**ENTRY-LEVEL DRIVER TRAINING (ELDT) “REFRESHER TRAINING” MODULE**

**THEORY**

* **PRESCRIPTION DRUGS, ALCOHOL AND CONTROLLED SUBSTANCES**

Trainees shall be instructed in the federal rules on, and potential consequences, of driving under the influence of alcohol, controlled substances, or prescription drugs that might impair driving performance. (See Parts 382 and 392.5 of the Federal Motor Carrier Safety Regulations (FMCSRs)).

* **DRIVER FATIGUE AND ILLNESS**

Trainees shall be instructed in the extreme safety risks associated with fatigued driving, and the risks and potential consequences, including legal consequences for the driver, of causing an accident due to fatigued driving. Additional resources are available to support this instruction through the North American Fatigue Management Program (NAFMP) at http://www.nafmp.org.en/.

* **HOURS OF SERVICE (HOS) AND RECORDS OF DUTY STATUS/LOGBOOKS**

For carriers whose drivers are subject to hours of service regulations, employers shall instruct trainees in applicable Hours of Service rules and ensure their ability to complete a Driver’s Daily Log and logbook recap. Trainers shall instruct the trainee in the consequences of violating the HOS regulations (safety, legal, and personal) including the fines and penalties for these types of violations.

* **SEAT BELT SAFETY**

Employers shall ensure that trainees learn the Federal rules (Section 392.16 of the FMCSR) governing the proper use of safety restraint systems (i.e., seat belts) by commercial motor vehicle (CMV) drivers.

* **DRIVER DISTRACTION (HAND-HELD TELEPHONES & TEXTING)**

Included in this unit for the trainee is a discussion of “key” driver distraction issues, including improper cell phone use, texting, and use of in-cab technology. This includes training in: 1) visual (keeping eyes on the road); 2) manual (keeping hands on the wheel); and 3) cognitive (keeping mind on the task and safe operation of the CMV).

* **SERIOUS TRAFFIC VIOLATIONS OPERATING CMV**

Employers shall instruct trainees in Federal rules in Section 383.51 of the FMCSRs on the safety implications and potential for disqualification of drivers for violations such as following too closely; improper lane changes; speeding 15 mph or more; reckless driving.

* **CDL HOLDERS COMMITTING SERIOUS TRAFFIC VIOLATIONS OPERATING PERSONALLY OWNED VEHICLES/PASSENGER VEHICLES**

Employers shall instruct trainees in Federal rules (see Section 383.51 of FMCSRs) providing for potential disqualification of trainees for improper behavior off the job, while not operating a CMV. Trainee will learn CDL holders are held to a higher standard as CDL is a “professional” license.

* **DRIVER PROFESSIONALISM, ATTITUDE AND ETHICS**

Trainees will be instructed in the following: 1) being a professional truck driver requires knowledge, driving skill, and strong character; 2) when on the road, a professional driver takes a safety-first approach to driving; 3) professional drivers must set a higher standard for themselves by following a code of ethics. A code of ethics identifies standards of behavior relating to responsibility, fairness, and justice. By committing to these behaviors, drivers/trainees constantly strive to convey a positive image of the trucking industry.

* **DEFENSIVE DRIVING TECHNIQUES**

The trainee will be instructed in the five characteristics/techniques of defensive driving a CMV including: 1) knowledge; 2) alertness; 3) anticipation; 4) judgment; and 5) skill.

* **SHARING THE ROAD WITH PASSENGER VEHICLES**

Trainees will receive training in the fact that with the knowledge, experience and skill they have gained as a CMV driver comes an added responsibility to share the road safely, to anticipate hazardous situations and to be patient with other road users who may not understand how a large vehicle operates.

* **“NO ZONE” STRATEGIES**

Trainee will be instructed in the “No Zone” strategies for operating safety around passenger and other vehicles. This will include instruction on “No Zones” as the danger areas around truck and buses where crashes are more likely to occur.

* **ROADSIDE INSPECTION WITH LAW ENFORCEMENT**

Trainee will be taught the value of effective interpersonal communications and skills to properly interact with law enforcement officials during the roadside CMV inspection process and what to expect during this activity.

* **NEW LAWS/REGULATIONS AFFECTING MOTOR CARRIERS AND DRIVERS**

Trainee will be provided with an update/overview of the latest changes to the FMCSRs directly affecting motor carriers and CMV drivers. This review could include the latest news/new regulations on topics such as HOS and electronic logging devices (ELDs), Compliance, Safety, Accountability (CSA) impact on motor carrier scores; driver qualifications; vehicle compliance and inspection requirements.

* **MEDICAL CERTIFICATE/PERSONAL HEALTH AND WELLNESS**

The trainee will learn the Federal rules in Part 391 on medical certification and medical examination procedures. The trainee will learn about driver wellness. Basic health maintenance including diet and exercise and the importance of avoiding excessive use of alcohol will be covered here as well.

* **WHISTLEBLOWER PROTECTION**

The rights of a trainee 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 will be covered here. The trainee will become familiar with the whistleblower protection regulations in 29 CFR Part 1978.

* **DRIVER/PUBLIC SAFETY IMPORTANCE**

The trainee will receive further training in the fact that the CMV driver is the most important component of the motor carrier operation and highway/public safety. The trainee/driver is responsible for the safety of the operation, the load and the equipment.

* **EMERGENCY STOPPING; ACCIDENTS; INCIDENTS**

The trainee will be instructed in carrying out the appropriate responses when faced with CMV emergencies. These must include evasive steering, emergency braking, off-road recovery, brake failures, tire blowouts, hydroplaning, skidding, jackknifing, and the rollover phenomenon. This instruction must include a review of unsafe acts and the role they play in producing hazardous situations.

* **TERRORISM**

Trainees will learn that it is important to maintain vigilant and recognize when a threat may be present. Drivers/trainees play a pivotal role in reporting suspicious activities to law enforcement authorities, which may help prevent or deter an attack in places frequented by all of us. TSA counts on the traveling public to report unattended bags or packages, individuals in possession of a threating item, a person trying to enter a restricted area or similar suspicious activities. [The Department of Homeland Security “If You See Something, Say Something” campaign](http://www.dhs.gov/if-you-see-something-say-something%E2%84%A2-campaign) focuses on raising public awareness on suspicious activities, behaviors or situations that may suggest acts of terrorism or terrorism-related crimes.

* **STATISTICS USED TO EXPLAIN WHY “SAFETY IS GOOD BUSINESS”**

The trainee will be instructed in why “Safety is Good Business”. Whether you are driving for a new motor carrier just starting out or a driver driving for an established company with years of experience, safety is good for business. Good safety practices can save lives, reduce injuries, and improve the companies and driver’s bottom line.

**RANGE**

**HANDS – ON PRACTICAL EXERCISES**

The trainee will demonstrate the ability to properly secure cargo under 49 CFR Part 392.9 and Parts 393.100 – 393.136.

* **PRE-TRIP AND POST-TRIP INSPECTIONS**

The trainee will demonstrate the ability to perform a pre-trip inspection under 49 CFR Part 396.13 and a post-trip inspection under Part 396.11. The trainee will learn the importance of vehicle inspections and help them develop the skills necessary for conducting pre-trip, en-route, and post-trip inspections. This will include review of CMV parts and accessories including brake safety and components.

* **LOAD SECUREMENT**

The purpose of this unit is to enable the trainee to understand the basic theory of cargo weight distribution, cargo securement on the vehicle, cargo covering, and techniques for safe and efficient loading/unloading in the classroom followed by practical demonstration and practice.

**ROAD**

**SKILLS & PERFORMANCE**

* **BASIC OPERATION AND VEHICLE MANEUVERS**

The trainee will learn the practices required for safe operation of the CMV on the highway**. This will include training in basic operation and vehicle maneuvers under** **Section 391.31 (Skills and Knowledge) in the FMCSRs.** Trainees must be taught how to apply their basic operating skills in a way that ensures their safety and that of other road users under various road, weather, and traffic conditions.

**(a) Except as provided in subpart G, a person shall not drive a commercial motor vehicle unless he/she has first successfully completed a road test and has been issued a certificate of driver's road test in accordance with this section.**

(b) The road test shall be given by the motor carrier or a person designated by it. However, a driver who is a motor carrier must be given the test by a person other than himself/herself. The test shall be given by a person who is competent to evaluate and determine whether the person who takes the test has demonstrated that he/she is capable of operating the commercial motor vehicle, and associated equipment, that the motor carrier intends to assign him/her.Code of Federal Regulations353

(c) The road test must be of sufficient duration to enable the person who gives it to evaluate the skill of the person who takes it at handling the commercial motor vehicle, and associated equipment, that the motor carriers intends to assign to him/her. As a minimum, the person who takes the test must be tested, while operating the type of commercial motor vehicle the motor carrier intends to assign him/her, on his/her skill at performing each of the following operations:

***(1) The pretrip inspection required by §392.7 of this subchapter;***

***(2) Coupling and uncoupling of combination units, if the equipment he/she may drive includes combination units;***

***(3) Placing the commercial motor vehicle in operation;***

***(4) Use of the commercial motor vehicle's controls and emergency equipment***

***(5) Operating the commercial motor vehicle in traffic and while passing other motor vehicles;***

***(6) Turning the commercial motor vehicle;(7) Braking, and slowing the commercial motor vehicle by means other than braking; and***

***(8) Backing and parking the commercial motor vehicle.***

(d) The motor carrier shall provide

a road test form on which the person who gives the test shall rate the performance of the person who takes it at each operation or activity which is a part of the test. After he/she completes the form, the person who gave the test shall sign it.

(e) If the road test is successfully completed, the person who gave it shall complete a certificate of driver's road test in substantially the form prescribed in paragraph [(f)](file:///C:\Users\Trooper\AppData\Local\Raid\2273#Tag15) of this section.

(f) The form for the certificate of driver's road test is substantially as follows:

**Certification of Road Test**

Driver's name

Social Security No

Operator's or Chauffeur's License No

State

Type of power unit \_\_\_\_\_\_ Type of trailer(s)

If passenger carrier, type of bus \_\_\_\_\_\_

**This is to certify that the above-named driver was given a road test under my supervision on \_\_\_\_\_\_, 20\_\_, consisting of approximately \_\_\_ miles of driving.**

**It is my considered opinion that this driver possesses sufficient driving skill to operate safely the type of commercial motor vehicle listed above.**

**(Signature of examiner)**

**(Title)**

**(Organization and address of examiner)**

(g) A copy of the certificate required by paragraph (e) of this section shall be given to the person who was examined. The motor carrier shall retain in the driver qualification file of the person who was examined—

(1) The original of the signed road test form required by paragraph (d) of this section; and

(2) The original, or a copy of, the certificate required by paragraph (e) of this section.