

Drivers' Hours
Drivers' Hours Regulations
Driving Limits and Breaks
Rest Periods
Working Time Directive
Multi-manning
GB and NI Rules
Driving Under Mixed Rules
Record Keeping
Enforcement

Health and Safety
General Health & Safety
Assessing the Risk
Safe Working on Vehicles
Reversing
Slow Moving Vehicles
General Site Safety
Safety in Coupling and Uncoupling
Safe Working on the Road
Noise Pollution
Loading Bays and Ramps
COSHH

Haulage Operations: Compliance & Enforcement
Company Policies and Procedures
Driver Licensing
Traffic Incident Reporting
Inspections & Prohibitions
Vehicle Maintenance
OCRS
Transport Managers
O Licensing

Haulage Operations: Road Freight Compliance
Insurance
Clandestine Entrants
CMR
Freight Forwarding
International Transport
Traffic Regulations
Vehicle Selection
Weights and Dimensions

Load Safety
Load Safety Regulations
Principles of Safe Loading
Planning to Load and Unload
Load Distribution
Load Securing Systems
Load Awareness
Abnormal Loads
Fluids/Liquids

Analogue and Digital Tachographs
Tachograph Regulations, Enforcement and Exemptions
Introduction to the Analogue Vehicle Unit
Introduction to the Digital Vehicle Unit
Analogue Tachographs Usage and Tachograph Charts
Analogue Tachographs – Manual Entries
Digital Tachographs – Data Recording and Operation
Digital Tachographs – Logging in/Out and Manual Entries
Digital Tachographs – Faults and Errors
Mixed Tachographs Usage

Emergency Actions
What's the Risk?
Vehicle Inspections and Vehicle Awareness
Breakdowns
Fire
Bridge Strikes
Vehicle Collisions
Tyre Safety
Emergency Manoeuvring
Vehicle Security
Physical and Verbal Confrontation

Vehicle Systems
The Tractor Unit - An Overview
Telematics
Gearbox Types
Braking Systems
Camera Technology
Coupling Systems
Retardation
Green Systems
Assistive Technologies

The Professional Driver
Representing the Company
Professional Driver Roles & Responsibilities
The Effects of Stress on Driving
Diet, Mood & Driving
The Effects of Drugs on Driving Behaviour
The Effects of Alcohol on Driving Behaviour
Vehicle Awareness
The Effects of Anger on Driving
Optical Behaviour and Driving
Driving Distractions
Risk-Taking Driving Behaviours
The Effects of Fatigue on Driving Behaviour
The Effects of Road Predictability
Factors Influencing Driving Behaviour

Safe and Economic Driving (PRACTICAL)
Safe and Economic Driving (Urban)
Practical Development Drive 1 (Urban)
Practical Development Drive 2 (Urban)
Safe and Economic Driving (Rural)
Practical Development Drive 1 (Rural)
Practical Development Drive 2 (Rural)
Safe and Economic Driving (Urban & Rural)
Practical Development Drive 1 (Urban & Rural)
Practical Development Drive 2 (Urban & Rural)

Safe and Economic Driving (THEORY)
Why Drive Economically?
Fuel Consumption and Efficiency
Planning for Efficiency
Driving Style
Torque and Engine Power
The Gearbox
Aerodynamics
Telematics and Fuel Efficiency

On the Road
Urban Driving
Rural Driving
Route Planning
The Highway Code
In-Cab Distractions
Driving in Challenging Weather Conditions
Winter Driving
Speeding
Vulnerable Road Users
Cyclists