



COURSE CATALOG

2020 INTERACTIVE TRAINING COURSES



**INSTRUCTIONAL
TECHNOLOGIES**

EVERYTHING YOU NEED FOR TRAINING

It only takes a glance to see the high quality of our training. Whether you're a smaller business that needs the fastest way to build an online training program, or a mega fleet with custom integrations and content, ITI can help. Our off-the-shelf online training programs make it simple to schedule, assign, and track training from the best-quality training library in the industry. And if your enterprise wants to make tweaks, changes, customizations, or integrations, our development team will make it happen with a smile. Flexibility and speed drive ITI's 25+ year history handling training for the most sophisticated fleets and retailers in the world. And we can help you, too.



Onboard New Hires



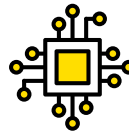
Improve Performance



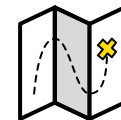
Build a Safety Culture



Coach New Processes



Train New Technologies



Navigate Company Changes



An aerial photograph of a road winding through a rocky, hilly landscape. A white truck is in the foreground on the left, and a white car is further down the road. The road has yellow and white markings.

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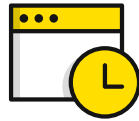
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SENTIX: THE POWERHOUSE LEARNING MANAGEMENT SYSTEM

The backbone of ITI's training program is Sentix, our ever-growing, totally customizable learning management system. At its most simple, Sentix Base, it's the easiest way to quickly assign and track training for your company. At its most powerful, Sentix Pro, it can connect training to all areas of your company, and be re-configured to match your business needs.



Assign



Schedule



Group



Notify



Track



Integrate



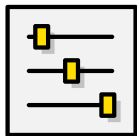
Customize



Mobile App

SERVICES: ITI'S PEOPLE MAKE THE DIFFERENCE

Customization services fall into four primary areas: Client Services, Professional Services, Production, and Development. The teams work together and with you to shape the products or services you need.



Customize Sentix
Pro Features



Integrate with Other
Fleet Systems



Build Custom
Training Plans



Record New
Training Courses

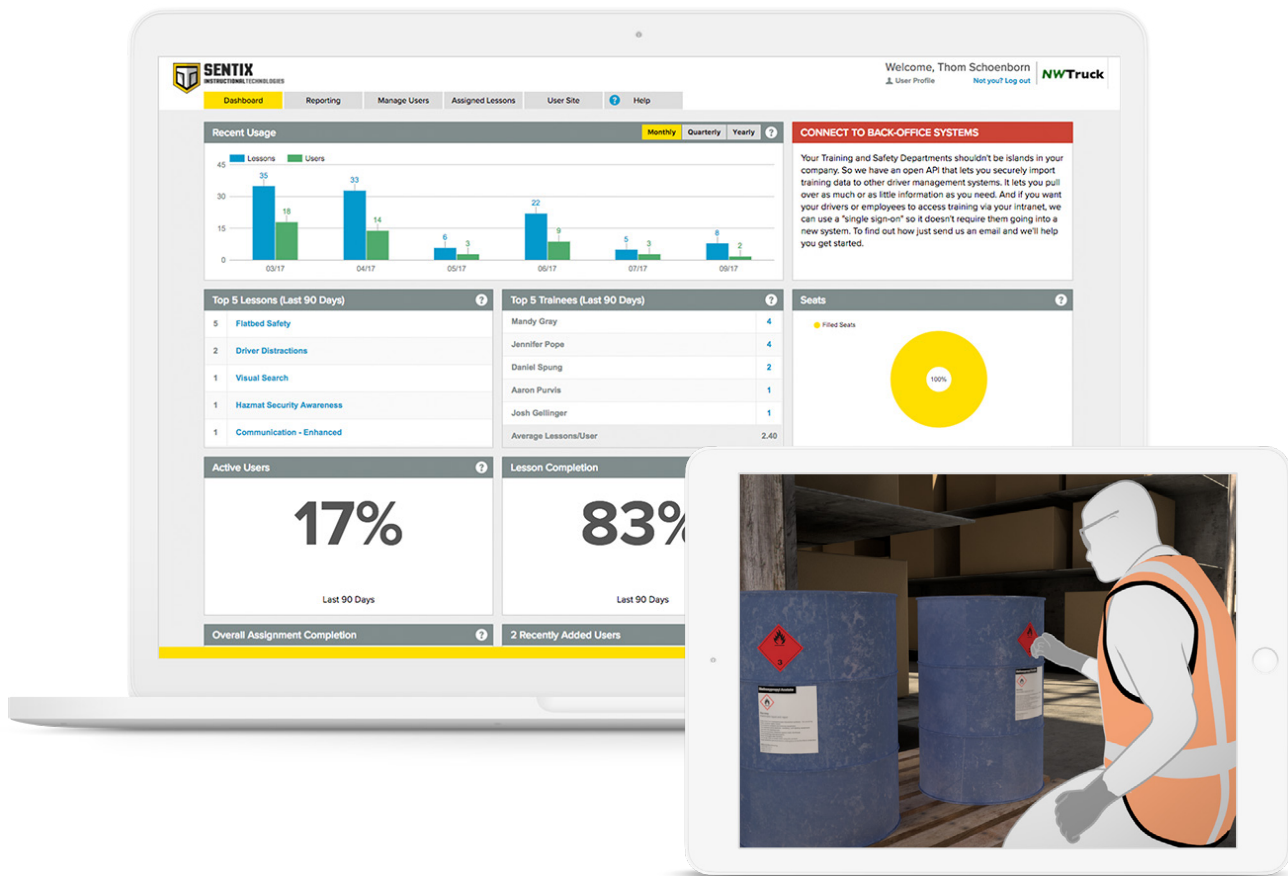


Consulting for Training
or Safety Concerns

Our Products are Flexible

Customization sets ITI apart. Whether through our Client Services team, our developers, our production department, or the Sentix LMS itself, you can customize training to meet the needs of your business. Just need to set it and forget it? Small businesses and busy safety managers can use our products right out-of-the-box. And enterprises can also easily customize and re-configure them to fit into your existing systems.

- **Need us to host or build your training videos about customer service standards?**
- **Want to call them “Regions” instead of “Divisions”?**
- **Need to trigger assignments when a new hire hits your back office?**
- **Hope to schedule all your training a year in advance so you can focus on your 23 other No. 1 priorities?**





PRO-DEFENSE[®]

DEFENSIVE DRIVING FOR CDL DRIVERS



PRO-DEFENSE AN APPROACH TO SAFE DRIVING

  00:18:27

Defensive driving systems have been around since the 1950s and have changed very little, but road and driving conditions have changed a lot. ITI felt that it was time to take a new look at defensive driving and create a modern system to meet the needs of the modern driver.



In this lesson, the driver will learn:

- ✓ What is a belief based safety
- ✓ 7 step acronym for the D.E.F.E.N.S.E system
- ✓ How to combine these 7 steps into a complete defensive system
- ✓ How to manage fatigue and distractions to protect yourself

Course Sections

PRO-DEFENSE: An Approach to Safe Driving, Belief Based Safety, The Best Defense is a Great Offense, Distractions, Effective Communication, Fatigue Management, Evaluating space, Navigating Hazards, Speed Management, Essential Planning, Wrap Up

PRO-DEFENSE DISTRACTIONS

  00:18:59

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the D for Distractions. Drivers need to be able to make 100s of decisions every mile and any distractions will impact that decision making process.



In this lesson, the driver will learn:

- ✓ Laws concerning distracted driving
- ✓ How to manage visual distractions
- ✓ How to manage auditory distractions
- ✓ How to manage manual distractions
- ✓ How to manage cognitive distractions
- ✓ Reacting to distracted drivers and pedestrians

Course Sections

Distracted Driving, What is Distracted Driving?, The Problem of Distracted Driving, Types of Distractions, Visual Distractions, Cell Phones, What About Hands-Free?, What is the law concerning mobile phone use?, Manual and Physical Distractions, Reaching, Reading, and Writing, Auditory Distractions, Mental or Cognitive Distractions, Dealing With Mental Distractions, Pain and Illness, Dealing with other Distracted Drivers, Wrap Up

PRO-DEFENSE EFFECTIVE COMMUNICATION

  00:17:53

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the 'E' for Effective Communication. Communicating your intentions to other road users is a critical component of any defensive driving system. There are several ways to effectively communicate your intentions.

In this lesson, the driver will learn:

- ✓ How to clearly communicate your intentions and actions
- ✓ How to interpret communication signals from others
- ✓ How to anticipate actions/behaviors of others
- ✓ Proper use of headlights, horn, emergency flashers and turn signals
- ✓ Proper use of warning devices and signals on the roadway

Course Sections

Introduction, Communicating - Headlights, Communicating - Horn, Communicating - Emergency Flasher, Communicating - Warning Devices, Stopping, Stopping - Undivided Highway, Stopping - Divided Highway, Stopping - Urban Street, Signaling a Lane Change, Signaling Turns, Signal Continuously, Cancel Your Signal, Signal When Slowing Down, Vehicle Limitation/ Behavior Signs, Eye Contact, Wrap Up

PRO-DEFENSE ESSENTIAL PLANNING

  00:07:31

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the third E for Essential Planning. Anytime you get behind the wheel of a large vehicle, you need to have a plan. You need to know where you are going, how are you going to get there and do you have enough fuel and hours to get there.



In this lesson, the driver will learn:

- ✓ What is essential planning
- ✓ Trip Planning
- ✓ Vehicle inspections and injury prevention
- ✓ Driving strategies
- ✓ Parking lots and customer locations

Course Sections

Introduction, What is Essential Planning?, Trip Planning, Vehicle Inspections, Injury Prevention, Driving, Parking Lots and Customer Locations, Wrap Up

PRO-DEFENSE EVALUATING SPACE



00:23:55

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the second letter E for Evaluating Space. As a professional driver, if you can maintain a space around your vehicle at all times, you are protecting yourself and your vehicle and will eliminate collisions.



In this lesson, the driver will learn:

- ✓ Defining the space cushion around your vehicle
- ✓ How to adjust to traffic
- ✓ Changing lanes and merging
- ✓ Turns, both left and right turns
- ✓ Intersections and blind spots

Course Sections

Introduction, Defining the Space Cushion, Adjusting to Traffic, The Cushion in Front, Calculate Space and Time, The Space Behind, Changing Lanes and Merging, Tailgaters, Left and Right Space Cushion, Right Turns, Left Turns, Crossing an Intersection, Blind Spots, Space Above Your Truck, Space Below Your Truck, Conclusion

PRO-DEFENSE FATIGUE MANAGEMENT



00:11:38

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the F for Fatigue Management. Learning to understand when you are tired and the early symptoms of fatigue will help you know when to stop and take a break, before it begins to affect your defensive driving capability.



In this lesson, the driver will learn:

- ✓ What is fatigue and how it impacts your performance
- ✓ How to identify the early signs of fatigue
- ✓ How to manage fatigue Introduction to the
- ✓ Federal Regulations around fatigue
- ✓ How to use sleep cycles to their best effect

Course Sections

Introduction, The Impact of Fatigued Driving, What Causes Fatigued Driving?, The Signs of Fatigue, Circadian Rhythms and Sleep Cycles, Sleep Apnea I, Sleep Apnea II, Federal Regulations Aimed to Combat Fatigue, Wrap Up

PRO-DEFENSE NAVIGATING HAZARDS



00:22:24

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the N for Navigating Hazards.


In this lesson, the driver will learn:

- ✓ How to deal with changing road conditions
- ✓ How to deal with other road users
- ✓ Dealing with distracted and impaired drivers
- ✓ Sharing the road and dealing with other road users
- ✓ How to handle obstructions and parked vehicles

Course Sections

Introduction, Road Conditions, Soft Road Surfaces, Sloping Road Surfaces, Uneven Road Surfaces and Debris, Road Contours - Curvature, Road Contours - Restricted Visibility, Road Contours - Crosswind Areas, Other Road Users, Drivers with Obstructed Vision, Parked Vehicles, Distracted Drivers, Disabled Vehicles, Confused, Slow and Impatient Drivers, Impaired Drivers, Sharing the Road, Obstructions and Merging, Wrap Up

PRO-DEFENSE SPEED MANAGEMENT



00:14:27

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the S for Speed Management. Speed is most often the factor in many collisions. Being able to manage your speed for all conditions will allow you the time and space to avoid a collision.

In this lesson, the driver will learn:

- ✓ Speed management
- ✓ Aggressive drivers
- ✓ Adjusting your speed for the conditions
- ✓ Traction and poor road conditions
- ✓ Hills and curves

Course Sections

Speed Management, Aggressive Driving, Total Stopping Distance, Adjust Your Speed For Conditions, Changing Road Surface Conditions, Traction, Driving through Curves, Hills, Posted Speed Limits, Wrap Up

POST-INCIDENT

INCIDENT-BASED TRAINING COURSES



IBT - AVOIDING FIXED OBJECTS   **00:04:01**

This lesson covers the basic practices that should be used to help driver avoid fixed objects.

Avoiding Fixed Objects Remediation, Hazard Recognition, Get Out And Look, Clearance, Wrap Up

IBT - BACKING AND DOCKING   **00:08:23**

This lesson covers the basic topics related to backing and docking.

Backing and Docking Review, Do You Need To Back?, 3 Simple Keys, Get Out And Look, Spotters, Backing Tips, Wrap Up

IBT - BASIC VEHICLE CONTROLS   **00:02:01**

This lesson covers topics related to Basic Vehicle Controls.

Basic Driver and Vehicle Controls, Driver Controls, Vehicle Pre-Trip Inspection, 3 Points of Contact, Inside the Vehicle, Wrap Up

IBT - DEFENSIVE DRIVING   **00:07:00**

This lesson goes over some basics on Defensive Driving and best practices related to Defensive Driving.

Defensive Driving, Mirror Setting, Visual Search, Speed Management, Space Management, Communicating With Others, Wrap Up

IBT - DRIVER DISTRACTIONS   **00:10:48**

This lesson provides an overview of various distractions a driver may deal with while operating a motor vehicle.

Driver Distractions, Types of distractions, Manual and Physical Distractions, Cell Phones, Visual Distractions, Mental Distractions, Tips For Dealing With Mental Distractions, Wrap Up

IBT - FATIGUE MANAGEMENT   **00:05:27**

Lesson Description:

Incident Based Training (IBT) Lessons provide specific information following an incident. This lesson covers the signs and symptoms of fatigue and their impacts on driver safety.

IBT - HOURS OF SERVICE   **00:06:02**

This lesson covers the basic rules and practices related to Hours of Service.

Hours of Service - Remediation, Duty Status Definitions, Time Definitions, Driving Time, On Duty Not Driving, Off Duty Time, Recordkeeping, Wrap Up

IBT - INTERSECTIONS   **00:07:02**

This lesson provides an overview of various topics related to operating in and through intersections.

Introduction, Use Caution at Intersections, Look for Hazards, Enter the Intersection, Anticipate Others Actions, Remember Your Training, Wrap Up

IBT - LANE CHANGES AND MERGERS   **00:04:28**

Lesson Description:

Incident-Based Training (IBT) Lessons provide specific information following an incident. This lesson covers the hazards associated with making lane changes and merging with traffic.

IBT - LEFT TURNS   **00:07:03**

This lesson covers various topics and practices related to making Left Turns.

Left Turns - Remediation, Setting Your Mirrors and Scanning For Hazards, Left Turn Set Up, Executing Left Turns, Oncoming Traffic, Left Buttonhook Turns, Wrap Up

IBT - PRE-TRIP INSPECTION   **00:06:01**

This lesson focuses on topics related to Pre-Trip Inspections.

Introduction, Regulation Reminder, Regulation Reminder, Brake Checks, Tires, Tire Inflation, Lights, Wrap Up

IBT - REAR END COLLISION AVOIDANCE   **00:07:11**

This lesson covers topics related to how you can avoid rear-end collisions.

Rear-End Collision Avoidance, Determining Following Distance, Calculating Total Stopping Distance, Reaction Time, Slow-Speed Rear-End Collisions, Wrap Up

IBT - RIGHT TURNS   **00:05:02**

This lesson provides a review of general topics related to making Right Turns.

Right Turns, Setting Your Mirrors, Right Turn Set Up, Executing the Right Turn, Obstacles to Turning, Making Right Buttonhook Turns, Wrap Up, Should you make a buttonhook turn?

IBT - SPACE MANAGEMENT   **00:06:22**

This lesson covers topics related to managing the space around your vehicle while driving.

Space Management Review, Your Space Cushion, Using Your Mirrors To Identify Hazards, Space Behind, Above, and Below, Lane Changes, Lane Changes Cont., Wrap Up

IBT - SPEED MANAGEMENT   **00:07:00**

This lesson covers general topics related to Speed Management.

Speed Management, Managing Speed and Space, Adjusting Speed for Conditions, Entering Curves, Wrap Up

IBT - WINTER DRIVING   **00:04:01**

This lesson covers some general safety considerations when operating in winter driving conditions.

Winter Driving - Review, Pre-Trip, Scanning for Hazards, Space and Speed Management, Skid Recovery, Wrap Up

PRO-TREAD[®]

TRAINING FOR CDL DRIVERS

PRO-TREAD: The Best Training Content in the Industry

ITI was founded by a combat military pilot who later went to work for NASA, so it's an understatement to say we take training seriously. We produce the highest-quality training content designed to get your people to make the right choices at the right time for the right reasons. Our PRO-TREAD courses are complete, fast-paced and use a mastery-based approach. And our off-the-shelf library is second-to-none, with more than 55 hours of training broken into more than 180 courses.



Custom Course
Production



Orientation and
Onboarding



PRO-DEFENSE
Defensive Driving



OSHA and
Warehouse



Incident-Based Training
for remediation

ACCIDENT PROCEDURES 00:21:18

If a vehicle is involved in an accident, there are certain steps that the driver and employer must follow. This lesson covers actions at the scene, the placement or warning devices, vehicle fires, tire fires, cargo fires, fuel fires and electrical fires. The lesson will also review the requirement for drug and alcohol testing following an accident.

After viewing this lesson, the driver will learn:

- ✓ What to do if involved in an accident
- ✓ How to protect themselves and others
- ✓ How to prevent or deal with fires as a result of an accident
- ✓ Who to contact in the event of an accident
- ✓ Post drug and alcohol testing requirements

Introduction, Accident Steps: 1, Accident Steps: 2, Accident Steps: 3, Drug and Alcohol Testing, Unattended Vehicles, Flares (Fusses), Warning Device Placement, Vehicle Fires, Tire Fires, Cargo Fires, Fuel Fires, Electrical Fires, Wrap Up

AIR BRAKES 00:21:25

The air brake systems on commercial vehicles operate differently than most vehicles on the road. Understanding the components and how they work is a critical item for vehicle safety. In this lesson, the learner will be introduced to all the components in the air brake system and how they operate to safely stop the vehicle. The lesson will also walk the learner through the air brake system inspection, to ensure that the system is working correctly before operating the vehicle on the road.

After viewing this lesson, the driver will learn:

- ✓ The components of the air brake system
- ✓ How the system works
- ✓ How to check the system for malfunctions
- ✓ Items to be inspected
- ✓ The use of air brakes on the road

Introduction, Parts of the Air Brake System, The Air Compressor, The Air Governor, The Air Dryer, Air Reservoirs, Air System Valves, Protective Valves, Front Wheel Braking, Foundation Brakes, Emergency Brakes, Brake System Review, Monitoring Air Brake Systems, Pre Trip Inspection of Air Brakes I, Pre Trip Inspection of Air Brakes II, Using Your Air Brakes, Stopping Distance, Parking Your Rig, Wrap Up

AVOIDING FIXED OBJECTS 00:15:43



Low speed accidents while hitting fixed objects are the most common type of collisions. Every day, thousands of these incidents happen, that can all be avoided by following some simple steps. Pulling into a parking space, navigating a customer yard, these are just some of the situations that these accidents happen.

After viewing this lesson, the driver will learn:

- ✓ How to identify hazards
- ✓ How to plan ahead
- ✓ How to Get Out and Look
- ✓ Dealing with Distractions
- ✓ Parking tips

Avoiding Fixed Objects, Get Out and Look, Measure Twice; Cut Once, Hazard Recognition, Considerations Before Backing, Securing Trailer Swing Doors, Turning While Backing, Spotters, Backing into Buildings and Covered Spaces, Plan Before Backing - Familiar Stop Locations, Plan Before Backing - New Stop Locations, Clearance, Trailer Tandems, Parking, Distracted Driving, Wrap Up

AVOIDING ROADSIDE COLLISIONS

  00:16:14

Roadside collisions are rare, but when they do happen, they are often severe and costly and in many cases are fatal. In this lesson we will look at how to prevent roadside collisions and the steps that the driver must follow in the event of a roadside collision.

After viewing this lesson, the driver will learn:

- ✓ Avoiding Roadside Collisions
- ✓ Avoiding Roadside Stops
- ✓ How to place warning devices
- ✓ Being stopped on the Roadway
- ✓ Driving in reduced visibility

Avoiding Roadside Collisions, Reduce your chances of having to make an emergency stop, Reduce your risk when you must make an emergency stop, Warning Devices, Triangle Placement, Special Rules (Part 392.22), Actions After Placing Warning Devices, Stopped on a Roadway, Stay in the Center of your Lane, Driving in Poor Visibility Conditions, Wrap Up

BACKING AND DOCKING 00:23:43

Backing a vehicle into a space or loading dock increases the chances of a collision. Being able to identify the hazards and set up to make the maneuver as safe and as easy as possible will reduce the chance of a collision. Following the tips in this

lesson will provide the driver with the tools to be able to back into any space successfully.

- ✓ After viewing this lesson, the driver will learn:
- ✓ Avoiding fixed objects
- ✓ Straight line, 45 degree and 90 degree backing
- ✓ Pull ups and correcting drifts
- ✓ Using a spotter
- ✓ Parallel parking

Index: Introduction, Do I really need to back?, Fixed object collision - Visibility, Fixed object collision - Speed, Fixed object collision - Space, Steering While Backing, The Pivot Point, Correcting Drifts, Using a Spotter, Alley Backing, Setting up your trailer to back, Getting in Proper Position to Back, Check Your Front Bumper While backing, Pull Ups While Backing, Four Basic Backing Maneuvers, Straight Line Backing, Forty-Five Degree Angle Backing I, Forty-Five Degree Angel Backing II, Straight Back Parking, Parallel Parking, Wrap Up

Introduction, Do I Really Need to Back?, Fixed object collision 'Visibility', Fixed object collision 'Speed', Fixed object collision 'Space', Steering While Backing, The Pivot Point, Correcting Drifts, Using a Spotter, Alley Backing, Setting Up Your Trailer to Back, Getting in Proper Position to Back, Check Your Front Bumper While Backing, Pull Ups While Backing, Four Basic Backing Maneuvers, Straight Line Backing, Forty-Five Degree Angle Backing I, Forty-Five Degree Angle Backing II, Straight Back Parking, Parallel Parking, Wrap Up

BASIC VEHICLE CONTROLS 00:19:41

Basic vehicle controls, covers all the controls to operate a commercial vehicle. Everything from starting the engine, to getting the vehicle in motion. Once the vehicle is in motion, the lesson covers the basics around making turns and the challenges of operating a large commercial vehicle.

- ✓ After viewing this lesson, the driver will learn:
- ✓ What each of the vehicle controls do
- ✓ How to get the vehicle started safely
- ✓ How to get the vehicle moving
- ✓ How to make simple maneuvers with the vehicle
- ✓ Stopping and cooling down the vehicle

Basic Vehicle Controls, Preparing to Start Your Engine, Starting Up Your Engine, Engine Start Checklist, Warming up 'Oil Pressure Gauge', Warming Up 'Air Pressure Gauge', Warming Up 'Water Temperature Gauge', Testing Trailer Hook-up, Testing the Brakes, Moving Off, Using the Gears, Off-Tracking in Turns, Sideways Drag, Swept Path, Making Right-hand Turns, Making Left-hand Turns, Common Mistakes in Turns, Highway Curves, Bringing the Truck to a Stop, Cooling Down Your Rig, Wrap-up

CARB 00:03:30

This lesson cover topics related to CARB.

Vehicle Standards, Idling program, Labeling and Compliance, Wrap up

CARGO HANDLING 00:28:02

Making sure that cargo is picked up and delivered safely and without damage is a critical component to any company. This lesson will go through the basic of loading and securing cargo using various types of cargo securement devices. The lesson will also include documentation and the drivers responsibilities, when it comes to securing a load.

After viewing this lesson, the driver will learn:

- ✓ How to load the vehicle
- ✓ How to secure the cargo from movement
- ✓ The drivers responsibilities from cargo securement
- ✓ Weight distribution of cargo and trailer
- ✓ Types of loading equipment

Introduction, Documentation, People Involved, Cargo Inspection, Federal and State Regulations, Checklists, Forklifts and Loading Equipment, Other Loading Equipment, Hazardous Materials, Securing Cargo, Blocking and Bracing, Tiedown Devices, Covering and Tarping Cargo, Loaded Vehicle Weight, Weight Distribution, Trailer Weight Distribution, Transportation Charges, Surcharges and Services, Bill of Lading, Documentation, Professional Driver Responsibilities, Wrap Up

CARGO SECUREMENT 00:22:37

There are many ways to secure cargo into or on a vehicle. This lesson will explain the basic requirements for cargo securement. This lesson also looks at the different vehicle structures and how they can be used as part of the cargo securement process.

After viewing this lesson, the driver will learn:

- ✓ Vehicle structures and securement
- ✓ Securement methods
- ✓ Void Fillers, Blocking and Bracing and Friction Mats
- ✓ Working load limits (WLL)
- ✓ Inspection requirements

Introduction, North American Cargo Securement Standards - Vehicle, North American Cargo Securement Standards - Driver and Carrier, How Well Must Securement Systems Work?, What is a Securement System?, Vehicle Structure, Securing Devices, Tiedowns, Tie Downs, Construction and Maintenance, Containing, Immobilizing and Securing

Cargo, Three Ways to Transport Cargo - Fully Contained, Three Ways to Transport Cargo - Immobilized by Structures, Three Ways to Transport Cargo - Immobilized or Secured or Within, Loading Cargo Properly, Restraining Cargo Correctly - Number of Tiedowns I, Attaching Tiedowns - Attached to the Cargo, Attaching Tiedowns - Passed over the Cargo, Working Load Limit (WLL), Aggregate Working Load Limit, Cargo Securement Inspection Requirements, Wrap Up

CDL BASICS 00:31:29

Introduction for new drivers of the requirements for CDL. Reviews the terms conditions and penalties for experienced drivers. Regulations and renewal requirements. And ways a driver might lose a CDL.

Introduction, Scope of the CDL, Requirements for Getting a CDL, Required Info. on License, Endorsements and Groups, Test and Scores, Endorsements, Vehicle Groups, Hazardous Material Endorsement, Implied Consent to Alcohol Testing, Basic Knowledge Testing I, Basic Knowledge Testing II, Basic Knowledge Test Scoring, Basic Controls Testing, Required Skills Testing - Air Brakes, The Road Test, Driving Test Environments, Testing on Grades, The Road Test, Grounds For Immediate Failure (GFIF), Endorsement Testing, Disqualifications, Losing Your License, Wrap Up

COMMUNICATION 00:17:12

Accidents between trucks and other drivers often happen because other drivers don't understand what actions others intend to make. Communicating intentions while driving is an important part of defensive driving. This lesson covers the many techniques and tools a driver uses to communicate their intentions while operating a commercial motor vehicle.

After viewing this lesson, a driver will learn:

- ✓ How to clearly communicate their intentions and actions to other drivers
- ✓ How to interpret communication signals from others
- ✓ How to anticipate actions/behaviors of other drivers
- ✓ Proper use of headlights, horn, emergency flashers, and use of turn signals
- ✓ Proper use of warning signals and devices on divided and undivided highways

Communication - Introduction, Communicating - Headlights, Communicating - Horn, Communicating - Emergency Flasher, Communicating - Warning Devices, Stopping, Stopping - Undivided Highway, Stopping - Divided Highway, Stopping - Urban Street, Signaling a Lane Change, Signaling Turns, Signal Continuously, Cancel Your Signal, Signal When Slowing Down, Vehicle Limitation/Behavior Signs, Eye Contact, Wrap Up

CONFINED SPACE 00:31:22

This lesson covers general rules, permits, safety considerations and emergency procedures when working in confined spaces.

Intro to Confined Spaces, Identifying Confined Spaces, General Rules Regarding Confined Spaces, Requiring a permit, Identifying a Hazard - Toxic Atmospheres, Identifying a Hazard - Engulfing Material and Entrapment, Procedures for Entering a Confined Space, The Written Permit, Testing, Other Precautions, Alternate Entry Procedures, Emergency Response, Conclusion

COUPLING UNCOUPLING 00:14:25

Being able to couple and uncouple a trailer is a fundamental skill that every driver should know, but why do carriers still see so many incidents of damage, high hooks, or disconnects? This lesson will walk the learner through the steps to successfully couple and uncouple a trailer and reduce the chances of having a catastrophic failure.

After viewing this lesson, the driver will learn:

- ✓ How to check all the equipment
- ✓ How to set up the tractor to couple
- ✓ Steps to couple safely
- ✓ Injury prevention
- ✓ How and where to uncouple the trailer

Coupling and Uncoupling Introduction, Equipment Inspection, Secure Trailer, Position the tractor, Beginning to Back, Check the Trailer Height, Connect the Air and Electrical Lines, Backing Under The Trailer, Tug Test, Inspect the Coupling, Raise Landing Gear, Uncoupling, Lower the Landing Gear and Disconnect Lines, Unlocking the Fifth Wheel, Final Inspection and Pulling Away, Wrap Up

COVID-19 RETURN TO WORKPLACE 00:00:00

COVID-19 WHAT DELIVERY DRIVERS NEED TO KNOW 00:10:44

COVID-19 WHAT DRIVERS NEED TO KNOW 00:09:17

This course will provide viewers with the information to stay safe and help stop the spread of COVID-19. Viewers will learn about the symptoms of COVID-19, how it is spread, and how viewers can protect themselves and others. The presentation will cover specific ways the pandemic is affecting drivers and will provide helpful online resources that will have updated information on this fast-moving situation.

CSA OVERVIEW

🕒 00:35:15

CSA is the FMCSAs data driven safety compliance and enforcement program. This lesson will cover the introduction to the CSA program, the safety measurement system and individual driver reports. The lesson will also look at violation severity weights and how they can affect your compliance rating.

After viewing this lesson, the driver will learn:

- ✓ What is the CSA program
- ✓ How the safety data is collected
- ✓ Knowing the BASICS
- ✓ An introduction to the violation scoring severity
- ✓ How to avoid Red Flag violations

Introduction, What is CSA?, Safety Measurement System, Individual Driver Records and Data Access, Knowing The Basics, Inspections, Violations, Intervention, The Consequences of Intervention, Scoring/Violation Severity Weight, Violation Severity Weight for the BASICS, Red Flag Violations, Pre-Employment Screening Program, Preparing Yourself for the Road Ahead, Conclusion

CUSTOMS SECURITY AWARENESS

📱 🕒 00:12:04

Overview: Discusses C-TPAT, PIP requirements. Covers the practices and procedures necessary to be in compliance with C-TPAT/PIP.

Introduction, CTPAT The Custom Trade Partnership Against Terrorism, Responsibilities and Benefits of the C-TPAT Partnership, Responsibilities and Benefits of the PIP Partnership, NEEC, Objectives of the CTPAT/PIP Program, Conveyance Inspection, Conveyance Security Document Review, Trailer/Container Seal Use, Conveyance Security Seals and Locks, Inspection and Verification of Seals, Signs of Tampering with Seals and Locks, Conveyance, LTL Security and Seals, Trailers and Cross Border Transit, Physical Access Controls ID Badge, Tracking and Reporting, Physical Access Controls Keys, Physical Access Controls Warehouse, Reporting Suspicious Activities, Information Technology, Wrap Up

DEFENSIVE DRIVING

🕒 00:27:32

The Federal Motor Carrier Safety Administration considers a good defensive driver to be one who identifies dangers far enough down the road so that they have enough time to safely maneuver around hazards. Drivers must always assume that other drivers will make mistakes. Drivers must always be searching the highway to see what's coming and know that the way is clear. This lesson will cover several key hazard areas and ways for drivers to stay aware of what is going on around their vehicles.

After viewing this lesson, a driver will learn:

- ✓ What defensive driving means
- ✓ The importance of situational awareness
- ✓ The skills of space management
- ✓ The skills of space management
- ✓ How to use an effective scanning pattern
- ✓ Awareness of environmental factors that impact changes in speed and space management
- ✓ How to communicate intentions to others (motorists and pedestrians)
- ✓ Maintaining a professional attitude while driving

Intro to Defensive Driving, Space Management I, Managing Your Space Environment, Speed Management I, Managing Space and Speed, Eyes on the Road, Scanning Your Environment, Hazard Awareness I, Road Surface Hazards, Other People on the Road, Hazardous Drivers, Communication, Signaling, Defensive Driving Attitude, Conclusion

DEFENSIVE DRIVING SPANISH

📱 🕒 00:22:56

Defensive Driving is a technique for driving while anticipating the actions of other road users. In this lesson we will look at the concept of defensive driving and situational awareness. This lesson will also cover Space and Seed management and communication with other vehicle.

After viewing this lesson, the driver will learn:

- ✓ What is Defensive Driving
- ✓ How to combine these practices
- ✓ Space management and safety cushions
- ✓ Speed management and communication
- ✓ How to apply a visual search for hazards

Autopista y Carreteras, Introducción, Conocimiento de Situación, Componentes de Conducción defensiva, Control de Espacio, Resguardo de Espacio, El Espacio Enfrente, El Espacio Detrás, Los que Chupan Rueda, El Espacio a su Lado, Observar Espacio, Control de Velocidad, Distancia de Parar, Condiciones de Conducir y Velocidad, Comunicación, Comunicación Clara, Avisos de Comunicación, Buscar con la Mirada, Resumen

DRIVER DISQUALIFICATIONS

📱 🕒 00:10:43

Having and maintaining your commercial driving license (CDL) is vital to your being able to protect your income as a professional driver. This lesson will also review the penalties for operating a commercial vehicles and personal vehicles in an unsafe manner and how this can impact their CDL.

After viewing this lesson, the driver will learn:

- ✓ Who is affected by this program
- ✓ How convictions and suspensions work
- ✓ Penalties and fines
- ✓ Tables 1, 2, 3 and 4 offences
- ✓ What is an out of service order

Driver Disqualifications: Introduction, Regulation, Driver Violations - Notification, Driver's License Suspensions - Notification, Disqualification, Disqualification Tables, Imminent Hazard - Under 30 Days, Imminent Hazard - Over 30 Days, Penalties for Violations, Wrap Up

DRIVER DISTRACTIONS 00:18:20

According to research by AAA, drivers make up to 100 decisions per mile! Taking your eyes off the road or allowing your mind to wander, even for a few seconds can lead to a disaster very quickly. In fact, according to the National Highway Traffic Safety Administration, distractions and inattentive driving play a part in one out of every four motor vehicle accidents. This lesson identifies the types of driver distractions, the depth of the problem of distracted driving, and the tools that help you recognize and avoid being distracted on the road.

After viewing this lesson, a driver will learn:

- ✓ The four types of driving distractions
- ✓ Laws concerning distracted driving
- ✓ How to manage visual distractions
- ✓ How to manage auditory distractions
- ✓ How to manage manual distractions
- ✓ How to manage cognitive distractions
- ✓ Reacting to distracted drivers and pedestrian

Distracted Driving, What is Distracted Driving?, The Problem of Distracted Driving, Types of Distractions, Visual Distractions, Cell Phones, What About Hands-Free?, What is the law concerning mobile phone use?, Manual and Physical Distractions, Reaching, Reading, and Writing, Auditory Distractions, Mental or Cognitive Distractions, Dealing With Mental Distractions, Pain and Illness, Dealing with other Distracted Drivers, Wrap Up

DRIVER QUALIFICATIONS 00:10:54

Obtaining a Commercial Driver License (CDL) requires that the driver is able to meet certain standards. These standards include background checks, drivers responsibilities and medical fitness. In this lesson we will take a detail look at all the aspects that a driver would need to fulfill to obtain and maintain a CDL.

After viewing this lesson, the driver will learn:

- ✓ What are the background checks for drivers
- ✓ What are the driver's responsibilities
- ✓ How to obtain a physical examination
- ✓ Who must be examined and the frequency of the exams
- ✓ Medical conditions that may affect the holders CDL

Driver Qualifications, Driver Qualifications: Background, Driver Responsibilities and Qualifications, Basic Concept of the Medical Examination, Medical Examination Report, Medical Examination Report - Cont., Medical Examination Report: Driver's Section, Medical Examination Report: Testing Sections 3-7, Medical Examiner's Certificate, Wrap Up

DRIVER WELLNESS 00:32:56



Operating a commercial vehicle safely comes with many responsibilities. Being able to operate and maintain a healthy lifestyle is critical to you being able to perform at your best. In this lesson we will take a look at healthy lifestyle choices and managing stress while on the road.

After viewing this lesson, the driver will learn:

- ✓ What impact does lifestyle have on your health
- ✓ How to manage stress and the effects of stress on you
- ✓ What is sleep apnea and how this can impact your safety
- ✓ An introduction to diet and exercise
- ✓ How to manage alcohol consumption and abuse

Introduction to Driver Wellness, Stress, Coping With Stress, Techniques for Managing Stress, Stress Reduction Techniques , Stress Reduction Techniques - Diet & Exercise, Sleep Apnea, Causes of Sleep Apnea, Effects of Sleep Apnea, Diagnosing Sleep Apnea, Treating Sleep Apnea, What Can You Do About Apnea, Maintaining a Healthy Lifestyle, Measuring Blood Pressure, What You Can Do About High Blood Pressure, Exercise, Diet - Part 1, Diet - Part 2, Eating Better, Alcohol, Wrap Up, Coping With Stress - The Six Fundamentals, Alcohol - Drinking in Excess

DRUG AND ALCOHOL CLEARINGHOUSE - WHAT DRIVERS NEED TO KNOW



  00:16:45

This lesson provides the CDL licensed driver an overview of the FMCSA's Drug and Alcohol Clearinghouse which will be implemented in January 2020. The clearinghouse is a database that will contain information on violations of DOT's controlled substances (drug) and alcohol testing program per 49 CFR parts 40 and 382.

Trainees will learn:

- ✓ The purpose of the clearinghouse
- ✓ Who must provide data to FMCSA
- ✓ Employer's responsibility to query the clearinghouse and to obtain permission from CDL drivers
- ✓ How drivers can request access to the clearinghouse to review their personal records and how to dispute records as needed

DVIR PRE/POST TRIP INSPECTIONS

  **00:29:50**



Knowing how to complete both Pre-trip and post-trip inspections that meet FMCSA requirements has an immediate impact on your safety. This lesson will walk you through the steps to complete both Pre-trip and Post-Trip inspection on a commercial vehicle that meets FMCSA standards.

After viewing this lesson, the driver will learn:

- ✓ What is a Pre-trip and Post-trip inspection
- ✓ How to complete a vehicle inspection
- ✓ Know how to complete a DVIR (Driver Vehicle Inspection Report)
- ✓ What are the critical areas to inspect
- ✓ How to report and repair defects

Introduction, Starting your PreTrip Inspection, Driver Vehicle Inspection Report, Reviewing the Previous DVIR, Inspecting the Passenger Side Trailer, Inspecting the Back of the Trailer , Driver's Side of the Trailer, Driver's Side Coupling Area, Inside the Cab, Completing Your DVIR Pre-Trip Report, Completing the DVIR Post , Conclusion, Inspecting the Coupling area of your tractor Trailer, Beginning Your Pre-Trip Inspection, The Pre Trip Inspection Process

EMERGENCY MANEUVERS

  **00:15:29**

Emergency Maneuvers are actions taken by a driver to avoid an injury, loss, accident or death. This lesson will cover emergency maneuvers, evasive steering, oncoming vehicle, stopped vehicle and off-road recovery. There is also information on equipment failures, including brake failure and the actions to be taken following the se failures.

After viewing this lesson, the driver will learn:

- ✓ What are Emergency Maneuvers
- ✓ How to use evasive steering
- ✓ Knowing what to do with oncoming traffic
- ✓ How to react to stopped vehicles
- ✓ Off-road vehicle recovery and equipment failures

Emergency Maneuvers, Types of Emergency Maneuvers, Evasive Steering, Evasive Steering Procedures, Off-Road Recovery, Emergency Braking, Skids, Skid Recovery, Brake Failure, What to do When Brakes Fail, Tire Blowouts, Wrap Up

ENVIRONMENTAL COMPLIANCE ISSUES

  **00:11:06**


Protecting the environment is everyone's responsibility. As a professional driver, there are certain steps that you can follow to reduce the impact of your vehicle on the environment. In this lesson, we will look at ways to reduce your engine idle time. How to maintain your vehicle for efficiency and how to prevent contamination to the ground water.

After viewing this lesson, the driver will learn:

- ✓ Ways to reduce idling
- ✓ Alternatives to engine idling
- ✓ Managing your vehicle for efficiencies
- ✓ Preventing contamination of groundwater
- ✓ How to deal with hazardous materials and the environment

Environmental Compliance Issues - Introduction, A Well-Maintained Truck, Idling Your Rig, The Alternatives to Idling, Regulating Idling, What You, The Driver, Can Do, Maintaining Your Truck, Hauling HazMat and the Environment, Water and Ground Pollution, Wrap Up

FATIGUE - SPANISH

  **00:21:04**



Being tired, while operating a commercial vehicle is extremely dangerous. Learning to understand when you are tired and the early symptoms of fatigue will better let you know when you should stop and take a break. In this lesson we will look at fatigue and how it affects your driving performance. Some strategies that you can use to manage and combat fatigue.

After viewing this lesson, the driver will learn:

- ✓ What is fatigue and how it impacts your performance
- ✓ How to identify the early signs of fatigue
- ✓ How to manage Fatigue
- ✓ Introduction to the Federal regulations around fatigue
- ✓ How to use sleep cycles to their best effect

Fatiga, Efectos and Causas de la Fatiga, Señales de Advertencia Signs, Cuando Usted Esta Fatigado, Los ritmos circadianos, Alimentación y Estado de Alerta, Apnea del Sueño, El Tratamiento de la Apnea del Sueño, Reglamento de la Fatiga, Resumen

FATIGUE MANAGEMENT

  00:10:52



Being tired, while operating a commercial vehicle is extremely dangerous. Learning to understand when you are tired and the early symptoms of fatigue will better let you know when you should stop and take a break. In this lesson we will look at fatigue and how it affects your driving performance. Some strategies that you can use to manage and combat fatigue.

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- ✓ How to identify the early signs of fatigue
- ✓ How to manage Fatigue
- ✓ Introduction to the Federal regulations around fatigue
- ✓ How to use sleep cycles to their best effect

Introduction, The Impact of Fatigued Driving, What Causes Fatigued Driving?, The Signs of Fatigue, Circadian Rhythms and Sleep Cycles, Sleep Apnea I, Sleep Apnea II, Federal Regulations Aimed to Combat Fatigue, Wrap Up



FATIGUE MANAGEMENT - A GUIDE FOR FAMILIES

  00:18:03

This lesson covers various topics related to Fatigue and how a driver's family can assist in reducing or eliminating Fatigue.

Fatigue Management - A Guide for Families, The Impact of Fatigued Driving, What Causes Fatigued Driving?, Circadian Rhythms and Sleep Cycles, Creating a Healthful, Restful Home, Exercise, Healthy Behaviors, Positive Relationships, Sleep, Sleep Apnea, Wrap-Up, Sleep Apnea II

FIFTH WHEEL

  00:19:05


The fifth wheel is the only solid connection between the tractor and the trailer. Making sure that the fifth wheel is working properly and in the correct place will ensure that you have a trouble free drive. In this lesson we will look at the components of the fifth wheel and how each component works.

After viewing this lesson, the driver will learn:

- ✓ What are the parts and types of fifth wheel
- ✓ How the side a fifth wheel for weight distribution
- ✓ How to use the Federal Bridge law
- ✓ Introduction to manual and air release fifth wheels
- ✓ How to slide the trailer tandems

Introduction, Maximum Weight, Weight Distribution, National Bridge Formula, National Bridge Formula II, Maneuvering Your Truck, Manual Release Fifth Wheel, Air Release Fifth Wheel, Sliding Trailer and Tandem Axles, Sliding Trailer and Tandem Axles II, Wrap Up

FLATBED SAFETY

 00:26:57



Hauling freight on a flatbed trailer requires that every load is secured to prevent the cargo from coming off the trailer. Understanding the rules and regulations that apply to flatbed loads can be confusing. In this lesson we will teach you how to secure a load to a flatbed trailer by following the guidelines set out under the federal regulations.

After viewing this lesson, the driver will learn:

- ✓ What are the regulations for cargo securement
- ✓ How to secure different cargo to the trailer
- ✓ How to use Working Load Limits (WLL)
- ✓ How to use the tie-down calculator
- ✓ How to stay safe while working on or around the trailer

Introduction - Flatbed Safety, Transporting Unsecured Cargo, Cargo Securement requirements, Working Load Limits, Required reference Materials, Using the Cargo Securement Tiedown Calculator I, Using the Cargo Securement Tiedown Calculator II, The Cargo Securement Handbook for Drivers, Anchoring your strap and Proper use of the Tie Down Bar, Flatbed Safety, PPE for Flatbed Operations, Staying Grounded, Working at heights, No Zones, Proper Balance, Energized Cargo, Interactions with Forklift or Crane Operators, At Risk Drivers, Wrap Up



FORKLIFT FUNDAMENTALS

  00:16:04

This lesson looks at the design and function of the forklift-the power plant, controls, and pre-use inspections as well as forklift characteristics; such as capacity, stability, and visibility.

Introduction, Forklift Fundamentals - Being an Operator, Forklift Fundamentals - Types of Forklifts, Forklift Fundamentals - Car vs. Forklift, Forklift Fundamentals - Controls and Instrumentation, Forklift Fundamentals - Pre-Use Electrical Power-plant Inspection, Forklift Fundamentals - Pre-Use Fuel-Powered Equipment Inspection, Forklift Fundamentals - Battery Charging and Refueling, Forklift Fundamentals - Pre-Use Equipment Inspection I, Forklift Fundamentals - Pre-Use Equipment Inspection II, Forklift Fundamentals - The Load - Balance and Stability, Forklift Fundamentals - The Load - Knowing Your Machine, Forklift Fundamentals - The Load - Knowing Where You're Going, Wrap Up

FORKLIFT OPERATIONS

  00:18:40

Forklift operation is a serious responsibility you need to know how to keep yourself and those around you safe. In this lesson we will take a look at some different operating conditions and load stability in those conditions. We will also cover the rules for loading and unloading product and how to stack loads safely. Finally we will take a look at hazardous locations, activities and environments when operating a forklift.

Intro/Operating Conditions, Operating Conditions - Surface Conditions, Loads and Stability, Loading and Unloading, Stacks, Stacking Rules, Traveling Rules, Special Conditions, Hazardous Locations, Hazardous Activities, Hazardous Environments, Wrap Up

FORKLIFT PROPANE AND BATTERY REPLACEMENT **00:13:44**

Using and operating a forklift or other PITs will require that the operator know how to safely change a propane tank or replace a battery. This lesson will cover the safe practice for replacing both propane tanks and batteries.

After viewing this lesson, the operator will learn:

- ✓ Propane basics Replacing propane tanks
- ✓ Facts about electrical batteries
- ✓ How a battery works
- ✓ Battery charging
- ✓ Battery replacement

Introduction, The Basics, Propane-Powers PITs, Changing Propane, Facts About Electrical Batteries, How a PIT Battery Works, Preparing for Battery Charging, PIT Battery Charging, Returning a Battery to the PIT, Cleaning a Battery, Wrap Up

FUEL ISLAND PROCEDURES **00:08:08**

Without fuel, your vehicle is not going to run very far, so knowing how to safely fuel your vehicle is a critical skill to master. Fuel Islands are also an area that can see a high rate of injuries and collisions and because they are used almost daily, understanding the correct Fuel Island procedures will reduce injuries and prevent collisions.

After viewing this lesson, a driver will learn:

- ✓ How to recognize hazards around the Fuel Island
- ✓ Fuel Island procedures
- ✓ How to fuel the vehicle
- ✓ The different types of fuel and fuel tanks
- ✓ Checks to perform before leaving the Fuel Island

Fuel Island Procedures, The Fuel Island, Fueling The Vehicle, Fuel Tanks , Additional Tanks, Before leaving the fuel island, Wrap Up

FUEL MANAGEMENT **00:21:03**

Fuel is an expensive resource and by using it efficiently we can save thousands of dollars each year. Every mile that they truck moves down the road, fuel is used, but the amount of fuel used can be limited by following some basic rules. In this lesson we will look at the part that drivers can pay is reducing fuel consumption and some other ways that you and your company can reduce fuel expenditure each day.

After viewing this lesson, the driver will learn:

Introduction, Drivers Are Key, Identifiable Control Factors, Tires, Idling, Get Moving, Progressive Shifting, Use the Truck's Momentum, How to Operate in Towns, Use the Sweet Spot / Cruise Control, Changing Landscape, Engine Braking, Adjusting Along the Way, Alternative Fuel Technology, Wrap Up

HAZARD AWARENESS **00:12:33**

Professional drivers carry a lot of responsibility for keeping themselves and their loads safe. Hazard awareness means being aware of our surroundings-- the road congestion and conditions, other motorists, and pedestrians. In this lesson, we'll cover clues drivers can use to recognize hazards early and anticipate the actions of others.

After viewing this lesson, a driver will learn:

- ✓ How to recognize and manage hazards on the road (surface conditions and other motorists)
- ✓ Handling reduced visibility on curves
- ✓ Managing obstructed vision
- ✓ Managing hazards associated with parking lots
- ✓ Handling distracted or impaired drivers, slow and impatient motorists
- ✓ Navigating around disabled vehicles
- ✓ How to share the road with others and stay safe

Hazard Awareness, Road Conditions, Soft Road Surfaces, Sloping Road Surfaces, Uneven Road Surfaces and Debris, Road Contours - Curvature, Road Contours - Restricted Visibility, Road Contours - Crosswind Areas, Other Road Users, Drivers with Obstructed Vision, Parked Vehicles, Distracted Drivers, Disabled Vehicles, Confused, Slow and Impatient Drivers, Impaired Drivers, Sharing the Road, Obstructions and Merging, Wrap Up

HOURS OF SERVICE **00:29:46**



When operating a commercial vehicle, there are rules around how long you may drive, how many hours that you can be on duty and the number of hours rest that you must take every day. There are also limits on the number of hours that may be worked each week. This lesson will cover the four duty statuses and how to record your time for each status. The lesson will also go into detail about working limits and managing your hours.

After viewing this lesson, the driver will learn:

- ✓ What are the duty statuses for recording your time
- ✓ How to record your hours
- ✓ How to manage your daily and weekly limits
- ✓ Sleeper berth exceptions and split sleeper berth time
- ✓ How to manage fatigue and out of service penalties

Introduction, Hours of Service, Off-Duty Time, Sleeper Time, Driving Time and On-Duty (not driving) Time, Definition of Time, Drive Time and On-Duty Time, Restrictions Based on Carrier, Keeping Logs and Reporting Your HOS, Exceptions to Maximum Hours, Sleeper Berth Exceptions, Out of Service, Penalties for Violating HOS Rules, Conclusion

HOURS OF SERVICE - NO SLEEPER

  00:25:47



When operating a commercial vehicle, there are rules around how long you may drive, how many hours that you can be on duty and the number of hours rest that you must take every day. There are also limits on the number of hours that may be worked each week. This lesson will cover the four duty statuses and how to record your time for each status. The lesson will also go into detail about working limits and managing your hours.

After viewing this lesson, the driver will learn:

- ✓ What are the duty statuses for recording your time
- ✓ How to record your hours
- ✓ How to manage your daily and weekly limits
- ✓ Mandatory off duty time between shifts
- ✓ How to manage fatigue and out of service penalties

Introduction, Hours of Service, Off-Duty Time, Driving Time and On-Duty (not driving) Time, Definition of Time, Drive Time and On-Duty Time, Restrictions Based on Carrier, Keeping Logs and Reporting Your HOS, Exceptions to Maximum Hours, Out of Service, Penalties for Violating HOS Rules, Conclusion

IDENTIFICATION AND DIAGNOSIS OF MALFUNCTIONS

  00:00:00


You are driving along and you hear a strange noise or feel a strange vibration, would you know what the problem is? In this lesson we will take a look at how to detect a malfunction and what to do if you discover a malfunction.

After viewing this lesson, the driver will learn:

- ✓ How to use your senses
- ✓ How to detect malfunctions early
- ✓ How to communicate your findings
- ✓ Malfunction reporting requirements
- ✓ How to complete emergency starting procedures

Introduction, Using Your Senses, Early Detection of Potential Malfunctions, Roadside Violations, Inspections, Out of Service Components, Wrap Up

INTERMODAL EQUIPMENT INSPECTIONS



 00:07:53

Ships, trains, and trucks use intermodal containers to move cargo around the world. Intermodal containers moved by truck require specialized trailers or chassis, and this lesson covers the steps for completing vehicle inspections, specifically, of containers or intermodal chassis, including areas unique to this system of securement that require special attention.

After completing this lesson, you will be able to:

- ✓ Successfully inspect container chassis vehicles
- ✓ Recognizing the most important areas to ensure the container remains secured to the chassis during transit



INTRODUCTION TO ELECTRONIC LOGGING DEVICES

  00:08:56

This lesson covers the basic operation of an Electronic Logging Device (ELD). We will review who is required to use an ELD, the basic operation of the device and the driver's responsibilities. This lesson also covers how to log on and off an ELD and how drivers use the device to record their hours of both off and on-duty time with an ELD.

An Introduction to Electronic Logging Devices, ELD Basics, Recording Your Time, Driver Responsibilities, Logging Off, Wrap Up, Exemptions

LANE CHANGES AND INTERSECTIONS

  00:22:27



Making lane changes and negotiating intersections can be difficult for large commercial vehicles, because of their size, speed and lack of visibility around the vehicle. Lane changes and intersections are areas where there is an increased probability for a crash. In this lesson we will look at how to safely make lane changes and the dangers associated with intersections. Using the mirrors correctly will help the driver with what is going on around them and reduce the chances of a collision.

After viewing this lesson, the driver will learn:

- ✓ What are Speed and Space management
- ✓ How to use your mirrors
- ✓ How to communicate with other road users
- ✓ Intersection safety and Lane change rules
- ✓ How to make turns and general rules

Lane Changes and Intersections, Use Your Mirrors, Minimize Blind Spots, Space and Speed Management, Communicate Intentions, Intentional Lane Changes, Freeway Merging, Lane Ending, Unintentional Lane Changes, Intersection Safety, Turning - General Rules, Right Turns, Left Turns, Right Turn Squeeze, Other Drivers, Wrap Up

LIFT GATE SAFETY

  00:09:58


Having a lift gate attached to your vehicle can really make the task of loading and unloading cargo a breeze. On the other hand, if you do not know how use a lift gate, they can be very dangerous. In this lesson we will look at the safe operation of a lift gate. The different types of lift gate and general safety.

After viewing this lesson, the driver will learn:

- ✓ What to inspect before operation of the lift gate
- ✓ General Lift Gate safety guidelines
- ✓ How to handle a lift gate malfunction
- ✓ Lift gate hazards
- ✓ How to use various types of lift gate

Introduction, The Benefits of Lift Gates, Types of Lift Gates, Safe Use - General Rules for Using Lift Gates, Lift Gate Pre-trip Inspection, Loading and Unloading Guidelines, General Safety Guidelines, Lift Gate Hazards, Handling Malfunctions, Wrap Up

LOG BOOKS

 00:17:24



Logs are used to record the drivers hours of service. With the use of electronic logbooks, fewer drivers are using paper logbooks, however a paper logbook must still be carried in the vehicle and used in the event that the electronic log fails. In this lesson we will look at the process or completing a logbook.

After viewing this lesson, the driver will learn:

- ✓ How to complete the driver and vehicle details
- ✓ How to record your hours
- ✓ How to manage your daily and weekly limits
- ✓ How to complete each duty status and comments
- ✓ How to manage a recap

Introduction, Duty Status Categories, Recording Time, When You Can Drive, Form and Manner, Checking Your Log, Retention of Paper Logs, 100 Air-Mile Radius Exception, Adverse Driving Conditions, 16 - Hour Exception, Canadian Requirements, Canadian Logbooks, Wrap Up

LONGER COMBINATION VEHICLES

  00:21:01



There may be some working configurations that require the cargo to be transported in multiple trailers. This will require using additional equipment to attach a second trailer. It will also mean that because of the vehicles length there will be additional restrictions when turning, stopping and backing up. In this lesson we will look at the longer combination vehicle set up and additional training that will be required of the driver to operate this combination.

After viewing this lesson, the driver will learn:

- ✓ What is a longer combination vehicle
- ✓ How to inspect a combination vehicle
- ✓ How to use a converter or dolly
- ✓ Coupling/Uncoupling long combination vehicles
- ✓ How to inspect the air brakes on combination vehicles

Introduction, Preparing to Couple a Second Trailer, Coupling the Second Trailer, Inspect Before Driving, Stay Alert and Plan Ahead, Manage Your Space, Parking/Uncoupling Your Trailer, Coupling/Uncoupling Triple Trailers, Inspecting Combination Vehicles, Inspecting Converter Dolly, Air Brakes I, Air Brakes II, Wrap Up

NIGHT DRIVING

  00:11:28



Night driving is very different from driving in the daytime. There are different hazards to be aware of, including fatigue and reduced visibility. In this lesson we will take a closer look at some of the challenges associated with night driving and how you can deal with these challenges.

After viewing this lesson, the driver will learn:

- ✓ How to prepare your vehicle for night driving
- ✓ How to use your lights
- ✓ How manage fatigue and drowsiness
- ✓ Using your vision at night
- ✓ How to maximize your skills at night

Introduction, Preparing Your Lights, Lighting Devices and Reflectors, Fatigue and Drowsiness, Vision at Night, Maximizing Your Skills at Night, Wrap Up

PRE-TRIP INSPECTION WITHOUT EXERCISES

  00:34:24



Inspection of your vehicle before operating on the highway is the responsibility of every safe operator. Having a systematic process for inspecting your vehicle is the only way to make sure that your vehicle is safe to operate on the highway. In this lesson we will review the process for completing a complete vehicle inspection.

After viewing this lesson, the driver will learn:

- ✓ How to complete a basic vehicle inspection
- ✓ How to complete a vehicle condition report (VCR) or (DVIR)
- ✓ How to identify out of service components
- ✓ Drivers responsibilities
- ✓ Understanding CSA scoring and reporting

Introduction, Importance of a Pre-Trip Inspection, Inspection Requirements, Areas of Focus, Getting Started, Check the Cab and Under the Hood, Conduct a Walk-around Inspection, Coupling System, Rear of Trailer, Inside the Cab, Air Supply Gauge, Vehicle Controls, Lights and Mirrors, Signal Lights, Air Brakes, Inspection Records, Wrap Up

PREVENTATIVE MAINTENANCE

  **00:14:08**



Keeping your vehicle operating and avoiding roadside breakdowns can be achieved by performing regular preventative maintenance. Regular maintenance, are simple steps and procedures that can be completed on any vehicle to keep to running smoothly. In this lesson we will look at how to perform routine preventive maintenance. We will also look at how to use your vehicle inspection to identify any issues that could potentially become a major problem if not addressed.

After viewing this lesson, the driver will learn:

- ✓ How to complete preventive maintenance
- ✓ How to control costs
- ✓ How to inspect equipment
- ✓ Vehicle condition reports (VCR) or DVIR
- ✓ Understanding how to check fluid and air levels

Preventative Maintenance, Preventative Maintenance II, Costs of Not Doing Preventative Maintenance, Operating Costs, Driver Vehicle Inspection Report - VCR or DVIR, Equipment, Inspection and Use, Types of Servicing, Driver Maintenance - Checking Fluids, Driver Maintenance - Checking Air, Wrap Up

RAILROAD SAFETY

  **00:23:42**

Every year there are hundreds of collisions between motor vehicles and trains. In this lesson we are going to take a look at what to do at a railroad crossing and what actions to follow after an incident at a railroad crossing.

In this lesson, the driver will learn:

- ✓ Facts about railroad intersections
- ✓ Hazmat loads
- ✓ Signage and signals at railroad crossings
- ✓ Crossing conditions
- ✓ Handling emergencies
- ✓ Fines and penalties

Introduction, Some Facts About the Railroad, Hazmat, Railroad Signs, Markings and Signals, Exceptional Crossing Conditions, Steps You Can Take, Handling an Emergency,

Penalties for CDL Drivers, Public Crossings, Assisting the Railroads Further, Signs and Active Traffic Control Devices, Safe Clearance, Low Light/Darkness, Lines and Pavement Markings, Common Signs and Plaques, Active Traffic Control Devices, Wrap Up, Private Crossings

REAR END COLLISION AVOIDANCE **00:23:39**



Having a vehicle in front of you suddenly stop in front of you, do you have enough time or space to stop? Rear-end collisions can be some of worse case scenario crashes, when a large commercial vehicle crashes into another vehicle. This lesson will look at managing the space in front of your vehicle and how to avoid Rear-end Collisions.

After viewing this lesson, the driver will learn:

- ✓ How to measure and maintain your following distance
- ✓ How to calculate stopping distance
- ✓ How to safely use cruise control
- ✓ Driving with reduced visibility
- ✓ How to navigate intersections and passing other vehicles

Introduction, Determining Following Distance, Calculating Stopping Time, Following Distance, Measuring Following Distance, Reaction Time, Maintaining Your Proper Following Distance, Cruise Control and Space Management, Other Areas of Limited Visibility, Timing lights the do's and don't, Passing Other Vehicles, Other Vehicles Changing Lanes, Slow Speed Rear End Collisions, Focus and Fatigue, Wrap-Up

ROAD RAGE

  **00:11:17**



You are cut off by another vehicle, how do you handle this? Do you get angry and take out your frustration out on other road users. Road Rage is something that you will see every day on our roads and how you deal with it, says a lot about you as a professional driver. This lesson will introduce you to Road Rage and how to cope with the actions of others and mean that you are not the one setting the bad example.

After viewing this lesson, the driver will learn:

- ✓ What is the definition of Road Rage
- ✓ How to avoid Road Rage
- ✓ How to behave like a professional driver
- ✓ Penalties for Road Rage
- ✓ How to adjust your attitude

Introduction, Definition of Road Rage, Penalties, What Causes Road Rage?, How Professional Drivers are Affected, More Behaviors to Avoid, Adjusting Your Attitude, Wrap Up

ROADSIDE INSPECTIONS

  00:28:17


Traveling the roads and highways everyday, eventually you will be stopped at a roadside inspection. How you deal with the inspection will say a lot about you as a driver. In this lesson we will discuss how to get through a roadside inspection with as little discomfort as possible.

After viewing this lesson, the driver will learn:

- ✓ Why are Roadside Inspections needed
- ✓ How to complete a Roadside Inspection
- ✓ What are the CVSA Out of Service penalties
- ✓ What are the out of service criteria
- ✓ What are the 7 levels of inspection

Introduction, Why Roadside Inspections?, The Seven Levels of Inspection, Preparing for Roadside Inspections, During the Inspection, Following a Roadside Inspection, Out-of-Service Criteria , Out-of-Service Criteria for Vehicles I, Out-of-Service Criteria for Vehicles II , CVSA Out-of-Service Penalties, Other Consequences for Failing a Roadside Inspection, CSA, PSP (pre-employment screening program), Conclusion

ROLLOVER PREVENTION

  00:27:21



Rollovers do not just happen they are always a result of mistakes made by the driver. Going too fast around a bend or ramp, having a load shift, because it was not secured correctly. This lesson will walk you through the steps that cause a rollover and how to avoid making those mistakes.

After viewing this lesson, the driver will learn:

- ✓ What are the different types of Rollover
- ✓ What are the factors that cause rollovers
- ✓ How to take ramps and curves
- ✓ How to handle high center of gravity loads
- ✓ What is speed adaption and how to recognize it

Introduction, Defining Types of Rollovers, Understanding the Factors in a Rollover, The Truck - Center of Gravity, The Truck - Centrifugal Force, Condition of Your Truck, Load Shifting, The Road, Mountain Roads, Decreasing Radius Curves, Problem Exit Ramps, The Road - Review, The Conditions - The Weather, Fatigue, Hours of Service, The Driver - Inexperience with High CG Loads, The Driver - Drifting Off-Road and Counter-steering, The Driver - Sharp Ramps and Curves, The Driver - Speed Adaptation, The Driver - Tip-Overs, Wrap-Up

SAFE OPERATION OF TRAILER DOORS

  00:17:35

There are two main types of trailer doors and both have the potential to cause injuries. Barn doors or roll up doors, do you know how to use them safely. In this lesson we will guide you



through the safe operation of trailer doors and how to safely enter and exit the trailer.

After viewing this lesson, the driver will learn:

- ✓ What to inspect, prior to using the doors
- ✓ What are the types of trailer doors
- ✓ Safe operation of Roll-up and Barn doors
- ✓ Safe exit and entry of a trailer
- ✓ Injury prevention tip

Safe Operation of Trailer Doors, Overhead or Roll Up Doors, Pre and Post Tripping a Roll-up Door, Operation of a Roll-Up Door, Closing an Overhead Door, Climbing onto the ICC Bumper, Climbing into a Trailer Safely, Climbing out of a Trailer Safely, Swing Doors, Pre and Post Tripping Swing Doors, Opening a Swing Door Safely, Closing a Swing Door Safely, Preventing Swing Door Collisions, Wrap Up

SAFELY RAISING AND LOWERING LANDING GEAR

  00:09:19

Trailer landing gear or trailer dollies have a pretty hard life. They get exposed to all the elements, mile after mile and then when they are put into action, they are required to support the trailer and any cargo loaded inside, so it is no wonder that they can become hard to use. This lesson will cover the safe operation of landing gear and to avoid getting injured while operating them.

After viewing this lesson, the driver will learn:

- ✓ How to operate the landing gear
- ✓ How to avoid injuries while using the landing gear
- ✓ How to use the high and low gear operation
- ✓ How to safely use the winding handle
- ✓ Placement of landing gear feet/pads

Landing Gear, Function, Before You Start, Landing Gear Speed, Operation, Landing Gear Resistance, Handle Grip, Points to Remember, Wrap Up

SEAT BELTS

  00:04:43

Seatbelts save lives. They were invented in 1959 and have saved millions of lives in that time. Not wearing a seatbelt will increase your risk of injury if you are involved in a collision. They are also cause of penalties and fines for not wearing one, so why are driver still not wearing them? In this lesson we will look at why you should wear a seat belt and some popular myths about seatbelt use.

After viewing this lesson, the driver will learn:

- ✓ What are the reasons to wear a seat belt
- ✓ How to avoid fines and penalties
- ✓ Popular misconceptions about seatbelt use
- ✓ Airbags and seatbelts
- ✓ Seat belt laws and company policies

Introduction, Misconception 1, Misconception 2, Misconception 3, Misconception 4, Misconception 5, Misconception 6, Misconception 7, Wrap Up

SECURITY AWARENESS 00:07:53

Having a load or vehicle stolen can cost hundreds of thousands of dollars and taking a few precautions can easily prevent this from happening. Personal attacks or attacks on a facility can be avoided by taking some simple precautions. In this lesson, we take a look at how to protect yourself, your load and your facility from attacks.

After viewing this lesson, the driver will learn:

- ✓ What are general security policies
- ✓ How to report security incidents
- ✓ Security while driving
- ✓ Security while stopped
- ✓ Do's and Don'ts of facility security

General Security Practices, Security Incidences, While Driving, While Stopped, Vehicle and Yard Security , Distribution Center Security, Wrap Up

SKID CONTROL 00:08:56

Losing control of your vehicle as a result of a skid is a situation that no one wants, but if you do get into a skid, would you know what to do? In this lesson we will look at the causes of most skids, the different types of skids, how to recover from a skid and most importantly, how not to get into a skid.

After viewing this lesson, the driver will learn:

- ✓ What causes a skid
- ✓ What are the four main skids
- ✓ How to recover from a skid
- ✓ Skid dynamics
- ✓ How to prevent skids

Introduction, Skid Dynamics, Causes of Skids, Tractor-Trailer Skids, Tractor Jackknife, Front wheel skids, All Wheel Skids, Skid Recovery, Wrap Up

SLEEP APNEA 00:15:01

In a profession like trucking, a lack of sleep can make a hazardous job even more dangerous. Especially since a condition known as sleep apnea regularly goes undiagnosed. That is why it's important that we take some time to understand what sleep apnea is, learn how to identify symptoms, and consider how best to treat the condition. 20 million Americans suffer from sleep apnea. Knowing the symptoms and options for treatment will help get you the sleep you need and keep you safe on the road. This lesson provides information about sleep apnea, the impact and toll it can take on someone, and treatment plans for living with sleep apnea.

After viewing this lesson, a driver will learn:

- ✓ Basic facts about sleep apnea
- ✓ How sleep apnea affects professional drivers
- ✓ Signs and symptoms of sleep apnea
- ✓ How sleep apnea is treated
- ✓ Discussing sleep apnea with your DOT physician

Introduction, Some Basic Facts About Apnea, A Closer Look at Obstructive Sleep Apnea, Who is Affected by Sleep Apnea?, Truck Drivers and Sleep Apnea, Treating Sleep Apnea, The Sleep Study, Returning to Your DOT Physician, Conclusion

SPACE MANAGEMENT 00:24:02

Managing the space around your vehicle is critical to maintaining a space cushion. This lesson takes an in depth look at how manage the space around the vehicle in a variety of situations.

In this lesson, the driver will learn:

- ✓ Defining the space cushion
- ✓ Adjusting to traffic
- ✓ Changing lanes and merging Turns, both left and right
- ✓ Intersections and blind spots

Introduction, Defining the Space Cushion, Adjusting to Traffic, The Cushion in Front, Calculate Space and Time, The Space Behind, Changing Lanes and Merging, Tailgaters, Left and Right Space Cushion, Right Turns, Left Turns, Crossing an Intersection, Blind Spots, Space Above Your Truck, Space Below Your Truck, Conclusion

SPACE MANAGEMENT WORKSHOP 00:09:25

A review of key Space Management points and the chance to practice applying those points with simulation style exercises.

Introduction, Space Cushion, Measuring Following Distance, Determining Following Distance, Factors that impact on your space cushion, Driver Complacency and Space Creep, Wrap Up



SPEED MANAGEMENT **00:14:23**

Speed or too much speed is the number one cause of collisions. Knowing how to manage your speed and adjust your speed for a variety of conditions will allow the driver the time to take appropriate action to avoid a collision. In this lesson, the driver will learn:

- ✓ Speed Management
- ✓ Aggressive drivers
- ✓ Adjusting your speed to conditions
- ✓ Traction and poor road surfaces
- ✓ Hills and curves

Speed Management, Aggressive Driving, Total Stopping Distance, Adjust Your Speed For Conditions, Changing Road Surface Conditions, Traction, Driving through Curves, Hills, Posted Speed Limits, Wrap Up



SPOTTED LANTERNFLY TRAINING

  **00:06:03**

This lesson covers which areas currently affected by the Spotted Lanternfly Quarantine, how to identify the insect in its various life stages and how to deal with these threats. This training also covers how to prevent the spread of the Spotted Lanternfly, vehicle inspections and use of vehicle permits for vehicles in the quarantine area. All vehicles traveling through the SE counties of Pennsylvania, and various counties in New York, New Jersey and Delaware, must comply with a quarantine protocol.

Spotted Lanternfly Quarantine Training, Lifecycle of the Spotted Lanternfly, Containing the Spread, Dealing With Spotted Lanternfly Egg Masses, Wrap-Up

SUMMER AND MOUNTAIN DRIVING

  **00:21:13**

When driving there are so many challenges and driving in the summer months and on mountain roads create their own unique set of challenges. Are you aware that there are different challenges when driving in the summer? Surely the summer is the best time to be traveling on the roads. In this lesson we take a look at specific challenges to driving in the summer and when navigating mountain roads.

After viewing this lesson, the driver will learn:

- ✓ What to challenges does Summer bring
- ✓ Hot weather or desert driving
- ✓ How to drive in the mountains

- ✓ Brake checks and auxiliary brakes
- ✓ What are Run-away ramps and types of Run-away ramps

Introduction, Road Shoulders, Getting Unstuck, Supervising a Tow, Getting Stranded, Pre-Trip Tires for the Desert, Pre-Trip Under the Hood for the Desert, Desert Road Hazards, Mountain Driving, Pre-Trip for Mountain Driving, Mountain Driving - Upgrades, Mountain Driving - Downgrades, Mountain Driving - Downgrades II, Auxiliary Brakes and Speed Retarders, Engine Brake, Exhaust Brake, or Exhaust Retarder, Hydraulic Brake or Retarder, Electric Brake or Retarder, Runaway Ramps, Types of Runaway Ramps, Wrap Up

TERMINAL TRUCKS **00:07:24**

Terminal trucks make moving trailers and equipment around look easy, but like any specialized equipment they require specialized training to use them safely. In this lesson we take a look at the safe operation of terminal truck and somewhat outs when using them to shunt trailers around a yard. Some terminal truck scan also be used on the highways, so we will also take a look at the precautions that need to be applied for use on public roads.

After viewing this lesson, the driver will learn:

- ✓ How to inspect a terminal truck before operation
- ✓ How to use a terminal truck
- ✓ How drive a terminal truck
- ✓ Knowing what hazards to be aware of
- ✓ How to back, park and uncouple a terminal truck

Introduction, Inspection 1, Inspection 2, Startup, Operation 1, Operation 2, Coupling, Driving and Backing, Uncoupling, Wrap Up

TRAILER LOADING/UNLOADING PROCEDURES **00:15:20**

There are many things that could go wrong while loading or unloading a trailer. There could be heavy equipment involved in the loading, vehicles traveling in and out of a trailer or just falling cargo. In this lesson we take a look at how to prevent injuries while loading or unloading a trailer.

After viewing this lesson, the driver will learn:

- ✓ How to secure a trailer at a loading dock
- ✓ How to remain safe around powered industrial trucks (PITs)
- ✓ How to use a trailer entry permit
- ✓ Traveling with a load in and out of a trailer
- ✓ How to use dock plates and levelers



Introduction, Location Specific Written Trailer Securement Program, Your Location's Communication System, Your Location's Trailer Securement Process, Minimum Requirements, Wheel Chocks, Other Trailer Securement Processes, Trailer Entry Permit, Dock Boards And Plates, Loading and Unloading Trailer, Removing Trailer Securement Equipment, Wrap Up

TRIP PLANNING **00:30:20**

Getting from pickup to deliver is a critical piece of being a professional driver. You also need to be able to do this on time to meet the needs of the customer. Showing up at 3am, is no good if the customer does not accept deliveries until the afternoon. After viewing this lesson, the driver will learn: How to plan a route How to estimate the time to make the journey How to prepare for the unexpected Fuel, permits and weight restrictions How to plan your breaks and stops

Introduction, Who does the Trip Planning?, Know What Kind of Run You Are On, Long-Distance Transport, Choosing Your Route, Be Prepared for the Unexpected, Map Reading, Calculating Travel Time and Fuel Usage, Fuel Consumption, Keeping Records, On-Board Recorders, Personal Needs, Vehicle Licensing and Permits, Fuel Use Tax, Vehicle Length, Weight, and Weight Taxes, State Restrictions on Weight and Length, Special Permit Hauling, Hazardous Material, Roadside Enforcement, Summary

TRUCKERS AGAINST TRAFFICKING

  **00:26:30**

Truckers Against Trafficking is a nonprofit organization that trains truck drivers to recognize and report instances of human trafficking. This lesson explains exactly what human trafficking is, how to identify human trafficking, where human trafficking takes place, and how you can report human trafficking to authorities.

URBAN DRIVING - HDT **00:01:31**

Professional drivers face many challenges every day. These challenges vary, from the size of the vehicle to the various road and weather conditions, which can take the easiest task and turn it into something a whole lot more stressful. Driving down a clear freeway, with little traffic, perfect weather conditions, and beautiful scenery is an ideal environment. Unfortunately, at some point we have to venture off the freeway and into a city; and everything changes. This lesson reviews the special challenges associated with urban driving.

After viewing this lesson, a driver will learn:

- ✓ Identifying urban hazards
- ✓ Intersections and turns
- ✓ Dealing with distracted motorists and pedestrians

Introduction, Urban Driving Challenges, Traffic, Routes, Turns, Distractions, Putting it all together, Wrap Up

VEHICLE INSPECTIONS **00:25:57**

As a safe operator of a commercial vehicle, making sure that the vehicle is in a roadworthy condition is a critical skill. This lesson walks you through a systematic inspection of every component on the vehicle. How to inspect components and how to determine if they are in satisfactory condition. The lesson will also cover post trip inspections and on-route inspections that are also required by all persons operating a commercial vehicle. Upon completion of this lesson, the learner will understand the sequence of completing a vehicle inspection and what defects to look for during the inspections.

Objectives: To provide clear instructions on how to complete a commercial vehicle inspection using a systematic approach that covers the complete vehicle.

Introduction, Importance of a Pre-Trip Inspection, Inspection Requirements, Areas of Focus, Getting Started, Check the Cab and Under the Hood, Conduct a Walk-around Inspection, Coupling System, Rear of Trailer, Inside the Cab, Air Supply Gauge, Vehicle Controls, Lights and Mirrors, Signal Lights, Air Brakes, Inspection Reports, Wrap Up

VISUAL SEARCH **00:15:38**

This lesson covers topics related to Visual Search while operating a Tractor/Trailer.

Introduction, Mirrors, Fender Mirrors, Adjust Your Seat Before Your Mirrors, Setting Your Mirrors, Distance Reference Points, Visual Lead Time, Visual Lead Time - City Streets, Visual Lead Time - Rural Roads, Intersections, The Squeeze, Lane Changes, Turning Corners, Wrap Up

WHISTLEBLOWER PROTECTION

  **00:11:40**



All of us in the transportation industry understand the importance and advantages of operating safely. The companies we work for understand those responsibilities too. Everyone from the boss on down knows that it's not smart or economical to operate in an unsafe manner. A whistleblower is a slang term that refers to an employee in industry or government that believes that something illegal, unsafe or unhealthy is going on around him or her. They want to say something to someone but might be afraid that they would get fired or somehow disadvantaged at their job. The law provides for whistleblower protection. This lesson covers several issues that apply to Whistleblower Protection. We'll look at what actions fall under those things that need to be reported.

After viewing this lesson, a driver will learn:

- ✓ The definition of whistleblower protection
- ✓ What issues should be reported
- ✓ Electronic log devices and harassment
- ✓ Refusal to work
- ✓ Steps to take if you see an imminent danger
- ✓ How to file a complaint with your company or with OSHA



Whistleblower Protection, Definitions, What Should be Reported, Refusal to Work, Steps to Take if You See An Imminent Danger, Am I Protected if I File a Complaint with OSHA?, How Do I File a Whistleblower Complaint, Wrap Up, Electronic Log Devices and Harassment

WILDLIFE COLLISION PREVENTION

  00:04:57

Collisions between vehicles and wildlife can be costly and dangerous. Knowing how to deal with these situations makes everyone a safer driver and reduces the chances of serious harm. This lesson covers several different ways to protect yourself and your vehicle from collisions with wildlife. Though wildlife collisions are common at dawn and dusk, they're not limited to those times, and the recommendations of this lesson prepare a driver to deal with wildlife at any time of the day.

WINTER DRIVING

  00:30:28

Winter Driving can be a challenge, no matter what part of the country that you drive. Reduced visibility, changing road conditions and vehicle breakdowns all make winter a challenge. In this lesson we will look at how you can prepare yourself and your vehicle for winter driving. We will also provide you with details on how to deal with emergencies associated with winter driving.



After viewing this lesson, the driver will learn:

- ✓ How to prepare for winter driving
- ✓ How to install tire chains
- ✓ How drive in winter conditions
- ✓ Knowing when to stop and find a safe place to park
- ✓ How to deal with skids and poor traction

Introduction, Summer Habit Checkup, Pre-Trip for Bad Conditions, Lights and Reflectors, Air Brakes, Handrails and Toe-holds, Exhaust Systems, Fifth Wheel, Fuel Tanks, Tires, Fluid Levels, Personal Survival Gear, Using Tire Chains,

Types of Chains, Inspecting Tire Chains, Installing Tire Chains Safely, Checking Installation, Dealing with Skids, Cold Weather Engine Starting, Cold Weather Engine Preparation, Pre-heater Assisted Starting, Engines That Don't Start, Reduced Visibility, Reduced Traction, Increasing Traction - Differential Lock, Reducing Speed for Poor Traction, Other Driving Factors in Poor Traction, Detecting Black Ice, Braking and Turning, Wrap Up

WINTER DRIVING - NO CHAINS



  00:24:17

Winter Driving can be a challenge, no matter what part of the country that you drive. Reduced visibility, changing road conditions and vehicle breakdowns all make winter a challenge. In this lesson we will look at how you can prepare yourself and your vehicle for winter driving. We will also provide you with details on how to deal with emergencies associated with winter driving. After viewing this lesson, the driver will learn:

- ✓ How to prepare for winter driving
- ✓ How drive in winter conditions
- ✓ Knowing when to stop and find a safe place to park
- ✓ How to deal with skids and poor traction

Introduction, Summer Habit Checkup, Pre-Trip for Bad Conditions, Lights and Reflectors, Air Brakes, Handrails and Toe-holds, Exhaust Systems, Fifth Wheel, Fuel Tanks, Tires, Fluid Levels, Personal Survival Gear, Cold Weather Engine Starting, Cold Weather Engine Preparation, Pre-heater Assisted Starting, Engines That Don't Start, Reduced Visibility, Reduced Traction, Increasing Traction - Differential Lock, Reducing Speed for Poor Traction, Other Driving Factors in Poor Traction, Detecting Black Ice, Dealing with Skids, Braking and Turning, Wrap Up

YARD DRIVING SKILLS

  00:09:07

Driving a vehicle in a yard has many challenges. In this lesson, we will look at completing a vehicle inspection before moving a vehicle and how to identify and avoid fixed objects. We discuss some associated hazards and how to safely back and park a vehicle in a yard.

After viewing this lesson, a driver will learn:



- ✓ How to safely inspect a vehicle
- ✓ How to safely start up a vehicle
- ✓ How to identify hazards in a yard
- ✓ Steps to safe backing
- ✓ How to safely park in a yard.



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TRAINING FOR MEDIUM-DUTY TRUCKS

AVOIDING FIXED OBJECTS - MEDIUM DUTY TRUCK

  **00:17:16**



Ask most safety managers and they will say the most common accidents are hitting fixed objects. This lesson focuses on how to avoid becoming a statistic. While these collisions aren't usually very costly they are considered preventable. In addition, fixed object collisions can negatively affect your relationship with customers. This lesson covers the practices and backing maneuvers drivers will need to be familiar with in order to safely operate a medium duty vehicle while avoiding fixed objects.

After viewing this lesson, a driver will learn:

- ✓ G.O.A.L. (Get Out And Look)
- ✓ Hazards associated with backing
- ✓ How to secure cargo doors
- ✓ Tips for turning while backing
- ✓ Use of a spotter
- ✓ Identifying hazards such as buildings, covered spaces and overhangs
- ✓ Identifying clearance issues and evaluating new locations for hazards

Avoiding Fixed Objects - Introduction, G.O.A.L. and Backing, Hazard Recognition, Considerations Before Backing, Securing Cargo Doors, Turning While Backing, Using a Spotter, Backing into Buildings and Covered Spaces, Site Concerns, Operating at New Locations, Clearance, Distracted Driving, Wrap Up

BACKING AND DOCKING - MEDIUM DUTY TRUCK

  **00:17:23**

Although most of our driving is forward, there are times we need to back up. Backing is a crucial skill that drivers perform every day. There are unique challenges to backing because visibility is often reduced. To be successful in our job we must master the ability to back safely. This lesson reviews some of the basic rules and principles of backing that should be kept in mind.



After viewing this lesson, a driver will learn:

- ✓ How to evaluate the space to back into and plan your approach
- ✓ G.O.A.L. (Get Out And Look)
- ✓ Hazards associated with backing
- ✓ Using spotters
- ✓ Tips for alley backing, straight line backing, 45 degree backing, angle backing and parallel parking

Introduction, Steering While Backing, Planning Ahead, GOAL, Backing Communication, Using Spotters, Alley Backing, Backing Guidelines, Getting Into Position, Take Your Time,

Check Your Mirrors, Pull Ups, Basic Backing Maneuvers, Straight Line Backing, Forty-Five Degree Angle Backing, Straight Back Parking, Parallel Parking, Wrap Up

COMMUNICATION - MEDIUM DUTY TRUCK

  **00:18:48**

Accidents between trucks and other drivers often happen because other drivers don't understand what motorists intend to do. It's important to keep letting others know where you are and what you plan to do. Communicating to other drivers is a crucial part of defensive driving. This lesson covers the equipment and practices related to properly communicating the driver's intentions why operating a medium duty vehicle. Remember that effective communication is a two-way process. It's not enough for you to just signal an intention if they don't notice your signal or understand what you mean. Both the sender and the receiver have to get the same message, or you will have failed in communicating and a crash may result.

After viewing this lesson, a driver will learn:



- ✓ Communication with other motorists and pedestrians
- ✓ Using your turn signals, horn, emergency flashers and headlights to communicate
- ✓ Using your warning signs and devices while stopped on divided and undivided highways
- ✓ Maintaining a positive attitude while driving around others

Introduction, Communicating - Headlights, Communicating - Horn, Communicating - Emergency Flasher, Communicating - Warning Devices, Stopping, Stopping - Undivided Highway, Stopping - Divided Highway, Stopping - Urban Street, Signaling a Lane Change, Signaling Turns, Signal Continuously, Cancel Your Signal, Signal When Slowing Down, Vehicle Limitation/Behavior Signs, Wrap Up

COVID-19 WHAT DELIVERY DRIVERS NEED TO KNOW

  **00:08:37**

DEFENSIVE DRIVING - MEDIUM DUTY TRUCK

  **00:31:44**


Defensive Driving is one of the fundamentals of driver safety, but it's also one of those terms that gets used so much, we have to be reminded to stop and actually think about what it means. The National Safety Council defines defensive driving as 'driving to save lives, time, and money, in spite of the conditions around you and the actions of others.' Staying safe means staying on point 24-7 and keeping a 360-degree view of the world. This lesson reviews several key hazard areas and ways for you to stay aware of what's going on with your vehicle and the area around it.

After viewing this lesson, a driver will learn:


- ✓ Techniques for drivers to improve defensive driving skills
- ✓ The importance of situational awareness
- ✓ How to manage space How to manage speed
- ✓ How to effectively communicate with other motorists and pedestrians
- ✓ How to develop hazard awareness
- ✓ Adjusting speed and space to changing conditions
- ✓ Maintaining a positive, professional attitude while driving

Intro to Defensive Driving , Space Management I, Managing Your space Environment, Speed Management I, Managing Space and Speed, Eyes on the Road, Scanning Your Environment, Hazard Awareness I, Road Surface Hazards, Driver Distractions, Other People on the Road, Hazardous Drivers, Communication, Signaling, Defensive Driving Attitude, Conclusion

DELIVERY DRIVER - CUSTOMER SERVICE

 ⌚ 00:11:27

DRIVER DISTRACTIONS - MEDIUM DUTY TRUCK

 ⌚ 00:21:50


According to the National Highway Traffic Safety Administration distractions and inattentive driving play a part in one out of every four motor vehicle crashes. That's more than 1.5 million collisions a year - more than 4,300 crashes each day. This lesson identifies the most common distractions so drivers will be better equipped to recognize and therefore prevent them from causing unsafe driving behavior. While we may not be able to eliminate all distractions, controlling our response to them can shorten the time of the distraction as well as its impact on our safety and the safety of others.

After viewing this lesson, a driver will learn:

- ✓ The four types of driving distractions
- ✓ Laws concerning distracted driving
- ✓ How to manage visual distractions
- ✓ How to manage auditory distractions How to manage manual distractions
- ✓ How to manage cognitive distractions
- ✓ Reacting to distracted drivers and pedestrian


Introduction, Types of Distractions, Physical Distractions, Eating and Drinking Distractions, Your Cell Phone, Reaching, Writing and Reading, Cruise Control, New Delivery Sites, Visual Distractions, Mental Distractions, Prevention Strategies for Dealing with Mental Distractions, Dealing with other Distracted Drivers, Wrap Up

FUEL MANAGEMENT - MEDIUM DUTY TRUCK

 ⌚ 00:20:10

This lesson covers techniques and best practices for managing your fuel consumption while operating a medium duty vehicle.

HAZARD AWARENESS - MEDIUM DUTY TRUCK

 ⌚ 00:20:50

Professional drivers carry a lot of responsibility for keeping themselves and their loads safe. Hazard awareness means being aware of our surroundings-- the road congestion and conditions, other motorists, and pedestrians. In this lesson, we'll cover clues drivers can use to recognize hazards early and anticipate the actions of others.

After viewing this lesson, a driver will learn:

- ✓ How to recognize and manage hazards on the road (surface conditions and other motorists)
- ✓ Handling reduced visibility on curves
- ✓ Managing obstructed vision
- ✓ Managing hazards associated with parking lots
- ✓ Handling distracted or impaired drivers, slow and impatient motorists
- ✓ Navigating around disabled vehicles
- ✓ How to share the road with others and stay safe

Introduction, Road Conditions, Soft Road Surfaces, Sloping Road Surfaces, Uneven Road Surfaces and Debris, Road Contours - Curvature, Road Contours Restricted Visibility, Road Contours Crosswind Areas, Appearance of Other Road Users, Drivers with Obstructed Vision, Parked Vehicles, Distracted Drivers, Confused, Slow and Impatient Drivers, Impaired Drivers, Sharing the Road, Obstructions and Merging, Wrap Up

LIFT GATE SAFETY

 ⌚ 00:09:58

Having a lift gate attached to your vehicle can really make the task of loading and unloading cargo a breeze. On the other hand, if you do not know how use a lift gate, they can be very dangerous. In this lesson we will look at the safe operation of a lift gate. The different types of lift gate and general safety.



After viewing this lesson, the driver will learn:

- ✓ What to inspect before operation of the lift gate
- ✓ General Lift Gate safety guidelines
- ✓ How to handle a lift gate malfunction
- ✓ Lift gate hazards
- ✓ How to use various types of lift gate

Introduction, The Benefits of Lift Gates, Types of Lift Gates, Safe Use - General Rules for Using Lift Gates, Lift Gate Pre-

trip Inspection, Loading and Unloading Guidelines, General Safety Guidelines, Lift Gate Hazards, Handling Malfunctions, Wrap Up

NIGHT DRIVING - MEDIUM DUTY TRUCK

  **00:11:05**



Nighttime is by far the most dangerous time to drive. Traffic fatality rates are 3X greater at night than during the day, according to the National Safety Council. Yet many of us are unaware of night driving's special hazards or don't know effective ways to deal with them. 90% of a driver's reaction depends on vision, which is reduced at night. Depth perception and color recognition are also reduced after sunset. Other nighttime dangers include fatigue, drowsiness, blurring of peripheral vision and impairment in judgment of distances and movements. This lesson reviews the hazards of night driving and preparations you need to make to stay safe during the twilight hours.

After viewing this lesson, a driver will learn:

- ✓ Various night driving hazards and how to manage them
- ✓ Effective pre-trip inspections to ensure lights and reflectors are working
- ✓ Managing fatigue and drowsiness
- ✓ Dealing with reduced visibility at night

Introduction, Preparing Your Lights, Lighting Devices and Reflectors, Fatigue and Drowsiness, Vision at Night, Maximizing Your Skills at Night, Wrap Up

PARKING LOTS

  **00:09:05**



Parking lots can be just as dangerous as the open road. They account for as many as one in five crash claims. The numbers are even higher when it comes to accidents involving trucks, particularly if a company routinely delivers to retail establishments. Delivery drivers spend a lot of time entering, dropping off cargo, and exiting parking lots that are designed for automobiles. More importantly, they're designed to fit the maximum number of cars in the minimum amount of space. The following lesson covers factors to consider when maneuvering in a parking lot, including what to watch out for in terms of other drivers, pedestrians, safety precautions, and general 'rules of the road.'

After viewing this lesson, a driver will learn:

- ✓ Parking lots hazards
- ✓ How to watch out for other drivers and pedestrians
- ✓ Assessing delivery and drop off areas
- ✓ Adjusting speed and space for congested areas

Introduction, Pedestrians, Other Drivers and Vehicles, Handling Your Vehicle, Delivery and Drop-Off Areas, Delivery & Drop-off Areas II, Conclusion

REAR END COLLISION AVOIDANCE - MEDIUM DUTY TRUCK



  **00:23:26**

Having a vehicle in front of you suddenly stop in front of you, do you have enough time or space to stop? Rear-end collisions can be some of the worst case scenario crashes, when a large commercial vehicle crashes into another vehicle. This lesson will look at managing the space in front of your vehicle and how to avoid Rear-end Collisions.

After viewing this lesson, the driver will learn:

- ✓ How to measure and maintain your following distance
- ✓ How to calculate stopping distance
- ✓ How to safely use cruise control
- ✓ Driving with reduced visibility
- ✓ How to navigate intersections and passing other vehicles

SEAT BELTS - MEDIUM DUTY TRUCK

  **00:04:11**



There are many misconceptions about seatbelt use. These myths often mislead drivers into forgetting or ignoring the importance of wearing their seatbelts. We know from vehicle crash data that the most deadly auto collisions occur within 25 miles of people's homes and at speeds of 40 mph or less. Regardless of how far you have to travel or how good of a driver you are, buckling up is always important. This lesson covers the myths and the truths about seatbelts with a goal of clearing up misconceptions.

After viewing this lesson, a driver will learn:

- ✓ The seven myths of seat belts
- ✓ The truth about seat belt use
- ✓ Developing personal, daily use of seatbelts

Introduction, Misconception 1, Misconception 2, Misconception 3, Misconception 4, Misconception 5, Misconception 6, Misconception 7, Wrap Up

SPACE MANAGEMENT - MEDIUM DUTY TRUCK

  **00:21:23**



Space Management means taking charge of the space around your vehicle and being responsible for what happens there. As a driver, you must be alert to what's happening in front of your vehicle, behind it, on the left and the right, but also above and below. All 6 sides are the space cushion around your vehicle. This lesson reviews the ways in which space cushion is managed. We will look at a vehicle's place in the flow of traffic, and how to safely move that truck through it. We'll also consider potential obstacles along the road and how to avoid colliding with them.

After viewing this lesson, a driver will learn:

- ✓ Creating a 6-sided space cushion around
- ✓ MDT/vehicles Adjusting space for traffic and road conditions
- ✓ How to calculate correct following distance
- ✓ Managing blind spots
- ✓ How to safely change lanes and merge
- ✓ Dealing with tailgaters
- ✓ Space issues in right and left turns
- ✓ Hazards in intersections

Introduction, Defining the Space Cushion, Adjusting to Traffic, The Cushion in Front, How to Calculate Space and Time, The Space Behind, Changing Lanes and Merging, Tailgaters, Left and Right Space Cushion, Right Turns, Left Turns, Crossing an Intersection, Blind Spots, Managing the Space Above Your Truck, Managing the Space Below Your Truck, Conclusion

SPEED MANAGEMENT - MEDIUM DUTY TRUCK

  **00:14:22**


The first rule of the road, the only rule that's posted wherever you go, is the speed limit. That's how important speed is to road safety. The safety of a driver and of the other people on the road with him or her, as well as pedestrians and bicyclists, depend on them driving at a pace that is right for the conditions of the road. Going the right speed could mean life or death when it comes to split-second decisions. This lesson covers the primary rules for how to judge the speed of your vehicle. We'll explore when it's okay for you to drive faster, and when it would be best for you to go slow. We'll consider the penalties, and also the consequences for not keeping your speed in check.

After viewing this lesson, a driver will learn:

- ✓ Impact of speeding on ability to stop vehicle
- ✓ Adjusting speed to match conditions
- ✓ Total stopping distance
- ✓ Dealing with changing road surface conditions
- ✓ Driving on slippery roads, curves, and hills
- ✓ Interpreting posted speed limits

Introduction, Speeding, Adjusting Speed to Match Conditions, Total Stopping Distance, Changing Road Surface Conditions, Traction, Identifying a Slippery Road, Driving through Curves, Hills, Posted Speed Limits, Wrap Up

TIRE CHAINS - HDT/MDT

 **00:07:55**

Have you ever been stuck on the side of the road or pulled over into a chain up area and have been unsure on how to install tire chains? If you drive professionally, sooner or later



you will need to put chains on your tires to keep you moving. This lesson will focus on the steps to install and use tire chains safely, and how to operate them when weather conditions are not at their best.

After viewing this lesson, a driver will learn:

- ✓ Chain selection
- ✓ When to use chains
- ✓ How to install tire chains
- ✓ Removal of tire chains
- ✓ State regulations

Tire Chains - Heavy and Medium Duty Trucks, Chain Selection, Safety First, Chain Layout, Installation, Removal, Wrap Up

URBAN DRIVING - MDT

  **00:03:08**

Professional drivers face many challenges every day. These challenges vary, from the size of the vehicle to the various road and weather conditions, which can take the easiest task and turn it into something a whole lot more stressful. Driving down a clear freeway, with little traffic, perfect weather conditions, and beautiful scenery is an ideal environment. Unfortunately, at some point we have to venture off the freeway and into a city; and everything changes. This lesson reviews the special challenges associated with urban driving in a medium duty truck.

After viewing this lesson, a driver will learn:

- ✓ Identifying urban hazards
- ✓ Intersections and turns
- ✓ Dealing with distracted motorists and pedestrians

Introduction, Urban Driving Challenges, Traffic, Routes, Turns, Distractions, Putting it all together, Wrap Up

VISUAL SEARCH - MEDIUM DUTY TRUCK

  **00:17:03**

To be aware of hazards we need to constantly assess the environment using visual search techniques. With traffic patterns changing, we need to have effective scanning patterns to take in information and act on it as needed. This lesson reviews how to maximize your visibility and prepare you to drive safely.

After viewing this lesson, a driver will learn:

- ✓ How to adjust mirrors and use them properly
- ✓ What visual lead time is for city streets, rural roads and highways
- ✓ How to search and anticipate hazards at intersections
- ✓ Managing blind spots
- ✓ How to make safe lane changes and turns

Introduction, Mirrors, Fender Mirrors, Using Your Mirrors, Why Adjust Mirrors, Mirror Adjustment, Mirror Adjustment Tips, Right Side Adjustment, Reference Point, Visual Lead Time, Lead Time City Streets, Lead Time Rural Roads, Intersections, Intersections Blind Spots, Lane Changes, Turning Corners, Wrap Up

WINTER DRIVING - MEDIUM DUTY TRUCK

📱 ⌚ 00:28:21

For a professional driver, the winter months are probably the most difficult. It gets dark earlier, the roads are slippery, and the other drivers on the road are often stressed and distracted. You know, as a professional, that your environment will have a big effect on how you drive. But even in the most extreme driving conditions you're still responsible for your vehicle, your load, yourself and most importantly, for the safety of the motoring public. In this lesson we'll talk about some things you can do to prepare your vehicle and yourself for what Mother Nature is going to be throwing your way.

After viewing this lesson, a driver will learn:

- ✓ Trip planning Hazardous winter conditions
- ✓ Performing thorough vehicle inspections
- ✓ Personal survival gear
- ✓ Using tire chains
- ✓ How to start a cold engine
- ✓ Use of pre-heaters
- ✓ Dealing with reduced visibility, traction
- ✓ Dealing with black ice and skids
- ✓ How to brake and turn on slipper roads
- ✓ Cold weather parking

Introduction, Summer Habits Remain, Prepare Before Winter Weather, Bad Conditions, Lights and Reflectors, Air Brakes, Handrails and Toe-holds, Exhaust Systems, Fuel and Fuel Tanks, Tires and Fluid Levels, Personal Survival Gear, Using Tire Chains, Cold Weather Engine Starting, Engine Starting Tips, Pre-heater Assisted Starting, Engines That Don't Start, Reduced Visibility, Reduced Traction, Poor Road Traction, Other Driving Factors in Poor Traction, Detecting Black Ice, Dealing with Skids, Braking and Turning, Parking, Wrap-Up

“

“Training has a bigger impact on your company’s success than any investment in technology, equipment or consultants.”

**DR. JIM VOORHEES, CEO
INSTRUCTIONAL TECHNOLOGIES, INC.**





PRO-DEFENSE[®]

DEFENSIVE DRIVING FOR SEDANS, VANS AND BOX TRUCKS



PRO-DEFENSE - AN APPROACH TO SAFE DRIVING

  00:16:35

Defensive driving systems have been around since the 1950s and have changed very little, but road and driving conditions have changed a lot. ITI felt that it was time to take a new look at defensive driving and create a modern system to meet the needs of the modern driver.



In this lesson, the driver will learn:

- ✓ What is a belief based safety
- ✓ 7 step acronym for the D.E.F.E.N.S.E system
- ✓ How to combine these 7 steps into a complete defensive system
- ✓ How to manage fatigue and distractions to protect yourself

Course Sections

PRO-DEFENSE: An Approach to Safe Driving, Belief Based Safety, The Best Defense is a Great Offense, Distractions, Essential Planning, Fatigue Management, Evaluating space, Navigating Hazards, Speed Management, Effective Communication, Wrap Up

PRO-DEFENSE - DISTRACTIONS

  00:18:11

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the D for Distractions. Drivers need to be able to make 100s of decisions every mile and any distractions will impact that decision making process.



In this lesson, the driver will learn:

- ✓ Laws concerning distracted driving
- ✓ How to manage visual distractions
- ✓ How to manage auditory distractions
- ✓ How to manage manual distractions
- ✓ How to manage cognitive distractions
- ✓ Reacting to distracted drivers and pedestrians

Course Sections

Introduction, What is Distracted Driving?, The Problem of Distracted Driving, Types of Distractions, Visual Distractions, Cell Phones, What About Hands-Free?, What is the law concerning mobile phone use?, Manual and Physical Distractions, Reaching, Reading, and Writing, Auditory Distractions, Mental or Cognitive Distractions, Dealing With Mental Distractions, Pain and Illness, Dealing with other Distracted Drivers, Wrap Up

PRO-DEFENSE - EFFECTIVE COMMUNICATION

  00:16:21

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the E for Effective Communication. Communicating your intentions to other road users is a critical component of any defensive driving system. There are several ways to effectively communicate your intentions.



In this lesson, the driver will learn:

- ✓ How to clearly communicate your intentions and actions
- ✓ How to interpret communication signals from others
- ✓ How to anticipate actions/behaviors of others
- ✓ Proper use of headlights, horn, emergency flashers and turn signals
- ✓ Proper use of warning devices and signals on the roadway

Course Sections

Introduction, Communication - Headlights, Communicating - Horn, Communicating - Emergency Flasher, Communicating - Warning Devices, Stopping, Stopping - Undivided Highway, Stopping - Divided Highway, Stopping - Urban Street, Signaling a Lane Change, Signaling Turns, Signal Continuously, Cancel Your Signal, Signal When Slowing Down, Vehicle Limitation/Behavior Signs, Wrap Up

PRO-DEFENSE - ESSENTIAL PLANNING

  00:07:11

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the third E for Essential Planning. Anytime you get behind the wheel of a large vehicle, you need to have a plan. You need to know where you are going, how are you going to get there and do you have enough fuel and hours to get there.



In this lesson, the driver will learn:

- ✓ What is essential planning
- ✓ Trip Planning
- ✓ Vehicle inspections and injury prevention
- ✓ Driving strategies
- ✓ Parking lots and customer locations

Course Sections

PRO-DEFENSE Essential Planning, What is Essential Planning, Trip Planning, Vehicle Inspections, Injury Prevention, Driving, Parking Lots and Customer Locations, Wrap Up

PRO-DEFENSE - EVALUATING SPACE

  00:23:30

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the second letter E for Evaluating Space. As a professional driver, if you can maintain a space around your vehicle at all times, you are protecting yourself and your vehicle and will eliminate collisions.



In this lesson, the driver will learn:

- ✓ Defining the space cushion around your vehicle
- ✓ How to adjust to traffic
- ✓ Changing lanes and merging
- ✓ Turns, both left and right turns
- ✓ Intersections and blind spots

Course Sections

Introduction, Defining the Space Cushion, Adjusting to Traffic, The Cushion in Front, Calculate Space and Time, The Space Behind, Changing Lanes and Merging, Tailgaters, Left and Right Space Cushion, Right Turns, Left Turns, Crossing an Intersection, Blind Spots, Space Above Your Truck, Space Below Your Truck, Wrap Up

PRO-DEFENSE - FATIGUE MANAGEMENT

  00:11:17

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the F for Fatigue Management. Learning to understand when you are tired and the early symptoms of fatigue will help you know when to stop and take a break, before it begins to affect your defensive driving capability.



In this lesson, the driver will learn:

- ✓ What is fatigue and how it impacts your performance
- ✓ How to identify the early signs of fatigue
- ✓ How to manage fatigue
- ✓ Introduction to the Federal Regulations around fatigue
- ✓ How to use sleep cycles to their best effect

Course Sections

Introduction, The Impact of Fatigued Driving, What Causes Fatigued Driving, The Signs of Fatigue, Circadian Rhythms and Sleep Cycles, Sleep Apnea I, Sleep Apnea II, Federal Regulations Aimed to Combat Fatigue, Wrap Up

PRO-DEFENSE - NAVIGATING HAZARDS

  00:21:09

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the N for Navigating Hazards.



In this lesson, the driver will learn:

- ✓ How to deal with changing road conditions
- ✓ How to deal with other road users
- ✓ Dealing with distracted and impaired drivers
- ✓ Sharing the road and dealing with other road users
- ✓ How to handle obstructions and parked vehicles

Course Sections

Pro-DEFENSE - Navigating Hazards, Road Conditions, Soft Road Surfaces, Sloping Road Surfaces, Uneven Road Surfaces and Debris, Road Contours - Curvature, Road Contours - Restricted Visibility, Road Contours - Crosswind Areas, Other Road Users, Drivers with Obstructed Vision, Parked Vehicles, Distracted Drivers, Disabled Vehicles, Confused, Slow and Impatient Drivers, Impaired Drivers, Sharing the Road, Obstructions and Merging, Wrap Up

PRO-DEFENSE - SPEED MANAGEMENT

  00:13:50

The Pro-DEFENSE system is made up of 7 steps, that when combined create a complete defensive driving system to protect the driver like a suit of armour. In this lesson we take a look at the S for Speed Management. Speed is most often the factor in many collisions. Being able to manage your speed for all conditions will allow you the time and space to avoid a collision.

In this lesson, the driver will learn:

- ✓ Speed management
- ✓ Aggressive drivers
- ✓ Adjusting your speed for the conditions
- ✓ Traction and poor road conditions
- ✓ Hills and curves

Course Sections

Introduction, Aggressive Driving, Total Stopping Distance, Adjust Your Speed For Conditions, Changing Road Surface Conditions, Traction, Driving through Curves, Hills, Posted Speed Limits, Wrap Up

CLEAR // DRIVE™

TRAINING FOR VANS AND SEDANS



AUTOMOBILES - AVOIDING DISTRACTIONS WHILE DRIVING 00:18:53



Multitasking seems to be the norm. But it is not at all safe to do while driving. All drivers need to have their full, undivided attention on the road in front of them. Not being fully aware of the surroundings can easily get a driver into trouble. This lesson reviews the major distractions encountered while driving. The goal is that drivers recognize the hazard that distracted driving brings and reduce the chance of unsafe driving.

After viewing this lesson, a driver will learn:

- ✓ Type of distractions (manual, auditory, visual, cognitive)
- ✓ Cell phone use
- ✓ New delivery sites and need to be fully aware
- ✓ Distracted driving prevention tips
- ✓ Dealing with other distracted drivers and pedestrians

Introduction, Types of Distractions, Manual/Physical Distractions, Eating and Drinking Distractions, Your Cell Phone, Reaching, Writing and Reading, New Delivery Sites, Visual Distractions, Mental Distractions, Prevention Strategies for Dealing with Mental Distractions, Dealing with other Distracted Drivers, Wrap Up

AUTOMOBILES - AVOIDING FIXED OBJECTS

  00:13:14

Does this sound familiar? You're backing up and suddenly there's this terrible sound. Yep, you hit something, something that was there before you started turning or backing. It's what we're calling a fixed object. While these collisions aren't usually very costly they can be in lost time and they are completely preventable. This lesson discusses how to avoid what may just be the most common type of collision you can get into.

After viewing this lesson, a driver will learn:

- ✓ Use of mirrors to see all hazards
- ✓ How to back safely
- ✓ Site specific (i.e. parking lot) hazards
- ✓ Operating at new locations

Introduction - Avoiding Fixed Objects, Rushing, Hazard Recognition, Visibility, Weather, Backing, Site Concerns, Operating at New Locations, Parking Brake, Wrap Up

AUTOMOBILES - AVOIDING REAR END COLLISIONS 00:08:38

Whether in the city or on the highway, rear-end collisions are a dangerous and unfortunately common occurrence. More often than not, however, these collisions can be prevented. Alertness, speed, and space all play a factor. When you



maintain these properly, you cut the chance of a collision down significantly. This lesson covers how to prevent rear-end collisions. We'll help you calculate proper following distance, guide you through timing and approach for high-risk areas, and give you tips for staying alert and aware behind the wheel.

After viewing this lesson, a driver will learn:

- ✓ How to create a space cushion
- ✓ The importance of perception, reaction and braking time
- ✓ How to manage limited visibility
- ✓ Timing intersection light changes
- ✓ How to avoid slow speed rear end collisions

Avoiding Rear End Collisions, Space Cushion, Reaction Time, Maintaining Following Distance, Areas of Limited Visibility, Timing Lights, Slow Speed Rear End Collisions, Wrap-Up

AUTOMOBILES - DEFENSIVE DRIVING

  00:11:30

You could be the safest driver you know. The problem is, you're sharing the road with drivers of mixed abilities and who are often distracted. To stay safe, drivers must always assume that other drivers will make mistakes. Drivers must always be searching the highway to see what's coming and know that the way is clear. This lesson will cover several key hazard areas and ways for drivers to stay aware of what is going on around their vehicles.

After viewing this lesson, a driver will learn:

- ✓ What defensive driving means
- ✓ The importance of situational awareness
- ✓ The skills of space management
- ✓ The skills of space management
- ✓ How to use an effective scanning pattern
- ✓ Awareness of environmental factors that impact changes in speed and space management
- ✓ How to communicate intentions to others (motorists and pedestrians)
- ✓ Maintaining a professional attitude while driving

Introduction, Stay Focused, Stay Alert, Keep Your Eye on the Other Drivers, Defensive Driving Tips, Defensive Driving Tips cont., Cut Out Distractions, Situation Awareness, Wrap Up

AUTOMOBILES - LANE CHANGES AND INTERSECTIONS 00:07:37

Any time you are sharing the road with other vehicles, the chance of an accident increases, especially when they're moving in a different direction than you. Lane changes, merging, and intersections are particularly hazardous. Drivers

suddenly changing lanes or crossing intersections may not pay attention to traffic from all directions, only focusing on where they are going. This lesson gives you the preventative measures to avoid collisions in some of the most hazardous maneuvers you will make on the road.

After viewing this lesson, a driver will learn:

- ✓ Communicating with other motorists
- ✓ How to change lanes safely
- ✓ Hazards at intersections
- ✓ Timing lights at intersections

Lane Changes and Intersections, Mirrors and Signaling, Changing Lanes and Merging, Freeways, Intersections, Turns, Timing Lights, Wrap Up

AUTOMOBILES - PARKING LOTS 00:07:15

Parking lots can be just as dangerous as the open road. They account for as many as one in five crash claims. Busy lots include distracted drivers and pedestrians. This makes it important to be on the alert when entering and leaving parking lots. The following lesson covers factors to consider when maneuvering in a parking lot, including what to watch out for in terms of other drivers, pedestrians, safety precautions, and general 'rules of the road.'

After viewing this lesson, a driver will learn:

- ✓ Parking lots hazards
- ✓ How to watch out for other drivers and pedestrians
- ✓ Assessing delivery and drop off areas
- ✓ Adjusting speed and space for congested areas

Introduction, Pedestrians, Other Drivers and Vehicles, Handling Your Vehicle, Delivery and Drop-Off Areas, Wrap Up

AUTOMOBILES - SEAT BELTS 00:04:46

There are many misconceptions about seatbelt use. These myths often mislead drivers into forgetting or ignoring the importance of wearing their seatbelts. We know from vehicle crash data that the most deadly auto collisions occur within 25 miles of peoples homes and at speeds of 40 mph or less. Regardless of how far you have to travel or how good of a driver you are, buckling up is always important. This lesson covers the myths and the truths about seatbelts with a goal of clearing up misconceptions.

After viewing this lesson, a driver will learn:

- ✓ The seven myths of seat belts
- ✓ The truth about seat belt use
- ✓ Developing personal, daily use of seatbelts

Introduction, Misconception 1, Misconception 2, Misconception 3, Misconception 4, Misconception 5, Misconception 6, Misconception 7, Wrap Up

AUTOMOBILES - SUMMER DRIVING

  00:06:01

Introduction, Summertime Driving, Tires, Under the Hood, Heats Effects on the Road, Wrap-Up

AUTOMOBILES - URBAN DRIVING 00:06:43

Driving in the city or the urban environment has its own unique set of challenges. In this lesson we will look at how to deal with these situations and reduce your chances of a collision.

In this lesson the driver will learn:

- ✓ Urban driving challenges
- ✓ Dealing with traffic
- ✓ Turns and following routes
- ✓ Dealing with distractions

Introduction, Urban Driving Challenges, Traffic, Routes, Turns, Distractions, Putting It All Together, Wrap Up

AUTOMOBILES/LIGHT TRUCK - TIRE CHAINS

  00:03:27


Have you ever been driving along as seen a roadside warning sign saying SNOW ZONE, CHAINS REQUIRED or a flashing overhead sign saying CHAINS REQUIRED 10 MILES AHEAD, EXPECT DELAYS. Would you know what to do? This lesson focuses on how to put chains on your vehicle to keep you moving.

After viewing this lesson, a driver will learn:

- ✓ Tire chains for light truck/automobiles
- ✓ Chain selection, layout, installation and removal

Tire Chains - Light Truck/Automobile, Chain Selection, Safety First, Chain Layout, Installation, Removal, Wrap Up

DELIVERY DRIVER - CUSTOMER SERVICE

 00:00:00

OSHA, WAREHOUSE & DELIVERY

TRAINING FOR LOGISTICS

The background features a stylized illustration of a worker in a warehouse. The worker is depicted in a grey silhouette, wearing an orange safety vest with reflective stripes. They are holding a black pallet jack handle. In the background, there are stacks of brown cardboard boxes and a yellow pallet jack. The entire scene is set against a dark grey background with a large, diagonal black shape that cuts across the image. Two horizontal yellow lines are positioned at the top and bottom of the page.

AMMONIA AWARENESS 00:07:50

If your workplace stores, handles or moves Ammonia, there are certain safety protocols that must be followed for everyone's safety.

In this lesson, the employee will learn:

- ✓ Ammonia Awareness
- ✓ Ammonia storage and transfer
- ✓ Ammonia Hazards
- ✓ Reporting and evacuation procedures

Ammonia Awareness, Ammonia Storage and Transfer, Ammonia Hazards, Ammonia and Powered Industrial Trucks, Reporting/Evacuation Procedures, Process Safety/Risk Management Plans, Wrap Up

BACK INJURY PREVENTION 00:13:44

The numbers of back injuries in the workplace has always been high. There are many causes of back injuries and in this lesson we will review the types of injuries from improper lifting and carrying cargo and working around equipment.

In this lesson, the employee will learn:

- ✓ How to protect your back
- ✓ Tips and exercises
- ✓ Lifting and lowering tasks
- ✓ Pulling and pushing
- ✓ Entering and exiting a vehicle

Introduction, Ways to Protect Your Back, Tips and Exercises, lifting and Lowering Tasks, Pushing Tasks, Pulling Tasks, Reaching, Unloading, Driving/Sitting, Exiting the Cab, Lifting in Teams, Wrap Up

BLOODBORNE PATHOGENS 00:15:22

Knowing how to deal with bloodborne pathogens in the workplace will protect employees from Hepatitis B and HIV. These procedures are part of the OSHA bloodborne pathogen standard.

After viewing this lesson, the employee will learn:

- ✓ Introduction to Bloodborne Pathogens
- ✓ What is a Bloodborne Pathogen
- ✓ How to protect yourself
- ✓ Using the correct PPE
- ✓ Spill clean up

Bloodborne Pathogens - Intro, What is a Bloodborne Pathogen?, Hepatitis B, Hepatitis B Vaccinations, Human Immunodeficiency Virus (HIV), Protecting Yourself, Personal

Protection Equipment, Personal Hygiene, Spill Clean-Up, Wrap Up

BOX CUTTING 00:08:03

A Box Cutter, when used correctly can be an effective tool. It can also be a dangerous tool if used improperly. In this lesson we will cover the safe practices to follow while safely using a box cutter.

After viewing this lesson, the user will learn:

- ✓ Use of Box Cutter
- ✓ Selecting the correct tool
- ✓ Use of proper PPE
- ✓ Holding the tool
- ✓ How to stabilize the material

Box Cutting - Introduction, Box Cutter, Box Cutting, Using the Right Tools, Proper Personal Protective Equipment, Proper Box Cutters, Holding the Cutting Tool, Making a Cut Safely, Stabilizing the Material, Wrap Up

DRUG AND ALCOHOL AWARENESS 00:11:18

The use of drugs and alcohol are everywhere. When the use of drugs and alcohol enters the workplace there can be significant issues to everyone's safety.

In this lesson, the employee will learn:

- ✓ Policies on drugs and alcohol
- ✓ Policy violations
- ✓ Safety sensitive employees
- ✓ Drug and alcohol testing

Drug and Alcohol Awareness, Your Company's Policy on Drugs and Alcohol, Drug and Alcohol Policy and Summary, Violations of the Company's Drug and Alcohol Policy, Key Terms, Safety Sensitive Employees, Safety Sensitive Functions, Types of Drug and Alcohol Testing, Non-Scheduled Drug and Alcohol Testing, Wrap Up

EMERGENCY RESPONSE PLANS 00:09:34



Every workplace must have an Emergency Response Plan. These plans inform the employees what to do in the event of an emergency.

In this lesson, the employee will learn:

- ✓ Your role as an employee
- ✓ Fire emergency
- ✓ First Aid
- ✓ Spill response
- ✓ Bomb threats and terrorist acts

Introduction, Your Role as an Employee , Critical Actions - Fire, Critical Actions - Emergency First Aid, Critical Actions - Hazardous Material Release, Critical Actions - Natural Disasters, Critical Actions - Bomb Threats and Terrorist Activity, Wrap Up

FIRE PREVENTION

  **00:12:02**



Did you know that fire is the 3rd leading cause of accidental death in the United States? More than 150 workplace fires happen every day. Fires can take lives, destroy property, and put a facility out of business for a long time. This lesson highlights important information about fire prevention and extinguisher use that should be followed to minimize the potential for fires in your facility or on your vehicle.

After viewing this lesson, a driver will learn:

- ✓ What a fire needs
- ✓ Types of fires
- ✓ Types of Fire Extinguishers
- ✓ Using a fire extinguisher (i.e. P. A. S. S.)
- ✓ Truck fires including cargo and fuel fires
- ✓ Potential Hazards and Prevention

Introduction, What a Fire Needs to Burn, Types of Fires, Types of Fire Extinguishers, Using a Fire Extinguisher, Truck Fires - Tire and Electrical Fires, Cargo and Fuel Fires, Potential Hazards and Preventative Measures, More Potential Hazards and Preventative Measures, Wrap Up

HAND TRUCK SAFETY

  **00:05:56**



Moving boxes and cargo can be hard work, but using a hand truck can make the process easier. The safe and efficient use of a hand truck is vital to prevent injuries and damage to the cargo.

In this lesson, the driver will learn:

- ✓ Hand truck inspection
- ✓ Delivery routes
- ✓ Safe hand truck loading
- ✓ Speciality hand trucks
- ✓ Tips and techniques

Introduction, Inspection, Delivery Route, Loading, Technique, Specialty Hand Trucks, Wrap Up

HEAT ILLNESS

  **00:09:25**

During summer, heat-related illnesses can be a big danger in the workplace. A heat-related illness happens when your body is not able to cool itself and so it overheats. It's the same thing that happens to an engine when it can't get cool. Just like that engine, if you overheat, you can break down. Exposure to


heat can cause illness, injury, disability, and even death. This lesson review causes of heat-related illnesses, types of heat-related illnesses and prevention techniques.

After viewing this lesson, a driver will learn:

- ✓ Causes of heat-related illness
- ✓ Effect of medications
- ✓ Types of heat-related illnesses
- ✓ Severe heat injury
- ✓ Prevention of heat-related illness

Introduction, Causes of Heat-Related Illness, Medication, Types of Heat-Related Illness, Severe Heat Injury, Preventing Heat Illness, Conclusion

LADDER SAFETY

 **00:08:49**


Using a ladder may seem straightforward, but every year thousands of workers are injured while using a ladder. This lesson covers the safe use and operation on several ladder types.

In this lesson, the employee will learn:

- ✓ Ladder material
- ✓ Types of ladders
- ✓ Ladder inspection
- ✓ Ladder length and setup
- ✓ Safe climbing tips

Introduction, Ladder Materials, Ladder Types, Inspection, Ladder Length and Setup, Safe Climbing Tips, Wrap Up

LIFT GATE SAFETY

  **00:09:58**



Having a lift gate attached to your vehicle can really make the task of loading and unloading cargo a breeze. On the other hand, if you do not know how to use a lift gate, they can be very dangerous. In this lesson we will look at the safe operation of a lift gate. The different types of lift gate and general safety.

After viewing this lesson, the driver will learn:

- ✓ What to inspect before operation of the lift gate
- ✓ General Lift Gate safety guidelines
- ✓ How to handle a lift gate malfunction
- ✓ Lift gate hazards
- ✓ How to use various types of lift gate

Introduction, The Benefits of Lift Gates, Types of Lift Gates, Safe Use - General Rules for Using Lift Gates, Lift Gate Pre-trip Inspection, Loading and Unloading Guidelines, General Safety Guidelines, Lift Gate Hazards, Handling Malfunctions, Wrap Up

LOCKOUT TAGOUT

  00:06:09



Using damaged or malfunctioning equipment can be hazardous and should not be used to prevent personal injuries. Lock Out, Tag Out is a process to identify faulty equipment and mark it for repair and not to be used until the item has been repaired. In this lesson we will look at the hazards associated with using damaged equipment and why it should be marked or labeled for repair or replacement.

After viewing this lesson, the driver will learn:

- ✓ What is Lock Out, Tag Out
- ✓ The dangers of using out of service equipment
- ✓ How to manage hazardous energy sources
- ✓ Marking and labeling equipment
- ✓ Employee responsibilities

Control of Hazardous Energy Lockout/Tagout, What is Lockout? , What is Tagout? , Hazardous Energy Sources , Your Responsibilities , Driver Responsibilities , Wrap Up

MOUNTING AND DISMOUNTING

  00:18:04



Slips and falls are the number one injury for workers in the transportation industry. Climbing in and out of a vehicle, climbing up or down from a trailer, any of these tasks could cause an injury if not done correctly.

After viewing this lesson, the driver will learn:

- ✓ The proper technique for exiting and entering the vehicle
- ✓ How to use 3 points of contact
- ✓ How to detect a bad dismount
- ✓ Injury prevention tips
- ✓ Weather and ground conditions

Introduction, The Three Point Rule, Entering the Cab, Exiting the Cab, Safety Tips, Injuries, Detecting Bad Dismounts, Indicators of a Bad Dismount, Wrap Up, Weather and Ground Conditions

PALLET JACKS

  00:09:51



Pallet Jacks are a useful tool, but can be dangerous if you do not know how to safely operate them. The safe operation of pallet jacks will protect the user and anyone else who might be in vicinity. In this lesson we will go over the safe operation of pallet jacks and watch outs when operating in confined spaces.

After viewing this lesson, the driver will learn:

- ✓ What to inspect, prior to use
- ✓ How to safely operate a pallet jack
- ✓ How to charge and safely work around batteries
- ✓ Traveling with a load
- ✓ How to load and operate in a trailer

Introduction, Pre-Operation Check Out, Safe Lift Equipment Operations, Pallet Jack Operations, Load Operations, Trailer Loading Operations, Battery Care and Charging, Wrap Up

PERSONAL PROTECTIVE EQUIPMENT

  00:07:24



To protect you from danger to your eyes, face, head, feet, and hands companies develop standards for using Personal Protective Equipment (PPE). The use of this equipment is often required as a condition of employment. This lesson on Personal Protective Equipment will cover potential hazards at most locations which call for the use of PPE and review regulatory requirements for use of PPE.

After viewing this lesson, a driver will learn:

- ✓ Types of Personal Protective Equipment (PPE)
- ✓ Ways to use
- ✓ PPE effectively to prevent injuries
- ✓ Personal responsibility in using PPE
- ✓ PPE for professional drivers

Introduction, Benefits and Limitations of PPE , Your Responsibilities With PPE , Miscellaneous Hazards - Noise Exposure , PPE for Drivers , PPE for Drivers Fueling, Wrap Up

SAFE LIFTING

  00:11:33

There are many hazards to working in the transportation industry and one of the most common injuries to drivers is when they are loading and lifting cargo. Safe lifting is a basic technique that is often overlooked, which leads to injuries. In this lesson we will look at the mechanics of safe lifting and injury prevention.

After viewing this lesson, the driver will learn:

- ✓ Why it is important to lift safely
- ✓ What are the 4 steps to safe lifting
- ✓ How to prepare to lift, stretching and warm up
- ✓ How to clear a path
- ✓ When to get help with lifting

Introduction, Five Steps to Lifting Safely, Clearing the Path, Sizing Up the Load, Make the Lift, Set it Down, Removing, Moving and Placing Material into Bins, Getting Help, Safe Lifting Tips, Wrap Up

SAFE LIFTING DRIVER **00:17:36**

There are many hazards to working in the transportation industry and one of the most common injuries to drivers is when they are loading and lifting cargo. Safe lifting is a basic technique that is often overlooked, which leads to injuries. In this lesson we will look at the mechanics of safe lifting and injury prevention.

After viewing this lesson, the driver will learn:

- ✓ Why it is important to lift safely
- ✓ What are the 5 steps to safe lifting
- ✓ How to prepare to lift, stretching and warm up
- ✓ How to clear a path
- ✓ When to get help with lifting

Introduction, Four Steps to Lifting Safely, Clearing the Path, Sizing Up the Load, Make the Lift, Set it Down, Getting Help, Safe Lifting Tips, Unloading your Trailer, Cranking the Landing Gear, Uncoupling a Trailer, Sliding Trailer Tandems, Securing cargo with Tie down Bars, Moving ramps and liftgates, Wrap Up

SAFE OPERATION OF MANUAL PALLET JACKS

  **00:15:46**

Pallet Jacks are a useful tool, but can be dangerous if you do not know how to safely operate them. The safe operation of pallet jacks will protect the user and anyone else who might be in vicinity. In this lesson we will go over the safe operation of pallet jacks and watch outs when operating in confined spaces.

After viewing this lesson, the driver will learn:

- ✓ What to inspect, prior to use
- ✓ How to safely operate a pallet jack
- ✓ How to move heavy loads
- ✓ Traveling with a load
- ✓ How to load and operate in a trailer

Introduction, PPE and Manual Pallet Jack Inspection, Safe Operating Procedures: DO'S and DON'TS, DO'S and DON'TS: Braking and Parking, DO'S and DON'TS: Moving Heavy Loads, Lift Gates, Conclusion

SLIPS, TRIPS AND FALLS **00:10:30**

Slips and trips may not seem to be a big deal, but they are. They not only make up the majority of work-related injuries, but also account for 15% of all accidental deaths each year, the second leading cause behind motor vehicle collisions. After viewing this lesson, you will learn:

- ✓ The types of falls that can occur
- ✓ How to identify if a slip, trip, or fall may occur
- ✓ How to walk defensively
- ✓ How to use three points of contact

Introduction, Elevated vs Same Level Falls, Take Responsibility, Defensive Walking, Housekeeping, Weather Conditions, Three Points of Contact, Hazardous Fall Areas, Wrap Up

SPILL RESPONSE **00:05:00**

The DOT requires that companies and drivers do everything they can to prevent the spilling or leaking of hazardous material onto highways or surrounding land. On the road you are the first line of defense when a spill occurs and you are responsible for containing and cleaning up minor releases or spills. Major spills will require the assistance of a licensed clean up contractor. This lesson reviews accidental spills of fuel and other petroleum-based products.

After viewing this lesson, a driver will learn:

- ✓ Driver responsibilities
- ✓ Prevention of spills and leaks
- ✓ What to do if a spill or leak occurs
- ✓ The use of spill kits and Safety precautions
- ✓ Service/fuel island operations

Introduction, Spill Kits, Procedures, Safety Precautions, Service Island Operations, Wrap Up

STEPS TO INJURY PREVENTION **00:09:54**

Working around commercial vehicles, or in a warehouse setting, involves many potentially harmful situations. In this lesson, we review the 5 steps to preventing injuries while lifting items or walking and carrying items in the workplace.

STEPS TO INJURY PREVENTION - LDV



🕒 00:10:17

Lesson Description:

Working around vehicles, or in a warehouse setting, involves many potentially harmful situations. In this lesson, we review the 5 steps to preventing injuries while lifting items or walking and carrying items in the workplace.

WORKPLACE AWARENESS

📱🕒 00:09:46

Working in a warehouse or a loading dock has the potential for risks. Forklifts, powered pallet jacks, lift equipment and ladders are just some of the hazards associated with the workplace. In this lesson we take a look at the risks and how you can protect yourself while at your workplace.

After viewing this lesson, the employee will learn:

- ✓ How to safely navigate your workplace
- ✓ How to avoid hazards by using situational awareness
- ✓ How to avoid slips, trips and falls
- ✓ Be aware of changing weather conditions
- ✓ How to keep an eye out for hazards

Introduction - Defensive Walking, Accidents, Slips and Trips, Trips, Hazard Awareness, Weather Conditions, Walk and Talk, Keep your eyes moving, Pedestrians, Wrap Up





CORE+

MANAGEMENT TRAINING





ACTIVE SHOOTER EMERGENCY GUIDELINES

  00:14:01

This lesson provides users with an overview of the various issues, concerns and actions related to responding to an Active Shooter Emergency.

Active Shooter Emergency Guidelines, Communication and Active Shooter Emergency, Basic Response Guidelines, Getting Out of Harm, Staying Inside, Important Details to Report, Police Response, If You Come in Contact with the Shooter, Afterwards, Review, Conclusion



CHECK RIDES AND RIDE BEHIND OBSERVATIONS

  00:30:20

This lesson covers how to organize, conduct and evaluate a check ride with a driver.

Conducting Effective Check Rides and Ride Behind Observations, Check Rides and Ride Behinds, Setting Up a Check Ride, Taking Notes, Who Performs Check Rides or Ride Behind?, Looking Ahead, Commentary Driving, Demonstrate Awareness, Scanning, Space/Speed Management and Hazard Awareness, Communicating Intentions, Other Behaviors to Note, Driver Pre-Trip, Coupling and Uncoupling, General Safety Observations, Marking a Behavior, Review of Check Ride, Preparing a Ride Behind, What to Look For, Reviewing the Ride Behind with Your Driver, Wrap Up



COACH WITH CONFIDENCE

  00:14:04

This lesson covers topics related to Coaching and provides some examples of how proper Coaching should be used while interacting with an Employee.

Coach with Confidence - Introduction, Playbook for Winning, Why Coaching?, What Is Coaching?, Myths about Coaching, The Secret of the 20% Solution, Trust: Setting the Stage for Coaching, Planning Your Coaching Conversation: Care & Concern, Planning Your Coaching Conversation: Constructive Conversation, Planning Your Coaching Conversation: Close With Commitment, Planning Your Message, Example One, Example Two, Example Three, Wrap-Up



COACH WITH CONFIDENCE - PRACTICE SCENARIOS

  00:02:03

This lesson reviews the three Coaching with Confidence concepts and presents several Scenarios where these concepts are applied and analyzed.

Coach With Confidence: Practice Scenarios, Coach With Confidence: A Review, Express Care & Concern, A Constructive, Two-Way Conversation, Close With Commitment, Planning Your Message, Scenario One: The Inexperienced Driver, Scenario Two: Customer Complaint on a Driver, Scenario Three: Customer Complaint (continued), Scenario Four: Driver with CSA Violations, Scenario Five: Driver with Increase in Hard Braking Events, Scenario Six: Driver Who Idles at Customer Stops, Wrap-Up


COACH WITH CONFIDENCE - TRAINER SCENARIOS

  00:02:03

This lesson reviews the three Coaching with Confidence concepts and presents several Scenarios where these concepts are applied and analyzed.



Coach with Confidence: Trainer Scenarios, Coach With Confidence: A Review, Express Care and Concern, A Constructive Two-Way Conversation, Close with Commitment, Planning Your Message, Scenario One: The Inexperienced Driver, Scenario Two: Customer Complaint on a Driver, Scenario Three: Customer Complaint (Continued), Scenario Four: Driver with CSA Violations, Scenario Five: Driver With Increase in Hard Braking Events, Scenario Six: Driver Who Idles at Customer Stops, Wrap Up

COMMENTARY DRIVING

 00:12:23

Commentary driving can be used to both teach and observe drivers' skills. In this lesson, we take a look at what a commentary drive is and how it can be used in conjunction with a defensive driving program. To be effective, commentary driving requires practice and familiarity with defensive driving.


FSMA - AN OVERVIEW FOR SHIPPERS, CARRIERS AND RECEIVERS

  00:14:01

This lesson covers topics related to transporting and storing food items based on regulations set forth in FSMA.

FSMA: An Overview for Shippers, Loaders, Carriers and Receivers, What Does The Sanitary Transportation of Food Rule Cover?, How and when does the Sanitary Transportation Rule apply?, Who is impacted by the Sanitary Transportation Rule?, Focus areas of the new rules, Focus areas of the new rules - Focus Area 2, Focus areas of the new rules - Focus Area 2 Cont., Focus areas of the new rules - Focus Area 2 Cont., Focus Area 3, Focus Area 4, Focus Area 5, Focus Area 6, Exemptions, Shipper Requirements, Loader Requirements, Carrier Requirements, Receiver requirements, Safety In Practice, Preventative Control Plan, Implementing Your Preventative Control Plan, Wrap Up

HARASSMENT, DISCRIMINATION AND RETALIATION

 00:27:01

HDR or Harassment, Discrimination, Retaliation covers various types of Discrimination, Harassment and Retaliation in the workplace. Users are taught how to recognize, avoid and report HDR in the workplace. HDR scenarios further enhance the training by providing situations and outcomes related to HDR.

Harassment, Discrimination and Retaliation, HDR Policy, Definitions, Identifying Discriminatory Behavior, Discrimination Based on Race, Discrimination Based on National Origin, Discrimination Based on Religion, Discrimination Based on Age, Discrimination Based on Disability, Discrimination Based on Gender, What to do When

Discrimination Occurs, Defining Retaliation, What to Expect When you Make a Report, How to Avoid Discrimination and Harassment, The Consequences of Harassment, Wrap Up, Equal Pay

PIT BEHAVIOR OBSERVATIONS **00:22:01**

This lesson covers how to conduct behavior observations for PIT operators. Covers the various equipment and obstacles PIT users may come into contact with on the job.

Introduction, Behavior Observation, Is the PIT Operator Safe from Harm?, Pre-Trip Inspections, Personal Protective Equipment, Tail swing, Trailer Entry Procedures, The Stability Triangle, People and Structures around the PIT, PIT Speed and Space Management, Tug Operators, Cargo Transportation, Completing the Observation and Feedback, Wrap Up, Introduction (Addendum)

REASONABLE SUSPICION - ALCOHOL **01:05:00**

This lesson covers the definitions, types of testing and signs of abuse related to the use of alcohol. Also covers when and how a manager should exercise reasonable suspicion and when and how to test for abuse.

Reasonable Suspicion - Alcohol, Regulations, Regulations II, Applicability, Definitions, Regulated Testing and Collection, Types of Testing, Types of Testing II, Types of Testing III, Record Retention, Refusals, Defining Reasonable Suspicion, The Effects of Alcohol, Signs of Alcohol Abuse, Effects on Driving, Health Concerns, Final Thoughts, Identifying and Documenting, Confronting the Employee, Confronting the Employee II, Confronting the Employee III, Conducting the Test, Conducting the Test II, Consequences, Conclusion, Introduction to Scenarios, Facts About Alcohol, Drinking Too Much, Drinking and Driving

REASONABLE SUSPICION - DRUGS **01:06:00**

This lesson covers types of drugs, their effects and when and how to act on a reasonable suspicion.

Reasonable Suspicion: Drugs, Controlled Substances and Testing, Acting on Suspicion, Drugs and Their Effects, Signs of Abuse, Signs of Abuse II, Drug Facts, Marijuana I, Marijuana - Signs of Use, Marijuana III, Cocaine I, Cocaine - Signs of Use, Cocaine III - Health Concerns, Amphetamines/Meth, Opiates, Phencyclidine, Introduction to Scenarios, Conclusion, Stimulant ADHD Medications, Stimulants - Side Effects and Signs of Use, Cough and Cold Medicine Abuse, Cough and Cold Medicine Abuse - Effects, Other Prescription and Over-the-Counter Medicines, Prescription Medications - Effects, Inhalants, Inhalants - Health Risks, Electronic Cigarettes, Drugged Driving

TRAIN THE TRAINER - ADULT LEARNING

  **00:14:05**

This lesson details topics and concepts related to Adult learning and how to use an understanding of those concepts to improve training of your drivers.

Introduction, Adult Learning Concepts, Applying Adult Learning Concepts, Learning Styles, Dealing with the Forgetting Curve, Dealing With Multi-Generational Learners I, Dealing With Multi-Generational Learners II, Managing the Classroom: Tips & Techniques, More Classroom Techniques, At-Truck Walk-Around & Range Activities I, At-Truck Walk-Around & Range Activities II, Tips For Behind-the-Wheel Road Practice I, Tips For Behind-the-Wheel Road Practice II, Wrap-Up

WORKERS COMP - PART 1 **00:18:21**

This lesson covers various topics related to Workers Comp.

Implementation, Workers' Compensation Introduction, The Right Perspective, The Origin of the Workers' Compensation System, Components of the Workers' Comp. System, Workers' Comp Math, Lost Time Facts, Common Beliefs and Perceptions, Common Beliefs and Perceptions II, Manager Involvement, Professionalism, Case Study, Seeing the Employee as the Enemy, Wrap-Up

WORKERS COMP - PART 2 **00:10:02**

This lesson covers various topics related to Workers Comp.

Lost Time Compression Model, Gaining Earlier Releases to Transitional Duty, The Doctor's Perspective, Workplace Hostility: The Doctor's Perspective, The Manager's Perspective, Fraud, Malingering and Abuse, Privacy Laws, Wrap-Up

WORKERS COMP - PART 3 **00:08:59**

This lesson covers various topics related to Workers Comp.

Workplace Communication, Effective Communication, Listening, Reaction, Anger Management, Building Functional Manager/Employee Relationships, Human Factors, Wrap-Up



CORE+

FOOD SAFETY TRAINING

**FOOD SAFETY - FOREIGN MATERIAL
PREREQUISITES** ⌚ 00:27:10

The Food Safety Modernization Act or FSMA was created to help regulate the way foods are grown, harvested and processed. In this lesson we will review an effective food safety program and the Foreign Material Prerequisites. In this lesson we will review the Foreign Material Control program to prevent contamination of food products. Also the chemical control program that must be followed at each facility and the Microbial Control Programs to prevent pathogenic and spoilage of products at processing facilities. We also cover the Allergen Control Program, Glass and Brittle Plastics Program and the Metal to Metal Program, which are all in place to prevent foreign material entering the food chain.

Foreign Material Prerequisites, Foreign Material Program, Chemical Control Program, Chemical Program Continued, Microbial Control Program, Microbial Control Program: Analytical Testing & Validation, Allergen Control Program, Allergen Control Program cont'd, Glass and Brittle Plastics Program, Glass and Brittle Plastics cont'd, Metal-to-Metal Program, Conclusion

**FOOD SAFETY - OPERATIONAL
PREREQUISITES TRAINING** ⌚ 00:31:44

The Food Safety Modernization Act or FSMA was created to help regulate the way foods are grown, harvested and processed. In this lesson, we will review an effective food safety program and the Operational Prerequisites. This information will cover the Sanitation Program on how to maintain the sanitary conditions of food contact surfaces and the facility. This includes the inside and outside of buildings as well as any maintenance programs for your facility, pest control, equipment and utensils program, transportation and storage programs, temperature Control Program, air quality program and water quality program.

**FOOD SAFETY - PERSONNEL
PREREQUISITES** ⌚ 00:13:45

The Food Safety Modernization Act or FSMA was created to help regulate the way foods are grown, harvested and processed. In this lesson, we will review an effective food safety program and Personal Prerequisites. In this lesson, we review Personal Practices that include hand washing procedures before handling food products. We also review what to do in the event that bodily fluids are spilled and cover what is an Employee Safety Program. Finally, we cover any Hazard Communication programs and how Customer Complaints will be handled in accordance with the FSMA guidelines.

**FOOD SAFETY - REGULATED PREREQUISITE
TRAINING** ⌚ 00:09:39

The Food Safety Modernization Act or FSMA was created to help regulate the way foods are grown, harvested and processed.

In this lesson, we will:

- ✓ Review an effective food safety program and the Regulated Prerequisites.
- ✓ Review effective Regulatory Affairs and Inspections and how to prepare for them.
- ✓ Food Plant Defense and how to reduce the risks of intentional harm to the facility, people and products.
- ✓ Product recall procedures, product traceability, and product labeling requirements.

FOOD SAFETY ORIENTATION ⌚ 00:41:19

The Food Safety Modernization Act or FSMA was created to help regulate the way foods are grown, harvested and processed. In this lesson we will review the basics of food safety. This will include handling, preparation of food in ways that prevent foodborne illnesses. These Food Safety rules apply to all food that is produced or stored for human or animal consumption. The topics will cover the requirements of a company food safety program that meets the FSMA guidelines and associated Personal, Foreign Material and Operational prerequisites.

Introduction, Food Safety Program, Personnel Prerequisites, Personnel Practices I, Personnel Practices II, Personnel Practices III, Personnel Practices IV, Personnel Practices V, Foreign Material Prerequisites, Detection Devices, Chemical Control , Microbial Control, Allergen Control, Glass and Brittle Plastics I, Glass and Brittle Plastics II, Metal-to-metal Program, Operational Prerequisites , Sanitation Program, Outside Grounds Program , Building Program, Plant Maintenance, Pest Management, Equipment and Utensils, Transportation and Storage, Temperature Control, Air Quality, Regulated Prerequisites, Regulatory Affairs and Inspections , Facility Registration, Food Defense , Recall and Traceability, Labeling, Conclusion

**FSMA - AN OVERVIEW FOR SHIPPERS,
CARRIERS AND RECEIVERS** 📱 ⌚ 00:14:01

This lesson covers topics related to transporting and storing food items based on regulations set forth in FSMA.

FSMA: An Overview for Shippers, Loaders, Carriers and Receivers, What Does The Sanitary Transportation of Food Rule Cover?, How and when does the Sanitary Transportation Rule apply?, Who is impacted by the Sanitary Transportation Rule?, Focus areas of the new rules, Focus areas of the new rules - Focus Area 2, Focus areas of the new rules - Focus Area 2 Cont., Focus areas of the new rules - Focus Area 2 Cont., Focus Area 3, Focus Area 4, Focus Area 5, Focus Area 6, Exemptions, Shipper Requirements, Loader Requirements, Carrier Requirements, Receiver requirements, Safety In Practice, Preventative Control Plan, Implementing Your Preventative Control Plan, Wrap Up

PEST MANAGEMENT TRAINING 📱 ⌚ 00:12:23

This lesson covers how to protect your facilities against rodents, birds and insects.

Overview, Diseases Transmitted by Rodents and Insects , Insect Infestation , Rodent Infestation , Bird Infestation , Key Pest Management Items , Additional Pest Management Items , Employee's Role in Preventing Pest Infestation, Pest Management Vendor Controls - Rodents , Pest Management Vendor Controls - Insects, Pest Management Vendor Controls - Birds, Wrap Up

**SANITARY TRANSPORTATION ACT -
WHAT DRIVERS NEED TO KNOW** 📱 ⌚ 00:13:31

This lesson covers the Sanitary Transportation Act and the specific things truck drivers need to know to stay compliant.

Sanitary Transportation Act - What Drivers Need to Know, What Does The Sanitary Transportation of Food Rule Cover?, Who is impacted by the Sanitary Transportation Rule?, How and when does the Sanitary Transportation Rule apply?, Goal and Focus Areas of the New Rules, Carrier Requirements, The Driver's Role, Temperature Control and Adulteration, Condensation , Pre-Operation Trailer Inspections, Driver Responsibilities Summary, Bulk Vehicles, Wrap Up

HAZMAT

HAZMAT AND TANKER TRAINING



TANKER PPE   **00:09:50**


Overview: Covers the Personal Protective Equipment necessary for driving, loading, and unloading of tankers.

Introduction, Benefits and Limitations of PPE, Your Responsibilities With PPE, Entering the Yard, Chemical Protective Suits, Unloading/Loading, Inspecting and Maintaining PPE, Wrap Up

TANKER PRE-TRIP  **00:14:08**

Overview: Covers the Pre-trip, Post-trip, and Enroute Inspection Procedures specific to tankers.

Introduction, The Approach, Driver Side Cab, Front of Vehicle, Passenger Side Cab, Catwalk Area, Passenger Side Trailer, Ladder and Trailer Top, Rear of the Trailer, Driver Side Trailer, Front of Trailer, Rear of the Cab, Enroute Inspections, Post Trip Inspection, Wrap Up

TANKER ROLLOVERS   **00:23:37**

Overview: Causes of tanker rollovers and safety techniques and tips to avoid preventable accidents.

Introduction, Defining Types of Rollovers , Understanding the Factors in a Rollover , The Truck Center of Gravity , The Truck - Centrifugal Force , Condition of Your Truck , The Road , Mountain Roads , Decreasing Radius Curves , Problem Exit Ramps , The Road - Review , The Conditions - The Weather , The Driver - Fatigue, Hours of Service , The Driver - Inexperience with High CG Loads , The Driver - Drifting Off-Road and Counter-steering , The Driver - Sharp Ramps and Curves , The Driver - Speed Adaptation , The Driver - Tip-Overs , Wrap Up

HAZMAT COMMUNICATION RULES  **00:27:09**

Overview: Learn about communicating the risks of a hazmat shipment and regulations that require shippers to put hazard-warning labels on packages and provide proper shipping papers, emergency response information, and placards for all hazmat shipments.

Introduction, Regulations and Agencies, Intent of the Regulations, Who's responsible for what?, Hazmat Communication Rules, Hazard Class Table, Hazardous Materials Table, HMT Column 1 - Symbols, I.S.H.P., HMT Appendix A and B, Shipping Papers, The Item Description, The Item Description II, Emergency Response Information, Hazardous Waste Manifest, Package Labels and Markings, Wrap Up

HAZMAT DRIVING AND PARKING RULES   **00:17:25**

Overview: Covers specific parking and driving rules for Hazmat. Also includes proper emergency response information, routing, emergency equipment and safety precautions.

Introduction, Locating Shipping Papers and ER Info, Verify Routing, Inspection and Emergency Equipment, Parking Rules, Safety Precautions, Accidents and Incidents, Fires, Leaks and Spills, Required Notification, Wrap Up

HAZMAT LOADING AND PLACARDING  **00:28:51**

Overview: Covers preparation, packaging, labeling, and loading of hazmat shipments with the appropriate placarding.

Introduction, Loading and Unloading Hazmat , Smoking, Cargo Heaters and Closed Cargo Space, Precautions for Loading Explosives, Precautions for Loading Radioactive Materials, Loading Precautions for Other Specific Classes, Handling Mixed Hazmat Loads, Segregation Table for Hazardous Materials, Placards, Figuring Out Which Placards to Use , Placard Table 2, Other Placarding Exceptions, Bulk Loads, Loading and Unloading Cargo Tanks, Wrap Up, What is ORM-D?, Identifying an ORM-D Box, Label Definitions

HAZMAT SECURITY AWARENESS  **00:11:13**

Overview: Discusses Hazmat Security Plans as required by Part 172.800.

Introduction, Security Risks, Recognize and Respond, Transportation Security, Transportation Security II, Hazmat Security Plan Overview, Security Plan Details, Wrap Up

IATA LITHIUM BATTERIES   **00:05:15**

IATA 2016 Regulations for Lithium Batteries, Packing Instructions, Additional Packing Instructions, Wrap Up and Review

TRANSPORTING LITHIUM BATTERIES  **00:07:59**

Commonly seen and used today, lithium batteries pose a unique shipping challenge that all carriers and handlers need to know. Improperly packaged lithium batteries can pose a serious spark or fire risk. This lesson covers the requirements as outlined by the U.S Department of Transportation's Pipeline and Hazardous Materials Safety Administration (PHSMA) for managing lithium ion and lithium metal batteries.

While viewing this lesson, users will learn:

- ✓ Basic safety precautions
- ✓ Requirements for specialized packaging
- ✓ Proper documentation certifying regulatory compliance

ON RAMP™

CDL SCHOOL CURRICULUM

On Ramp: CDL Students Need More than a Textbook

CDL schools and fleets that help entry-level drivers get their CDL face new rules for curriculum from the DOT. But with On Ramp, an online “theory” curriculum for CDL schools, it’s easy to fold the new requirements into your school’s operations. On Ramp covers all 31 theory topics online, provides testing and record-keeping, and even has a “group training” mode that allows you to review the material together and discuss it. And when the DOT finishes the connection to local DMVs, On Ramp will enable test scores, behind-the-wheel hours, and other data to integrate with their systems.



30 Online Courses



Testing Included



Record Keeping



Assignments



Group Training Mode

ELDT 1.1 - ORIENTATION ⌚ 00:04:43

This unit must introduce driver-trainees to the combination vehicle driver training curriculum and the components of a combination vehicle. The training providers must teach the safety fundamentals, essential regulatory requirements (e.g., overview of FMCSRs and Hazardous Materials Regulations), and driver-trainees' responsibilities not directly related to CMV driving, such as proper cargo securement. This unit must also cover the ramifications, including driver disqualification provisions and fines, for non-compliance with parts 380, 382, 383, and 390 through 399 of the FMCSRs. This unit must also include an overview of the applicability of State and local laws relating to the safe operation of the CMV, stopping at weigh stations/scales, hazard awareness of vehicle size and weight limitations, low clearance areas (e.g., CMV height restrictions), and bridge formulas.

Orientation, FMCSRs, On the Road, Wrap Up

ELDT 1.2 - CONTROL SYSTEMS/DASHBOARD

⌚ 00:30:00

This unit must introduce driver-trainees to vehicle instruments, controls, and safety components. The training providers must teach driver-trainees to read gauges and instruments correctly and the proper use of vehicle safety components, including safety belts and mirrors. The training providers must teach driver-trainees to identify, locate, and explain the function of each of the primary and secondary controls including those required for steering, accelerating, shifting, braking systems (e.g., ABS, hydraulic, air), as applicable, and parking.

Basic Vehicle Controls, Preparing to Start Your Engine, Starting Up Your Engine, Engine Start Checklist, Warming up 'Oil Pressure Gauge', Warming Up 'Air Pressure Gauge', Warming Up 'Water Temperature Gauge', Testing Trailer Hook-up, Testing the Brakes, Moving Off, Using the Gears, Off-Tracking in Turns, Sideways Drag, Swept Path, Making Right-hand Turns, Making Left-hand Turns, Common Mistakes in Turns, Highway Curves, Bringing the Truck to a Stop, Cooling Down Your Rig, Wrap-up, Seat Belts - Introduction, Misconception 1, Misconception 2, Misconception 3, Misconception 4, Misconception 5, Misconception 6, Misconception 7, Seat Belts - Wrap Up, Mirrors, Fender Mirrors, Adjusting Your Seat Before Your Mirrors, Setting Your Mirrors

ELDT 1.3 - PRE AND POST-TRIP INSPECTIONS

⌚ 00:32:07

This unit must teach the driver-trainees to conduct pre-trip and post-trip inspections as specified in §§392.7 and 396.11, including appropriate inspection locations. Instruction must also be provided on enroute vehicle inspections.

Introduction, Driver Vehicle Inspection Report, Reviewing the Previous DVIR, Starting your PreTrip Inspection,

Beginning Your Pre-Trip Inspection, The Pre Trip Inspection Process, Inspecting the Coupling area of your tractor Trailer, Inspecting the Passenger Side Trailer, Inspecting the Back of the Trailer, Driver's Side of the Trailer, Driver's Side Coupling Area, Inside the Cab, Completing Your DVIR Pre-Trip Report, Enroute Inspections, Completing the DVIR Post, Conclusion

ELDT 1.4 - BASIC CONTROL ⌚ 00:18:00

This unit must introduce basic vehicular control and handling as it applies to combination vehicles. This unit must include instruction addressing basic combination vehicle controls in areas such as executing sharp left and right turns, centering the vehicle, maneuvering in restricted areas, and entering and exiting the interstate or controlled access highway.

Lane Changes and Intersections - Introduction, Using Your Mirrors, Minimize Blind Spots, Space and Speed Management, Communicate Intentions, Intentional Lane Changes, Freeway Merging, Lane Ending, Unintentional Lane Changes, Intersection Safety, Turning - General Rules, Right Turns, Right Turn Squeeze, Left Turns, Other Drivers, Lane Changes and Intersections Wrap Up, Urban Driving - Introduction, Urban Driving Challenges, Traffic, Routes, Turns, Distractions, Putting It All Together, Urban Driving - Wrap Up

ELDT 1.5 - SHIFTING/OPERATING TRANSMISSIONS ⌚ 00:15:02

This unit must introduce shifting patterns and procedures to driver-trainees to prepare them to safely and competently perform basic shifting maneuvers. This unit must include training driver-trainees to execute up and down shifting techniques on multi-speed dual range transmissions, if appropriate. The training providers must teach the importance of increased vehicle control and improved fuel economy achieved by utilizing proper shifting techniques.

Fuel Management - Introduction, Drivers Are Key, Identifiable Control Factors, Tires, Idling, Get Moving, Progressive Shifting, Use the Truck's Momentum, How to Operate in Towns, Use the Sweet Spot/ Cruise Control, Changing Landscapes, Engine Braking, Adjusting Along the Way, Alternative Fuel Technology, Fuel Management - Wrap Up

ELDT 1.6 - BACKING AND DOCKING ⌚ 00:24:10

This unit must teach driver-trainees to back and dock the combination vehicle safely. This unit must cover "Get Out and Look" (GOAL), evaluation of backing/loading facilities, knowledge of backing set ups, as well as instruction in how to back with the use of spotters

Introduction, Do I Really Need to Back?, Fixed object collision 'Visibility', Fixed object collision 'Speed', Fixed object collision 'Space', Steering While Backing, The Pivot Point, Correcting Drifts, Using a Spotter, Alley Backing, Setting Up Your Trailer

to Back, Getting in Proper Position to Back, Check Your Front Bumper While Backing, Pull Ups While Backing, Four Basic Backing Maneuvers, Straight Line Backing, Forty-Five Degree Angle Backing I, Forty-Five Degree Angle Backing II, Straight Back Parking, Parallel Parking, Wrap Up

ELDT 1.7 - COUPLING AND UNCOUPLING

🕒 **00:08:03**

This unit must provide instruction for driver-trainees to develop the skills necessary to conduct the procedures for safe coupling and uncoupling of combination vehicle units, as applicable.

Coupling and Uncoupling Introduction, Equipment Inspection, Secure Trailer, Position the Tractor, Beginning to Back, Check the Trailer Height, Connect the Air and Electrical Lines, Backing Under the Trailer, Tug Test, Inspect the Coupling, Raise Landing Gear, Uncoupling, Lower the Landing Gear and Disconnect Lines, Unlocking the Fifth Wheel, Final Inspection and Pulling Away, Coupling and Uncoupling - Wrap Up

ELDT 2.1 - VISUAL SEARCH 🕒 **00:10:00**

This unit must teach driver-trainees to visually search the road for potential hazards and critical objects, including instruction on recognizing distracted pedestrians or distracted drivers.

Visual Search - Introduction, Mirrors, Fender Mirrors, Adjust Your Seat Before Your Mirrors, Setting Your Mirrors, Distance Reference Points, Visual Lead Time, Visual Lead Time - City Streets, Visual Lead Time - Rural Roads, Intersections, The Squeeze, Lane Changes, Turning Corners, Distracted Drivers and Pedestrians, Visual Search - Wrap Up

ELDT 2.2 - COMMUNICATIONS 🕒 **00:17:12**

This unit must instruct driver-trainees on how to communicate their intentions to other road users. Driver-trainees must be instructed in techniques for different types of communication on the road, including proper use of headlights, turn signals, four-way flashers, and horns. This unit must cover instruction in proper utilization of eye contact techniques with other drivers, bicyclists, and pedestrians.

Communication - Introduction, Communicating - Headlights, Communicating - Horn, Communicating - Emergency Flasher, Communicating - Warning Devices, Stopping, Stopping - Undivided Highway, Stopping - Divided Highway, Stopping - Urban Street, Signaling a Lane Change, Signaling Turns, Signal Continuously, Cancel Your Signal, Signal When Slowing Down, Vehicle Limitation/Behavior Signs, Eye Contact, Communication - Wrap Up

ELDT 2.3 - DISTRACTED DRIVING 🕒 **00:09:04**

This unit must instruct driver-trainees in FMCSRs related to distracted driving and other key driver distraction driving issues, including improper cell phone use, texting, and use

of in-cab technology (e.g., §§392.80 and 392.82). This instruction will include training in the following aspects: visual attention (keeping eyes on the road); manual control (keeping hands on the wheel); and cognitive awareness (keeping mind on the task and safe operation of the CMV).

Distracted Driving - Introduction, What is Distracted Driving?, The Problem of Distracted Driving, Types of Distractions, Visual Distractions, Cell Phones, What About Hands-Free?, What is the Law Concerning Mobile Phone Use?, Manual and Physical Distractions, Reaching, Reading and Writing, Auditory Distractions, Mental or Cognitive Distractions, Dealing With Mental Distractions, Pain and Illness, Dealing with other Distracted Drivers, Distracted Driving - Wrap Up

ELDT 2.4 - SPEED MANAGEMENT 🕒 **00:14:23**

This unit must teach driver-trainees how to manage speed effectively in response to various road, weather, and traffic conditions. The instruction must include methods for calibrating safe following distances taking into account CMV braking distances under an array of conditions including traffic, weather, and CMV weight and length.

Speed Management, Aggressive Driving, Total Stopping Distance, Adjust Your Speed For Conditions, Changing Road Surface Conditions, Traction, Driving through Curves, Hills, Posted Speed Limits, Wrap Up

ELDT 2.5 - SPACE MANAGEMENT 🕒 **00:24:00**

This unit must teach driver-trainees about the importance of managing the space surrounding the vehicle under various traffic and road conditions.

Introduction, Defining the Space Cushion, Adjusting to Traffic, The Cushion in Front, Calculate Space and Time, The Space Behind, Changing Lanes and Merging, Tailgaters, Left and Right Space Cushion, Right Turns, Left Turns, Crossing an Intersection, Blind Spots, Space Above Your Truck, Space Below Your Truck, Conclusion

ELDT 2.6 - NIGHT OPERATION 🕒 **00:11:02**

This unit must instruct driver-trainees in the factors affecting the safe operation of CMVs at night and in darkness. Additionally, driver-trainees must be instructed in changes in vision, communications, speed space management, and proper use of lights, as needed, to deal with the special problems night driving presents.

Introduction, Preparing Your Lights, Lighting Devices and Reflectors, Fatigue and Drowsiness, Vision at Night, Maximizing Your Skills at Night, Wrap Up

ELDT 2.7 - EXTREME DRIVING CONDITIONS 🕒 **00:52:04**

This unit must teach driver-trainees about the specific problems presented by extreme driving conditions. The training provider will emphasize the factors affecting the

operation of CMVs in cold, hot, and inclement weather and on steep grades and sharp curves. The training provider must teach proper tire chaining procedures.

Introduction - Summer and Mountain Driving, Road Shoulders, Getting Unstuck, Supervising a Tow, Getting Stranded, Pre-Trip, Pre-Trip Under the Hood, Road Hazards, Mountain Driving, Mountain Driving - Upgrades, Mountain Driving - Downgrades, Mountain Driving - Downgrades II, Auxiliary Brakes and Speed Retarders, Engine Brake, Exhaust Brake or Exhaust Retarder, Hydraulic Brake and Electric Brake, Runaway Ramps, Wrap Up, Introduction - Winter Driving, Summer Habit Checkup, Pre-Trip for Bad Conditions, Lights and Reflectors, Air Brakes, Handrails and Toe-holds, Exhaust Systems, Fifth Wheel, Fuel Tanks, Tires, Fluid Levels, Personal Survival Gear, Using Tire Chains, Inspecting Tire Chains, Installing Tire Chains Safely, Checking Installation, Cold Weather Engine Starting, Cold Weather Engine Preparation, Pre-heater Assisted Starting, Engines That Don't Start, Reduced Visibility, Reduced Traction, Increasing Traction - Differential Lock, Reducing Speed for Poor Traction, Other Driving Factors in Poor Traction, Detecting Black Ice, Dealing with Skids, Braking and Turning, Winter Driving - Wrap Up, Types of Chains, The Driver - Sharp Ramps and Curves

ELDT 3.1 - HAZARD PERCEPTION ⌚ 00:37:47

Comprised of: 18 - Hazard Awareness, 75 - Driver Distractions Hazard Awareness , Road Conditions, Soft Road Surfaces, Sloping Road Surfaces, Uneven Road Surfaces and Debris, Curvature, Road Contours Restricted Visibility, Road Contours Crosswind Areas, Other Road Users, Drivers with Obstructed Vision, Parked Vehicles, Distracted Drivers, Disabled Vehicles, Confused, Slow and Impatient Drivers, Impaired Drivers, Sharing the Road, Obstructions and Merging, Hazard Awareness - Wrap Up, Emergency Maneuvers - Introduction, Types of Emergency Maneuvers, Evasive Steering, Evasive Steering Procedures, Off-Road Recovery, Emergency Braking, Skids, Skid Recovery, Brake Failure, What to do When Brakes Fail, Tire Blowouts, Emergency Maneuvers - Wrap Up

ELDT 3.2 - SKID CONTROL/RECOVERY, JACKKNIFING AND OTHER EMERGENCIES

⌚ 00:51:04

This unit must teach the causes of skidding and jackknifing and techniques for avoiding and recovering from them. The training providers must teach the importance of maintaining directional control and bringing the CMV to a stop in the shortest possible distance while operating over a slippery surface. This unit must provide instruction in appropriate responses when faced with CMV emergencies. This instruction must include evasive steering, emergency braking, and off-road recovery, as well as the proper response to brake failures, tire blowouts, hydroplaning, and rollovers. The instruction must include a review of unsafe acts and the role the acts play in producing or worsening hazardous situations.

Emergency Maneuvers - Introduction, Types of Emergency Maneuvers, Evasive Steering, Evasive Steering Procedures, Off-Road Recovery, Emergency Braking, Skids, Skid Recovery, Brake Failure, What To Do When Brakes Fail, Tire Blowouts, Wrap Up, Rollover Prevention, Defining Types of Rollovers, Understanding the Factors in a Rollover, The Truck Center of Gravity, The Truck Centrifugal Force, Condition of Your Truck, Load Shifting, The Road, Mountain Roads, Decreasing Radius Curves, Problem Exit Ramps, The Road Review, The Conditions The Weather, Fatigue, Hours of Service, The Driver Inexperience with High CG Loads, The Driver Drifting OffRoad and Countersteering, The Driver Sharp Ramps and Curves, The Driver Speed Adaptation, The Driver TipOvers, Wrap Up, Introduction - Skid Control, Skid Dynamics, Causes of Skids, Tractor-Trailer Skids, Tractor Jackknife, Front Wheel Skids, Skid Recovery, All Wheel Skids, Wrap Up - Skid Control

ELDT 3.3 - RAILROAD-HIGHWAY GRADE CROSSINGS

⌚ 00:15:04

This unit must teach driver-trainees to recognize potential dangers and the appropriate safety procedures to utilize at railroad (RR)-highway grade crossings. This instruction must include an overview of various Federal/State RR grade crossing regulations, RR grade crossing environments, obstructed view conditions, clearance around the tracks, and rail signs and signals. The training providers must instruct driver-trainees that railroads have personnel available ("Emergency Notification Systems") to receive notification of any information relating to an unsafe condition at the RR-highway grade crossing or a disabled vehicle or other obstruction blocking a railroad track at the RR-highway grade crossing.

Railroad Safety - Introduction, Some Facts About the Railroad, Hazmat, Railroad Signs, Markings and Signals, Signs and Active Traffic Control Devices, Active Traffic Control Devices, Common Signs and Plaques, Lines and Pavement Markings, Exceptional Crossing Conditions, Public Crossings, Private Crossings, Steps You Can Take, Handling an Emergency, Low Light/Darkness, Safe Clearance, Penalties for CDL Drivers, Assisting the Railroads Further, Railroad Safety - Wrap Up

ELDT 4.1 - IDENTIFICATION AND DIAGNOSIS OF MALFUNCTIONS

⌚ 00:04:00

This unit must teach driver-trainees to identify major combination vehicle systems. The goal is to explain their function and how to check all key vehicle systems, (e.g., engine, engine exhaust auxiliary systems, brakes, drive train, coupling systems, and suspension) to ensure their safe operation. Driver-trainees must be provided with a detailed description of each system, its importance to safe and efficient operation, and what is needed to keep the system in good operating condition.

Introduction, Using Your Senses, Early Detection of Potential Malfunctions, Roadside Violations, Inspections, Out of Service Components, Wrap Up

ELDT 4.2 - ROADSIDE INSPECTIONS ⌚ 00:21:03

This unit must instruct driver-trainees on what to expect during a standard roadside inspection conducted by authorized personnel. The training providers must teach driver-trainees on what vehicle and driver violations are classified as out-of-service (OOS), including the ramifications and penalties for operating a CMV when subject to an OOS order as defined in section 390.5.

Roadside Inspections - Introduction, Why Roadside Inspections?, The Seven Levels of Inspection, Preparing for Roadside Inspection, During the Inspection, Following a Roadside Inspection, Out-of-Service Criteria, Out-of-Service Criteria for Vehicles I, Out-of-Service Criteria for Vehicles II, CVSA Out-of-Service Penalties, Other Consequences for Failing a Roadside Inspection, CSA, PSP (Pre-Employment Screening Program), Roadside Inspections - Wrap Up

ELDT 4.3 - MAINTENANCE ⌚ 00:14:00

This unit must introduce driver-trainees to the basic servicing and checking procedures for various engine and vehicle components and to help develop their ability to perform preventive maintenance and simple emergency repairs.

Preventative Maintenance, Preventative Maintenance II, Costs of Not Doing Preventative Maintenance, Operating Costs, Driver Vehicle Inspection Report - VCR or DVIR, Equipment, Inspection and Use, Types of Servicing, Driver Maintenance - Checking Fluids, Driver Maintenance - Checking Air, Wrap Up

ELDT 5.01 - HANDLING AND DOCUMENTING CARGO ⌚ 00:30:05

This unit must teach the basic theory of cargo weight distribution, cargo securement on the vehicle, cargo covering, and techniques for safe and efficient loading/unloading. The training providers must teach driver-trainees the basic cargo security/cargo theft prevention procedures. The training provider must teach driver-trainees the basic information regarding the proper handling and documentation of HM cargo.

Introduction, North American Cargo Securement Standards - Vehicle, North American Cargo Securement Standards - Driver and Carrier, How Well Must Securement Systems Work?, What Is A Securement System, Vehicle Structure, Securing Devices, Tie Downs, Tiedown Construction, Maintenance and Use, Containing, Immobilizing and Securing Cargo, Three Ways to Transport Cargo - Fully Contained, Three Ways to Transport Cargo - Immobilized by Structures, Three Ways to Transport Cargo - Immobilized or Secured or Within, Loading Cargo Properly, Restraining Cargo Correctly - Number of Tiedowns 1, Attaching Tiedowns - Attached to the Cargo, Attaching Tiedowns - Passed over the Cargo, Working Load Limit (WLL), Aggregate Working Load Limit, Cargo Securement Inspection Requirements, Wrap Up, Cargo

Handling - Introduction, Cargo Handling - Documentation, Cargo Handling - People Involved, Cargo Handling - Cargo Inspection, Cargo Handling - Federal and State Regulations, Cargo Handling - Checklists, Cargo Handling - Forklifts and Loading Equipment, Cargo Handling - Other Loading Equipment, Cargo Handling - Hazardous Materials, Cargo Handling - Securing Cargo, Cargo Handling - Blocking and Bracing, Cargo Handling - Tiedown Devices, Cargo Handling - Covering and Tarping Cargo, Cargo Handling - Loaded Vehicle Weight, Cargo Handling - Weight Distribution, Cargo Handling - Trailer Weight Distribution, Cargo Handling - Transportation Charges, Cargo Handling - Surcharges and Services, Cargo Handling - Bill of Lading, Cargo Handling - Documentation, Cargo Handling - Professional Driver Responsibilities, Cargo Handling - Wrap Up

ELDT 5.02 - ENVIRONMENTAL COMPLIANCE ISSUES ⌚ 00:06:02

This unit must teach driver-trainees to recognize environmental hazards and issues related to the CMV and load, and also make the driver-trainee aware that city, county, State, and Federal requirements may apply to such circumstances.

Environmental Compliance Issues - Introduction, A Well-Maintained Truck, Idling Your Rig, The Alternatives to Idling, Regulating Idling, What You, The Driver, Can Do, Maintaining Your Truck, Hauling HazMat and the Environment, Water and Ground Pollution, Wrap Up

ELDT 5.03 - HOURS OF SERVICE REQUIREMENTS ⌚ 00:44:43

This unit must teach driver-trainees to understand that there are different hours-of-service (HOS) requirements applicable to different industries. The training providers must teach driver-trainees all applicable HOS regulatory requirements. The training providers must teach driver-trainees to complete a Driver's Daily Log (electronic and paper), timesheet, and logbook recap, as appropriate. The training providers must teach driver-trainees the consequences (safety, legal, and personal) of violating the HOS regulations, including the fines and penalties imposed for these types of violations.

Hours of Service - Introduction, Hours of Service, Off-Duty Time, Sleeper Time, Driving Time and On-Duty (not driving) Time, Definition of Time, Drive Time and On-Duty Time, Restrictions Based on Carrier, Keeping Logs and Reporting Your HOS, Exceptions to Maximum Hours, Log Books - Introduction, Duty Status Categories, Recording Time, When You Can Drive, Form and Manner, Checking Your Log, Retention of Paper Logs, 100 Air-Mile Radius Exception, Adverse Driving Conditions, 16-Hour Exception, Canadian Requirements, Canadian Logbooks, Log Books - Wrap Up, Sleeper Berth Exceptions, Out of Service, Penalties for Violating HOS Rules, Conclusion - HOS

ELDT 5.04 - FATIGUE AND WELLNESS AWARENESS ⌚ 00:31:00

This unit must teach driver-trainees about the issues and consequences of chronic and acute driver fatigue and the importance of staying alert. The training providers must teach driver-trainees wellness and basic health maintenance information that affect a driver's ability to safely operate a CMV.

Driver Wellness - Introduction, Stress, Coping With Stress, Coping With Stress - The Six Fundamentals, Techniques for Managing Stress, Stress Reduction Techniques, Stress Reduction Techniques - Diet & Exercise, Sleep Apnea, Effects of Sleep Apnea, Diagnosing Sleep Apnea, Treating Sleep Apnea, What Can You Do About Apnea, Maintaining a Healthy Lifestyle, Measuring Blood Pressure, What You Can Do About High Blood Pressure, Exercise, Diet - Part 1, Diet - Part 2, Eating Better, Alcohol, Alcohol - Drinking in Excess, Driver Wellness - Wrap Up, Fatigue Management - Introduction, The Impact of Fatigued Driving, What Causes Fatigued Driving?, The Signs of Fatigue, Circadian Rhythms and Sleep Cycles, Sleep Apnea I, Sleep Apnea II, Federal Regulations Aimed to Combat Fatigue, Fatigue Management - Wrap Up, Causes of Sleep Apnea

ELDT 5.05 - POST-CRASH PROCEDURES ⌚ 00:14:03

This unit must teach driver-trainees appropriate post-crash procedures, including the requirement that the driver, if possible, assess his or her physical condition immediately after the crash and notify authorities or assign the task to other individuals at the crash scene. The training providers must teach driver-trainees how to protect the area; obtain emergency medical assistance; move on-road vehicles off the road in minor crashes so as to avoid subsequent crashes or injuries; engage flashers; place reflective triangles and other warning devices for stopped vehicles; and properly use a fire extinguisher, if necessary. The training providers must instruct driver-trainees in post-crash testing requirements related to controlled substances and alcohol.

Accident Procedures - Introduction, Accident Steps: 1, Accident Steps: 2, Accident Steps: 3, Drug and Alcohol Testing, Unattended Vehicles, Flares (Fusses), Warning Device Placement, Vehicle Fires, Tire Fires, Cargo Fires, Fuel Fires, Electrical Fires, Accident Procedures - Wrap Up

ELDT 5.06 - EXTERNAL COMMUNICATION ⌚ 00:22:03

This unit must teach driver-trainees the value of effective interpersonal communication techniques/skills to interact with enforcement officials. The training providers must teach driver-trainees the specifics of the roadside vehicle inspection process, and what to expect during this activity. Driver-

trainees who are not English speakers must be instructed in FMCSA English language proficiency requirements. The training providers must teach driver-trainees the impact that violating Federal and state regulations has on their driving records and their employing motor carrier's records.

Roadside Inspections - Introduction, Why Roadside Inspections?, Seven Levels of Inspection, Preparing for Roadside Inspection, Out-of-Service Criteria, Out-of-Service Criteria for Vehicles I, Out-of-service Criteria for Vehicles II, CVSA Out-of-Service Penalties, Other Consequences for Failing a Roadside Inspection, CSA, PSP (Pre-Employment Screening Program), Roadside Inspections - Wrap Up, During the Inspection, Following a Roadside Inspection

ELDT 5.07 - WHISTLEBLOWER/COERCION ⌚ 00:09:01

This unit must teach the driver-trainees about the right of an employee to question the safety practices of an employer without incurring the risk of losing a job or being subject to reprisals simply for stating a safety concern. The training providers must instruct driver-trainees in the whistleblower protection regulations in 29 CFR part 1978. The training providers must teach the procedures for reporting to FMCSA incidents of coercion from motor carriers, shippers, receivers, or transportation intermediaries.

Whistleblower Protection - Introduction, Definitions, What Should be Reported, Electronic Log Devices and Harassment, Refusal to Work, Steps to Take if You See An Imminent Danger, Am I Protected If I File a Complaint with OSHA?, How Do I File a Whistleblower Complaint?, Whistleblower - Wrap Up

ELDT 5.08 - TRIP PLANNING ⌚ 00:28:03

This unit must address the importance of and requirements for planning routes and trips. This instruction must address planning the safest route, planning for rest stops, heavy traffic areas, railroad-highway grade crossing safe clearance and ground clearance (i.e., "high center"), the importance of Federal and State requirements on the need for permits, and vehicle size and weight limitations. The training providers must teach driver-trainees in the correct identification of restricted routes, the pros and cons of Global Positioning System (GPS)/trip routing software, and the importance of selecting fuel-efficient routes.

Introduction, What is Trip Planning?, Who Does the Trip Planning?, Types of Trips, Choosing Your Tools, Choosing Your Route, Be Prepared for the Unexpected, Calculating Travel Time, Fuel Consumption, Documentation, On-Board Recorders, Personal Needs, Vehicle Licensing & Permits, Fuel Use Tax, Vehicle Length, Weight, and Weight Taxes, State Restrictions on Weight and Length, Special Permit Hauling, Hazardous Material, Roadside Enforcement, Wrap-Up, Trip Planning Software

ELDT 5.09 - DRUGS AND ALCOHOL ⌚ 00:07:02

This unit must teach driver-trainees the rules applicable to controlled substances (including prescription drugs) and alcohol use and testing related to the operation of a CMV.

Drug and Alcohol Awareness, Your Company's Policy on Drugs and Alcohol, Drug and Alcohol Policy Summary, Violations of the Company's Drug and Alcohol Policy, Key Terms, Safety Sensitive Employees, Safety Sensitive Functions, Types of Drug and Alcohol Testing, Non-scheduled Drug and Alcohol Testing, Wrap Up

Introduction, Background to the Driver Qualifications Lesson, Driver Responsibilities and Qualifications, Basic Concept of the Medical Examination, The Medical Examination Report, The Medical Examination Report (Driver's Section), The Medical Examination Report (Testing Sections 3-7), The Medical Examiner's Certificate, Driver Disqualifications - Introduction, Regulation, Notification - Driver Violations, Notification - Driver's License Suspensions, Disqualifications, Disqualification Tables, Imminent Hazard Under 30 Days, Imminent Hazard Over 30 Days, Penalties For Violations, Wrap-Up

ELDT 5.10 - MEDICAL REQUIREMENTS ⌚ 00:12:04

This unit must teach driver-trainees the Federal rules on medical certification, medical examination procedures, general qualifications, responsibilities, and disqualifications based on various offenses, orders, and loss of driving privileges (49 CFR part 391, subparts B and E).





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