

OVERVIEW - DRIVERS HOURS REGULATIONS



MENU 1

Driving Limits and Breaks

- Presentation
- Workshop
- Quiz

Rest Periods

- Presentation
- Discussion
- Quiz

Working Time Directive

- Presentation
- Workshop
- Quiz

Record Keeping

- Presentation
- Discussion
- Quiz

Enforcement

- Presentation
- Workshop
- Quiz

MENU 2

Drivers' Hours Regulations

- Presentation
- Case Study
- Quiz

Driving Limits and Breaks

- Presentation
- Workshop
- Quiz

Working Time Directive

- Presentation
- Workshop
- Quiz

Record Keeping

- Presentation
- Discussion
- Quiz

Enforcement

- Presentation
- Workshop
- Quiz

MENU 3

Drivers' Hours Regulations

- Presentation
- Case Study
- Quiz

Working Time Directive

- Presentation
- Workshop
- Quiz

Multi-Manning

- Presentation
- Discussion
- Quiz

GB and NI Rules

- Presentation
- Discussion
- Quiz

Driving Under Mixed Rules

- Presentation
- Discussion
- Quiz

OVERVIEW - THE PROFESSIONAL DRIVER



MENU 1

Professional Driver Roles & Responsibilities

- Presentation
- Discussion
- Workshop

Representing the Company

- Presentation
- Discussion
- Video Discussion

Vehicle Awareness

- Presentation
- Workshop
- Practical

Diet, Mood and Driving

- Presentation
- Workshop 1
- Workshop 2

Factors Influencing Driving Behaviour

- Presentation
- Discussion
- Speed Dating

MENU 2

Diet, Mood and Driving

- Presentation
- Workshop 1
- Workshop 2

The Effects of Drugs on Driving Behaviour

- Presentation
- Quiz
- Workshop

The Effects of Alcohol on Driving Behaviour

- Presentation
- Quiz
- Video Discussion

The Effects of Fatigue on Driving Behaviour

- Presentation
- Discussion
- Case Study

The Effects of Stress

- Presentation
- Discussion
- Workshop

MENU 3

The Effects of Road Predictability

- Presentation
- Real World Discussion
- Video Discussion

Optical Behaviour & Driving

- Presentation
- Quiz
- Video Discussion

Driving Distractions

- Presentation
- Video Discussion
- Workshop

Risk Taking Driving Behaviour

- Presentation
- Speed Dating
- Workshop

The Effects of Anger on Driving

- Presentation
- Quiz
- Video Discussion

OVERVIEW - HEALTH AND SAFETY



MENU 1

General Health & Safety

- Presentation
- Quiz
- Discussion

Assessing the Risks

- Presentation
- Quiz
- Workshop

Safe Working on the Road

- Presentation
- Workshop
- Case Study

Loading Bays and Ramps

- Presentation
- Real World Discussion
- Video Discussion

Safety in Coupling and Uncoupling

- Presentation
- Practical
- Video Discussion

MENU 2

General Health & Safety

- Presentation
- Quiz
- Discussion

General Site Safety

- Presentation
- Real World Discussion
- Case Study

Safe Working on Vehicles

- Presentation
- Practical
- Real World Discussion

Slow Moving Vehicles

- Presentation
- Real World Discussion
- Case Study

Reversing

- Presentation
- Poster
- Case Study

MENU 3

General Health & Safety

- Presentation
- Quiz
- Discussion

Assessing the Risks

- Presentation
- Quiz
- Workshop

General Site Safety

- Presentation
- Real World Discussion
- Case Study

Noise Pollution

- Presentation
- Quiz
- Case Study

COSHH

- Presentation
- Quiz
- Identify the Symbol

OVERVIEW - HAULAGE OPERATIONS: COMPLIANCE & ENFORCEMENT



MENU 1

- Company Policies and Procedures**
 - Presentation
 - Role Reversal
 - Real World Discussion
- O Licensing**
 - Presentation
 - Case Study
 - Crossword
- Transport Managers**
 - Presentation
 - Workshop
 - True or False
- Inspections & Prohibitions**
 - Presentation
 - Quiz
 - Mastermind
- OCRS**
 - Presentation
 - Quiz
 - True or False

MENU 2

- Company Policies and Procedures**
 - Presentation
 - Role Reversal
 - Real World Discussion
- Driver Licensing**
 - Presentation
 - Quiz
 - Board Game
- O Licensing**
 - Presentation
 - Case Study
 - Crossword
- Transport Managers**
 - Presentation
 - Workshop
 - True or False
- Vehicle Maintenance**
 - Presentation
 - Quiz
 - Case Study

MENU 3

- Company Policies and Procedures**
 - Presentation
 - Role Reversal
 - Real World Discussion
- OCRS**
 - Presentation
 - Quiz
 - True or False
- Vehicle Maintenance**
 - Presentation
 - Quiz
 - Case Study
- Traffic Incident Reporting**
 - Presentation
 - Quiz
 - Workshop
- Inspections & Prohibitions**
 - Presentation
 - Quiz
 - Mastermind

OVERVIEW - HAULAGE OPERATIONS: ROAD FREIGHT COMPLIANCE



MENU 1

Traffic Regulations	<ul style="list-style-type: none">• Presentation• Quiz• Poster
Vehicle Selection	<ul style="list-style-type: none">• Presentation• Workshop• Mastermind
Weights and Dimensions	<ul style="list-style-type: none">• Presentation• Quiz• True or False
Insurance	<ul style="list-style-type: none">• Presentation• Quiz• Real World Discussion
Clandestine Entrants	<ul style="list-style-type: none">• Presentation• Case Study• Role Reversal

MENU 2

International Transport	<ul style="list-style-type: none">• Presentation• Quiz• Mastermind
Freight Forwarding	<ul style="list-style-type: none">• Presentation• Quiz• Role Reversal
CMR	<ul style="list-style-type: none">• Presentation• True or False• Role Reversal
Insurance	<ul style="list-style-type: none">• Presentation• Quiz• Real World Discussion
Clandestine Entrants	<ul style="list-style-type: none">• Presentation• Case Study• Role Reversal

MENU 3

Traffic Regulations	<ul style="list-style-type: none">• Presentation• Quiz• Poster
Vehicle Selection	<ul style="list-style-type: none">• Presentation• Workshop• Mastermind
Clandestine Entrants	<ul style="list-style-type: none">• Presentation• Case Study• Role Reversal
Insurance	<ul style="list-style-type: none">• Presentation• Quiz• Real World Discussion
CMR	<ul style="list-style-type: none">• Presentation• True or False• Role Reversal

OVERVIEW - LOAD SAFETY



MENU 1

Load Safety Regulations

- Presentation
- Quiz
- Mastermind

Principles of Safe Loading

- Presentation
- Video Discussion
- Practical

Load Distribution

- Presentation
- Practical
- Quiz

Load Securing Systems

- Presentation
- Real World Discussion
- Practical

Load Awareness

- Presentation
- Case Study
- Poster

MENU 2

Load Safety Regulations

- Presentation
- Quiz
- Mastermind

Principles of Safe Loading

- Presentation
- Video Discussion
- Practical

Load Distribution

- Presentation
- Practical
- Quiz

Load Securing Systems

- Presentation
- Real World Discussion
- Practical

Abnormal Loads

- Presentation
- Mastermind
- Quiz

MENU 3

Load Safety Regulations

- Presentation
- Quiz
- Mastermind

Principles of Safe Loading

- Presentation
- Video Discussion
- Practical

Planning to Load and Unload

- Presentation
- Real World Discussion
- Practical

Load Awareness

- Presentation
- Case Study
- Poster

Fluids/Liquids

- Presentation
- Real World Discussion
- Quiz

OVERVIEW - ANALOGUE AND DIGITAL TACHOGRAPHS



MENU 1

Tachograph Regulations, Enforcement and Exemptions

- Presentation
- Quiz
- Crossword

Introduction to the Digital Vehicle Unit

- Presentation
- Quiz
- Role Reversal

Digital Tachographs – Data Recording and Operation

- Presentation
- Quiz
- Practical

Digital Tachographs – Logging In/Out and Manual Entries

- Presentation
- Mastermind
- Practical

Digital Tachographs – Faults and Errors

- Presentation
- Role Reversal
- Real World Discussion

MENU 2

Tachograph Regulations, Enforcement and Exemptions

- Presentation
- Quiz
- Crossword

Introduction to the Analogue Vehicle Unit

- Presentation
- Quiz
- Role Reversal

Analogue Tachographs Usage and Tachograph Charts

- Presentation
- Quiz
- Role Reversal

Analogue Tachographs Manual Entries

- Presentation
- Quiz
- Workshop

Mixed Tachographs Usage

- Presentation
- Quiz
- Real World Discussion

MENU 3

Introduction to the Digital Vehicle Unit

- Presentation
- Quiz
- Role Reversal

Digital Tachographs – Data Recording and Operation

- Presentation
- Quiz
- Practical

Digital Tachographs – Logging In/Out and Manual Entries

- Presentation
- Mastermind
- Practical

Digital Tachographs – Faults and Errors

- Presentation
- Role Reversal
- Real World Discussion

Mixed Tachographs Usage

- Presentation
- Quiz
- Real World Discussion

OVERVIEW - EMERGENCY ACTIONS



MENU 1

What's the Risk?

- Presentation
- Case Study
- Real World Discussion

Breakdowns

- Presentation
- Role Reversal
- Video Discussion

Vehicle Collisions

- Presentation
- Case Study
- Real World Discussion

Emergency Manoeuvring

- Presentation
- Role Reversal
- Video Discussion

Physical and Verbal Confrontation

- Presentation
- Role Reversal
- Speed Dating

MENU 2

Vehicle Inspections & Vehicle Awareness

- Presentation
- Case Study
- Practical

Tyre Safety

- Presentation
- Mastermind
- Practical

Vehicle Security

- Presentation
- Case Study
- Real World Discussion

Fire

- Presentation
- Case Study
- Poster

Breakdowns

- Presentation
- Role Reversal
- Video Discussion

MENU 3

What's the Risk?

- Presentation
- Case Study
- Real World Discussion

Bridge Strikes

- Presentation
- Case Study
- Poster

Emergency Manoeuvring

- Presentation
- Role Reversal
- Video Discussion

Fire

- Presentation
- Case Study
- Poster

Vehicle Inspections & Vehicle Awareness

- Presentation
- Case Study
- Practical

OVERVIEW - VEHICLE SYSTEMS



MENU 1

- The Tractor Unit – An Overview**
 - Presentation
 - Practical
 - Role Reversal
- Gearbox Types**
 - Presentation
 - Discussion
 - Role Reversal
- Braking Systems**
 - Presentation
 - Quiz
 - Role Reversal
- Coupling Systems**
 - Presentation
 - Practical
 - Mastermind
- Retardation**
 - Presentation
 - Quiz
 - Role Reversal

MENU 2

- The Tractor Unit – An Overview**
 - Presentation
 - Practical
 - Role Reversal
- Telematics**
 - Presentation
 - Poster
 - Real World Discussion
- Assistive Technologies**
 - Presentation
 - Poster
 - Role Reversal
- Green Systems**
 - Presentation
 - Quiz
 - True or False
- Camera Technology**
 - Presentation
 - Poster
 - Video Discussion

MENU 3

- Gearbox Types**
 - Presentation
 - Discussion
 - Role Reversal
- Braking Systems**
 - Presentation
 - Quiz
 - Role Reversal
- Assistive Technologies**
 - Presentation
 - Poster
 - Role Reversal
- Telematics**
 - Presentation
 - Poster
 - Real World Discussion
- Retardation**
 - Presentation
 - Quiz
 - Role Reversal

OVERVIEW - SAFE AND ECONOMIC DRIVING (THEORY)



MENU 1

Why Drive Economically?

- Presentation
- Poster
- Role Reversal

Planning for Efficiency

- Presentation
- Poster
- Role Reversal

Driving Style

- Presentation
- Role Reversal
- Real World Discussion

Torque and Engine Power

- Presentation
- Board Game
- Crossword

Fuel Consumption and Efficiency

- Presentation
- True or False
- Real World Discussion

MENU 2

Why Drive Economically?

- Presentation
- Poster
- Role Reversal

Planning for Efficiency

- Presentation
- Poster
- Role Reversal

The Gearbox

- Presentation
- Quiz
- Discussion

Driving Style

- Presentation
- Role Reversal
- Real World Discussion

Aerodynamics

- Presentation
- Case Study
- Real World Discussion

MENU 3

Planning for Efficiency

- Presentation
- Poster
- Role Reversal

Driving Style

- Presentation
- Role Reversal
- Real World Discussion

Aerodynamics

- Presentation
- Case Study
- Real World Discussion

Telematics and Fuel Efficiency

- Presentation
- Poster
- Quiz

Fuel Consumption and Efficiency

- Presentation
- True or False
- Real World Discussion

OVERVIEW - SAFE AND ECONOMIC DRIVING (PRACTICAL)



MENU 1

Safe and Economic Driving Overview - Urban • Presentation

Practical Development Drive Urban

Practical Drive Urban

MENU 2

Safe and Economic Driving Overview - Rural • Presentation

Practical Development Drive Rural

Practical Drive Rural

MENU 3

Safe and Economic Driving Overview – Urban & Rural • Presentation

Practical Development Drive Urban & Rural

Practical Drive Urban & Rural

OVERVIEW - ON THE ROAD



MENU 1

Urban Driving

- Presentation
- Quiz
- Role Reversal

Route Planning

- Presentation
- Workshop
- Real World Discussion

Speeding

- Presentation
- Real World Discussion
- Quiz

Cyclists

- Presentation
- True or False
- Poster

Driving in Challenging Weather Conditions

- Presentation
- Role Reversal
- Video Discussion

MENU 2

Rural Driving

- Presentation
- Poster
- Role Reversal

Route Planning

- Presentation
- Workshop
- Real World Discussion

Speeding

- Presentation
- Real World Discussion
- Quiz

Vulnerable Road Users

- Presentation
- Real World Discussion
- Poster

Driving in Challenging Weather Conditions

- Presentation
- Role Reversal
- Video Discussion

MENU 3

The Highway Code

- Presentation
- Workshop
- Quiz

Route Planning

- Presentation
- Workshop
- Real World Discussion

Speeding

- Presentation
- Real World Discussion
- Quiz

Winter Driving

- Presentation
- Real World Discussion
- Practical

In-Cab Distractions

- Presentation
- Case Study
- Poster