORROW

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DRIVE LEARN EXPLORE SWEDEN

Risk 1 & Risk 2 in Sweden

The complete English guide to compulsory risk training and safer driving.

KNOWLEDGE CONFIDENCE FREEDOM

More than a licence – a safer you

This guide helps you understand Risk 1 and Risk 2 – also known as Riskettan and Risktvåan – and what to expect from the compulsory risk training in Sweden.

You'll learn about safer driving habits, how the car behaves in different situations (such as on slippery roads), and why the training is an important part of becoming a responsible and confident driver.

The guide also shows how the knowledge from risk training connects to the Swedish theory test, so you can see the bigger picture and be well prepared for your driving journey in Sweden.

Inside this guide

- **Understand Risk 1 and Risk 2**
  What you'll learn and why it matters.
- **Learn about speed, grip and stopping distance**
  How conditions affect your braking and control.
- **Prepare for winter driving and safety margins**
  Practical knowledge for real Swedish roads.
- **Review key questions and vocabulary**
  Useful for both the risk training and theory test.
- **Continue your theory studies online**
  Links, tips and next steps.

Who this guide is for

Learners preparing for a Swedish Category B driving licence who want clear English explanations and safer-driving understanding.

Study today Drive tomorrow



Continue your Swedish theory-test preparation at

www.engelskakorkort.se →

Scan to study online

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