# Mandatory Entry-Level Training (MELT)

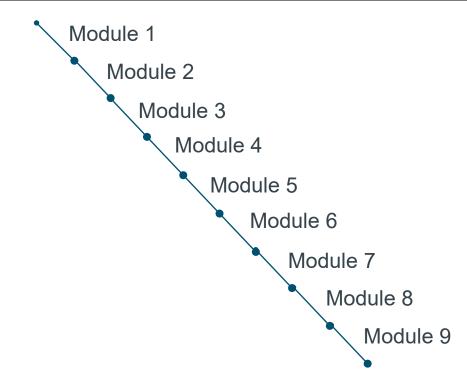
#### **Experience and Equivalency Class 1**

Government of Alberta September 2022



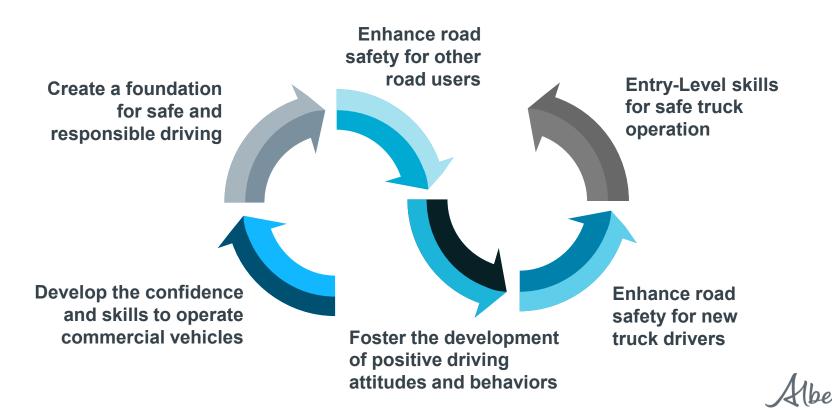


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## **Goal of MELT**



## Learning Environment



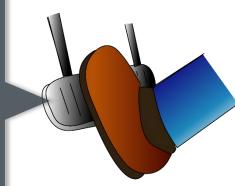
#### Classroom

Classroom refers to the classroom environment

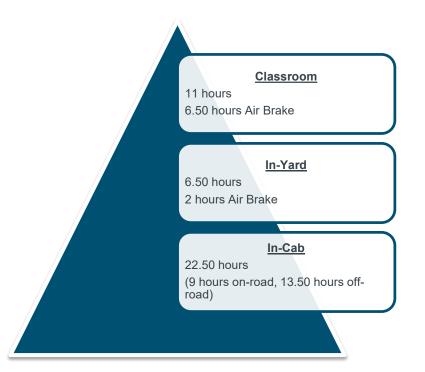
#### Practical Session

In-Yard refers to activities around the vehicle

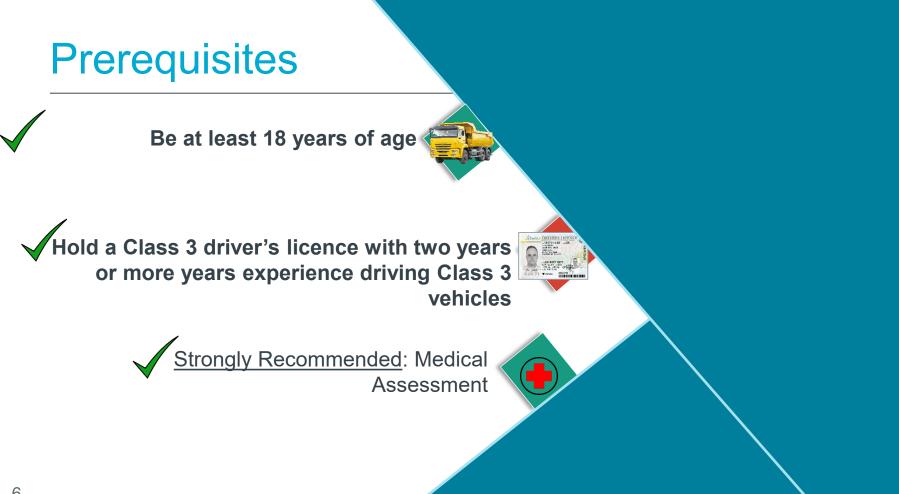
In-Cab refers to activities behind-thewheel



#### **Course Hours**







## **Course Modules**

Module 1	Employment in the Trucking Industry
Module 2	Vehicle Components and Inspection Activities
Module 3	Basic Driving Techniques
Module 4	Professional Driving Habits
Module 5	Off-Road Tasks and Manoeuvres
Module 6	Documents, Paperwork, and Regulatory Requirements
Module 7	Hours of Service Compliance
Module 8	Cargo Securement and Loss Prevention
Module 9	Handling Emergencies

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## Module 1

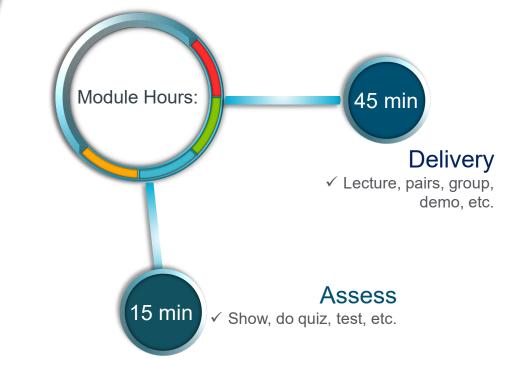
#### Employment in the Trucking Industry



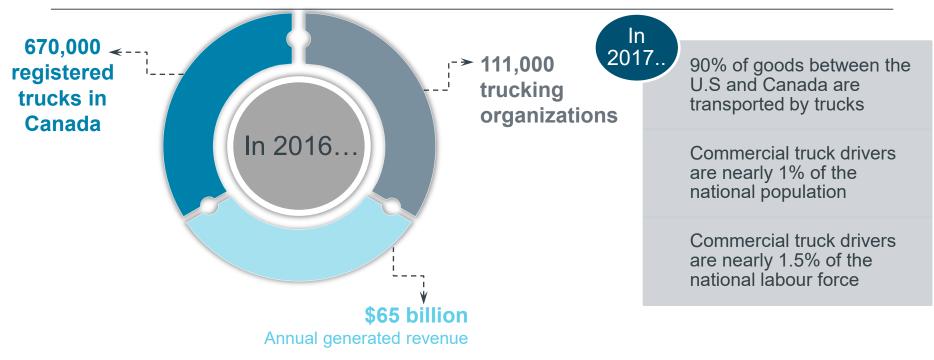
# Purpose

#### Module 1:

- Understand their roles and responsibilities as commercial truck drivers.
- Understand the requirements and process of obtaining a Class 1 driver's licence.
- ✓ Understand the regulations that govern driving on public roads and highways in Alberta.
- ✓ Understand the federal and provincial laws governing the operation of trucks in Alberta.



## **Trucking Industry and Career Opportunities**



Truck drivers are important to the growth of the economy. A lack of truck drivers may have significant impact of the economy and way of life of the people

## **Employment in the Trucking Industry**

#### "Good" drivers vs "Poor" drivers

#### What are employers looking for?

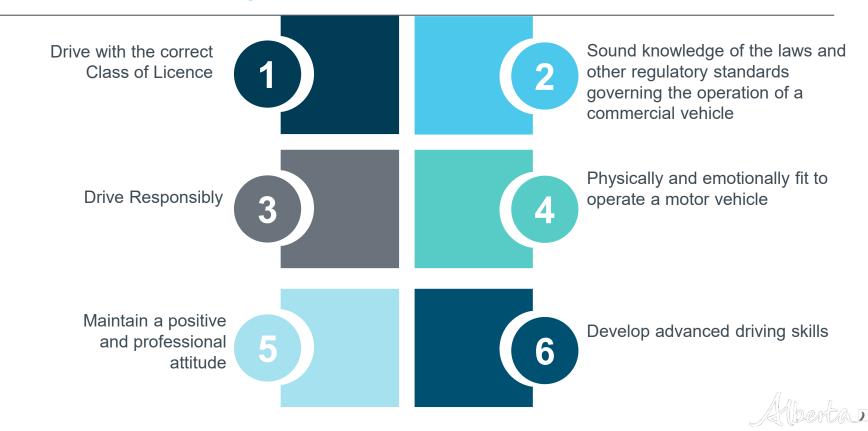
The Commercial Carrier Record-keeping and Commercial Vehicle Driver Reporting Regulations



#### **Employment in the Trucking Industry**



#### **Roles and Responsibilities of a Commercial Driver**



## Licensing



#### Note

Air brake or Q- endorsement is required prior to operating or testing in a vehicle equipped with air brakes.



#### Enhanced Knowledge Test

After successful completion of this course, trainees will be required to complete an enhanced knowledge test at any registry agent office in Alberta

#### **Class 1 Road Test**

After successful completion of the Class 1 knowledge test, trainees can schedule their Class 1 road test



#### **Class 1 Driver's Licence**

A Class 1 driver's licence will be issued after successful completion of the road test.



#### **Class 1 Licence Holder**

The holder of a Class 1 driver's licence can operate:

- ✓ A motor vehicle or a combination of vehicles, other than a motorcycle;
- ✓ Class 6 type vehicles for learning only.

## Licensing Cont'd

- Class 1 driver's licence will be issued after successful completion of the road test
  - Restrictions may apply
- The holder of a Class 1 driver's licence can operate a motor vehicle or a combination of vehicles, other than a motorcycle

## **Medical Condition**



#### **Requirements for Commercial Vehicles**

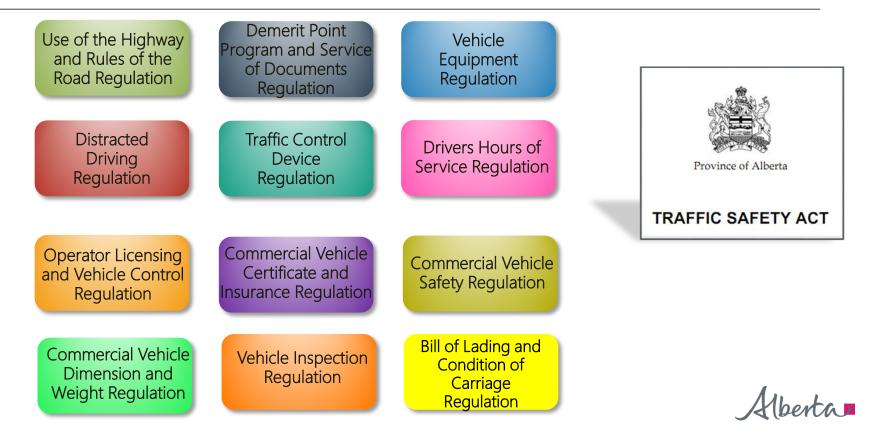
Legally responsible to report any disease or disability

Medical report required:

- First time applying for a driver's licence
- Upgrading a driver's licence to a Class 1, 2, or 4
- Every 5 years after that, until 45 years of age
- Every 2 years from age 45 to 65
- Every year after you turn age 65



## **Traffic Laws/Regulations**



## National Safety Code (NSC)



- ✓ There is both provincial and federal NSC legislation that may require a carrier to obtain a Safety Fitness Certificate (SFC)
- ✓ Only <u>one</u> piece of legislation will apply to a carrier at any given time

## National Safety Code (NSC)

Single Driver's Licence Concept

Knowledge/ Performance Tests

Driver Examiner Training program

Classified Driver Licence system

Self-Certification Standards and Procedures

Medical Standards for Drivers

#### **Carrier and Driver Profiles**

19 Short-Term Suspension

Hours of Service

**Cargo Securement** 

Commercial Vehicle Maintenance and Inspection (PMVI)

Commercial Vehicle Safety Alliance (CVSA) On-Road Inspections

**Trip Inspection** 

Safety Rating

**Facility Audits** 

**First Aid Training** 

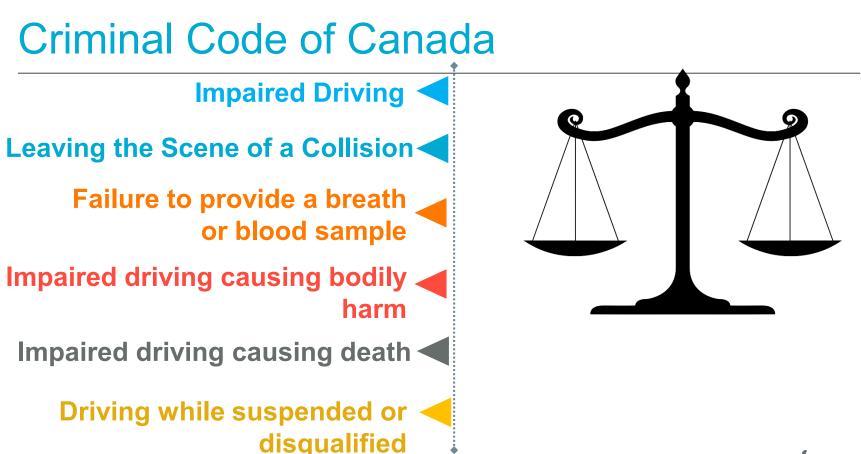


Alberta Traffic Safety Act - <u>https://kings-</u> printer.alberta.ca/documents/Acts/t06.pdf

> Municipalities

#### > Your responsibility to know







# **Traffic Convictions**

#### Review

# What are demerit points and how do you accumulate them?



#### Answer

# They are negative points placed on your licence and they are received from a traffic convictions.



#### Review

# Who's responsibility is it to know the laws and company policy and procedures?



#### Answer

## The Driver



#### Module 2

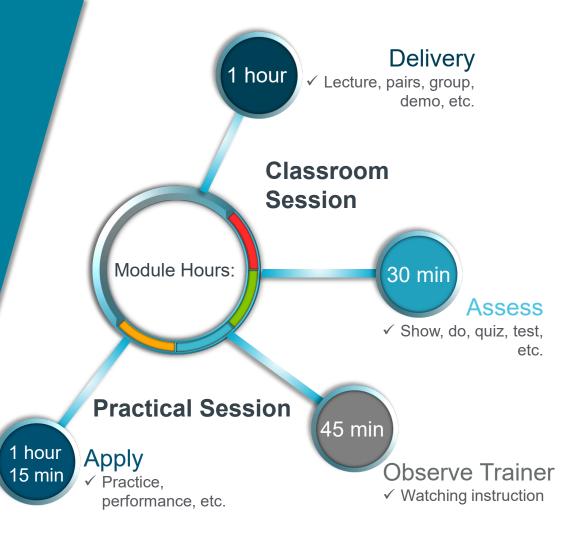
#### Vehicle Components and Inspection Activities



# Purpose

#### Module 2:

- ✓ Identify the basic components and systems of a truck/tractor.
- Understand the function and safe use of the components and systems.
- ✓ Know how the components and systems work.
- Understand the importance for drivers to know the basic components of vehicles.
- Recognize the importance of inspecting and maintaining a tractor.
- ✓ Understand the importance of a pre-trip checklist.
- Identify signs of potential problems.



- Primary Vehicle Controls
- Secondary Vehicle Controls
- Engine
- Air Intake and Exhaust Systems
- Lubricating System



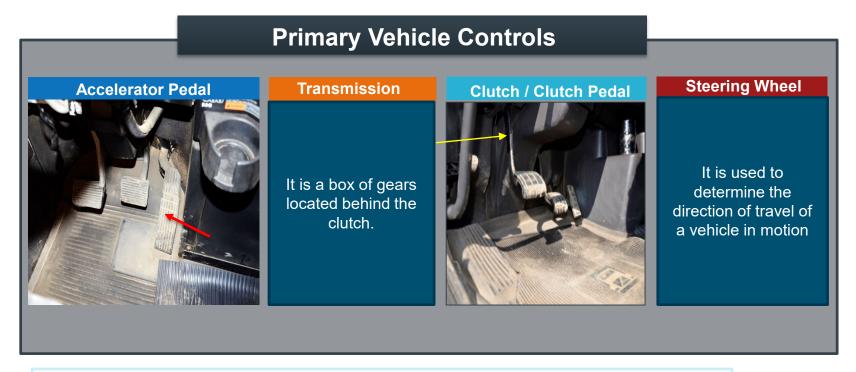
- Cooling system
- Suspension system
- Brake System
- Auxiliary Equipment

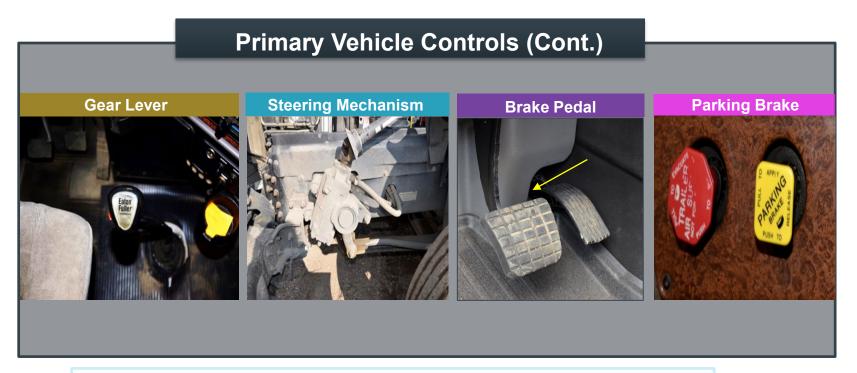


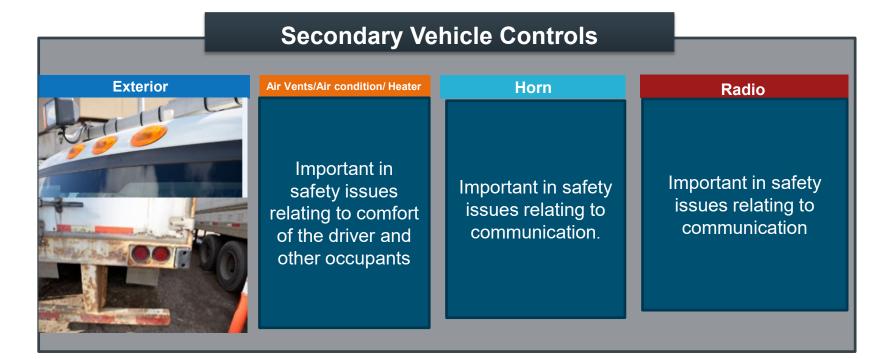
- Electrical System
- Vehicle Body and Frame
- Tires and Wheels
- Coupling System
- Gauges
- Switches



- Some controls, systems and instruments are unique to a truck/tractor trailer and may not be found in other types of vehicles.
- Consult the manufacturer's vehicle manual.







#### **Secondary Vehicle Controls**

#### Wiper/Windshield Washer

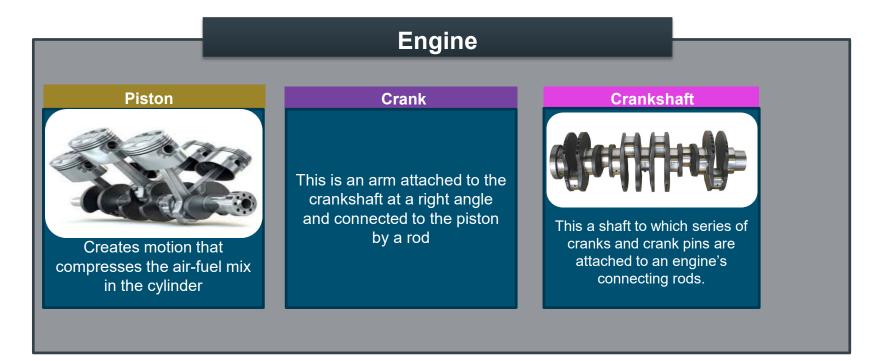
Important in safety issues relating to vision

Instrumental Panel

Interior Lamps

Illuminates the interior of the cab and the dashboard

Engine			
Engine Block	Cylinders	Fuel Injectors	Fuel Filter
	This is a closed chamber inside which fuel is burned by the engine	This supplies fuel (diesel) to the cylinders	This component keeps contaminants out of the fuel system





#### Air Intake and Exhaust System

#### Turbocharger



#### Aftercooler

Assists in cooling the intake air received from the turbocharger to a safe temperature level.

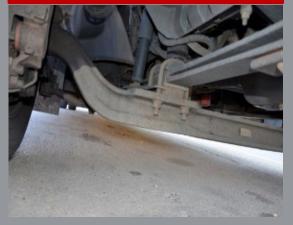








Front tractor axle





#### **Suspension System**

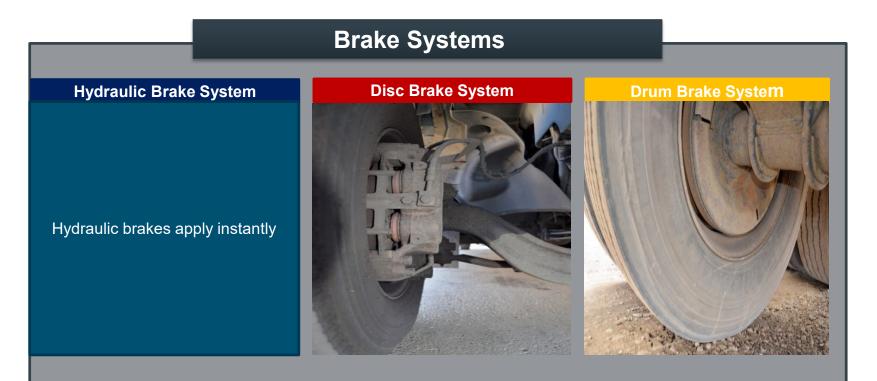
Drive Shaft

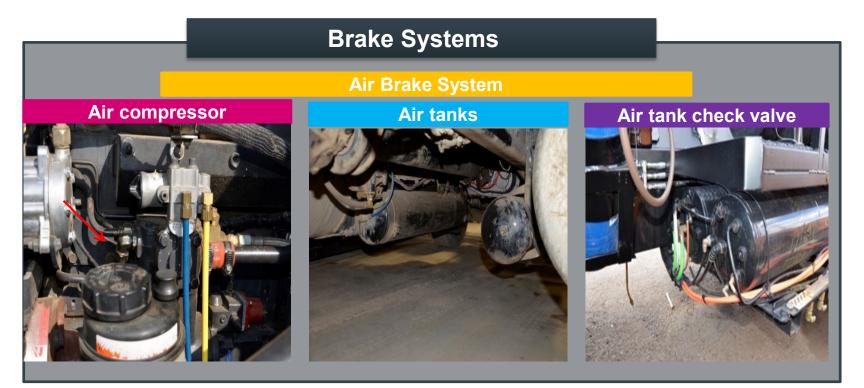




**Shock Absorber** 

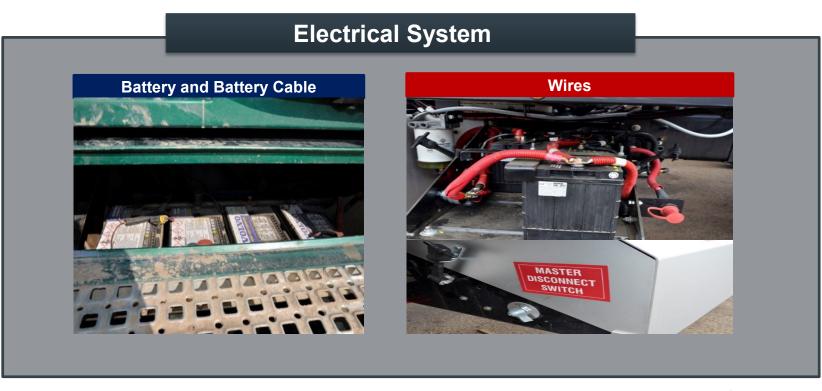




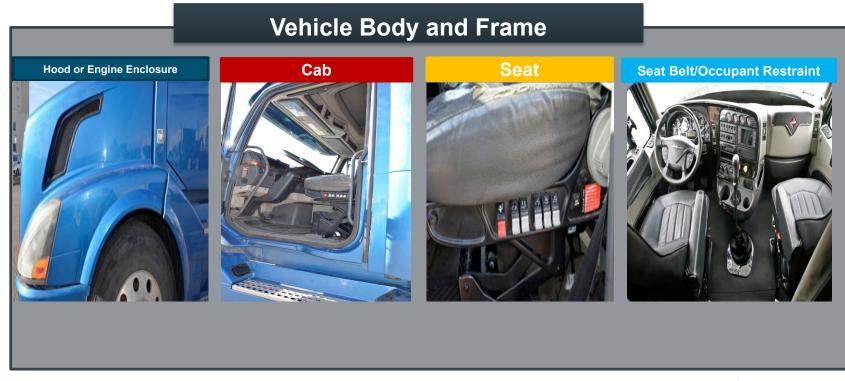


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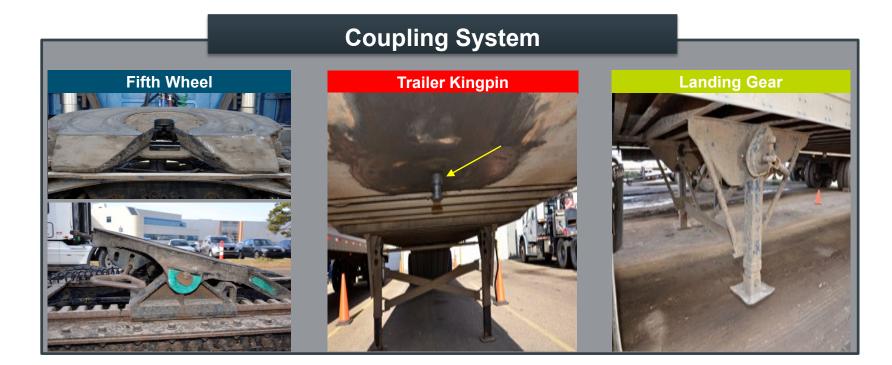


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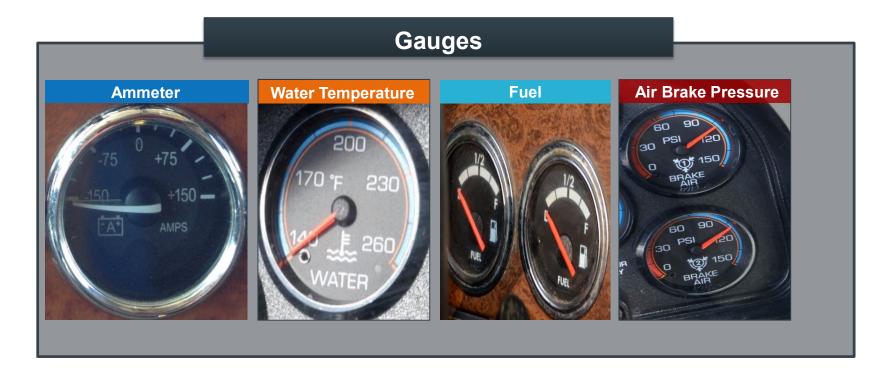


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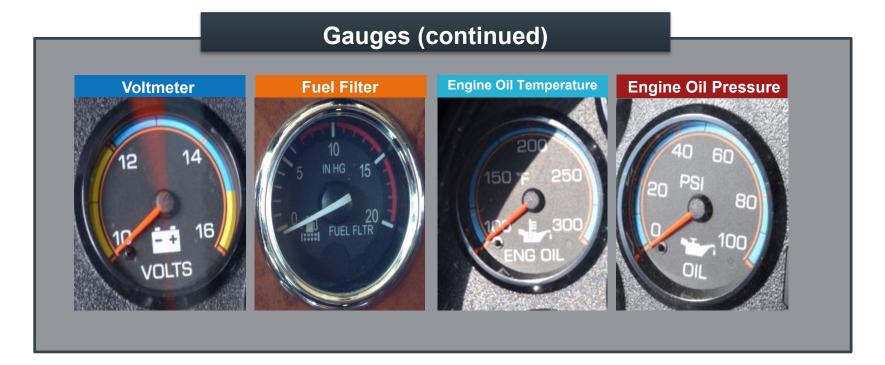
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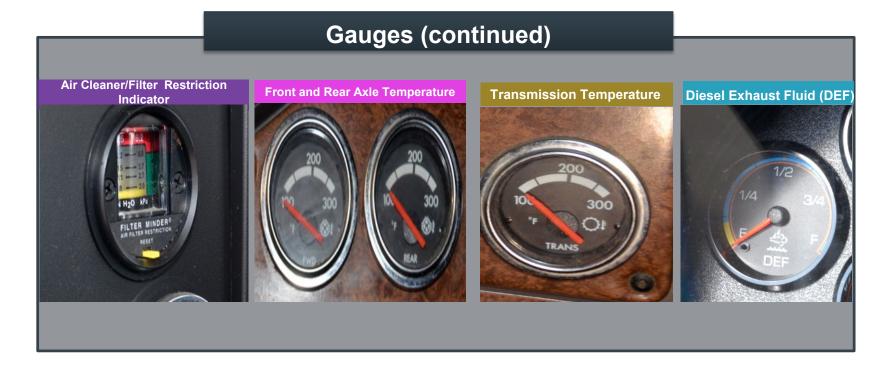
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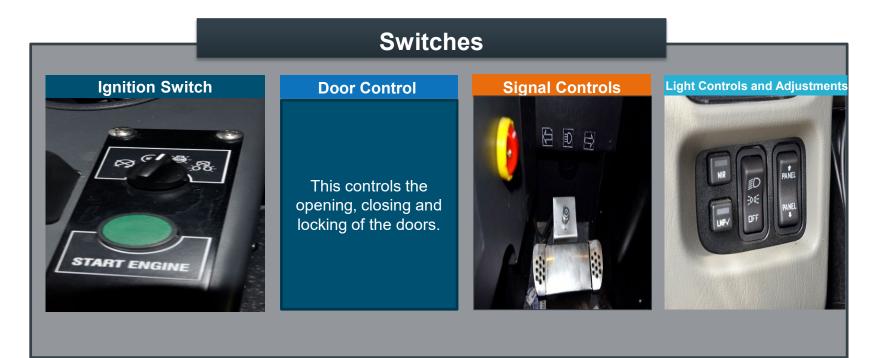


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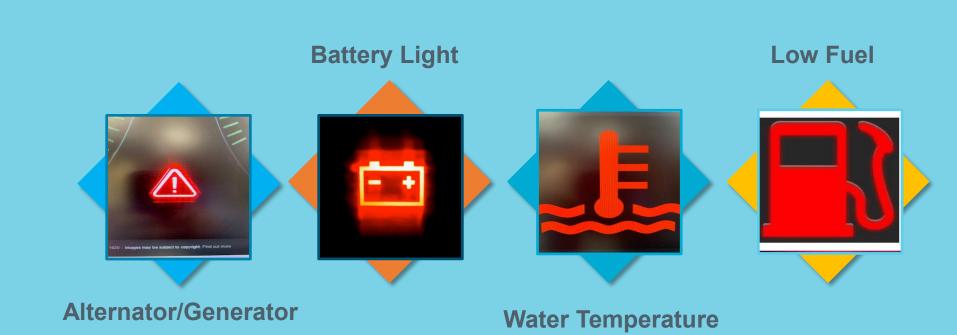
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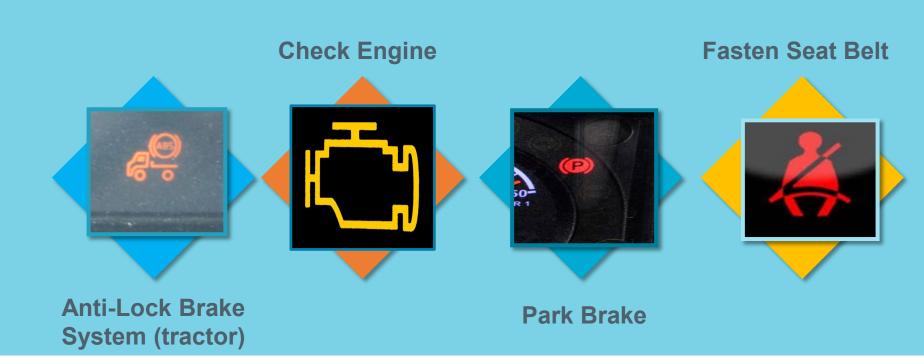




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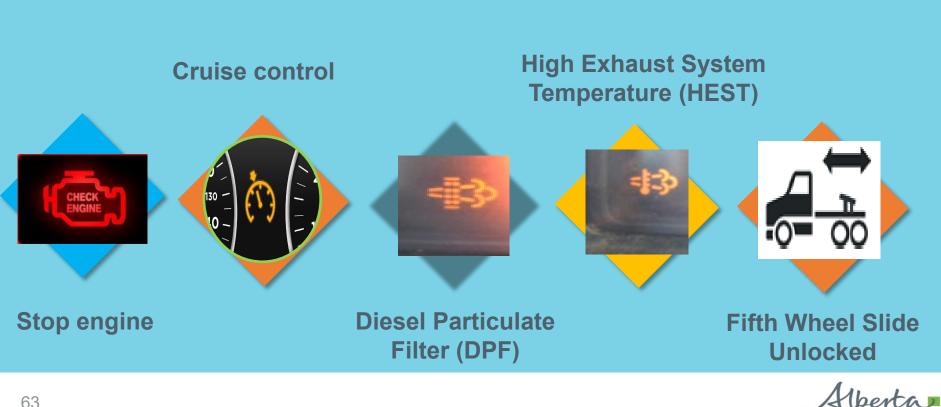




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#### **In-Yard Evaluation Check list**

- 1. Primary Vehicle Controls
- 2. Secondary Vehicle Controls
- 3. Engine
- 4. Lubrication system
- 5. Cooling system
- 6. Air intake/exhaust
- 7. Suspension system
- 8. Brake system
- 9. Auxiliary equipment
- 10. Electrical system

- 11. Vehicle body and frame
- 12. Tires and Wheels
- 13. Couplers and hitches
- 14. Gauges
- 15. Switches





#### Knowing your vehicle and all of its features is a key part of being a safe, professional operator.



#### What are primary controls?





## Main components that allow the driver to move and control the vehicle.





#### What are secondary controls?



#### **Review - Answer**

#### Components that do not affect the movement of the vehicle but contribute to safety.





## Why is the electrical system important?



#### **Review-Answer**

# This system is important to start the engine, run the light or to utilize the vehicle instruments and gauges



# Where can you find information to determine the optimal function of the vehicles components or systems?



### The manufacturer's manual





## What does the fuel filter do?



### **Review-Answer**

# Keeps contaminants out of the fuel system by cleaning the fuel as it flows from the tank.





# What is the power steering system?



### **Review-Answer**

# The component of the engine that enhances easy movement of the steering wheel.



# What is the landing gear used for?



### **Review-Answer**

# Provides stationary support for the front of a trailer when it is not coupled to a tractor.





# What is the difference between a yellow and a red light on the dash?



### **Review-Answer**

Yellow is a warning to service soon. Red means there is something that needs to be serviced right now or before you take the vehicle out on the road.

### Under the hood inspection

Component	Inspection Points
Fluid levels	<ul> <li>all fluids must be at a safe operating level including:</li> </ul>
	<ul> <li>engine oil</li> <li>engine coolant (do not remove radiator cap)</li> <li>power steering fluid</li> <li>windshield washer fluid</li> </ul>
Belts	<ul> <li>check all drive belts for tension, wear, cracks and fraying</li> <li>Note: never check the belts while the engine is running</li> </ul>
Hoses	check all hoses for leaks, fraying or poor connections
Electrical wiring and connections	check all wiring for bare wires or loose connections
Steering Components	<ul> <li>The power steering drive belt must not be missing, cut, frayed or badly worn</li> <li>Steering linkage system components are not loose or damaged and no excessive free play</li> <li>Bolts, nuts, clamps are not missing or badly worn</li> </ul>
	1.

### **Exterior Inspection**

Component	Inspection Points
Hood	<ul> <li>Hood latch is not missing or damaged and the hood is secure</li> </ul>
Bumper, Fender	Is not missing
	Is securely mounted
	Is not broken, bent or corroded or have sharp edges
Mirrors	<ul> <li>Should be securely mounted and adjusted to the appropriate setting for the driver</li> </ul>
	Clean and clear to ensure proper visibility
	Check for damage that affects the proper functioning of the mirror
Windows	Cracks, discolouration, exposed sharp edges, or missing parts
	<ul> <li>Cracks that extend more than 50 mm into the area swept by the wipers or extend from one edge to another must be fixed</li> </ul>
	• Chips in any area swept by the wipers must not be greater than 25 mm in diameter
	Cracks or chips must not go through both layers of laminated glass
	Clean, clear and unobstructed to ensure proper visibility
	Driver's window can be opened from the inside
Doors	<ul> <li>Must function and seal properly from both the inside and outside of the vehicle</li> </ul>
	<ul> <li>Securely fastened to the vehicle and is not damaged</li> </ul>

### Exterior Inspection continued

Component	Inspection Points
Inspection decals	Properly affixed and valid
Frame (body, chassis, sliding sub frame, cross members)	Cracks, corrosion, structural damage, deformation, missing or loose fastener
Underbody	• Structural damage, deformations, perforations, or presence of openings not designed by the manufacturer
Drive Shaft	<ul> <li>Missing, loose or damaged parts</li> <li>Excessive wear</li> <li>Universal Joints must not show evidence of free play</li> </ul>
Brakes	<ul> <li>No cracks (other than heat crack)</li> <li>Damage to drum or disc</li> <li>Excessive wear on discs or inside drum must not exceed manufacturer's wear limit</li> </ul>

E	Exterior Inspection continued
Component	Inspection Points
Suspension	<ul> <li>Excessive play for ball joints, control arm pivots, wheel and axle bearings</li> <li>Front and rear springs, shackles, U-bolts, centre-bolts, radius rods, control arms, torque arms, equalizers, sway-bars, stabilizers and their supports and attachments must not be loose, bent, cracked, broken, disconnected, displaced, perforated by corrosion or missing</li> <li>Shock absorbers must not be loose, bent, disconnected, missing or damaged, or show evidence of active fluid leakage</li> <li>Air bags must not be damaged or deflated</li> </ul>
Batteries	<ul> <li>Securely mounted, must not be loose, missing or have hold downs missing, battery cover is on and secure</li> <li>Check for corrosion or leaks</li> <li>Make sure battery cables are attached and secure</li> </ul>
Lights	<ul> <li>All lights must operate properly: headlights, hazard lights, signal lights, clearance, marker and identification lights, tail lights, and brake lights</li> <li>Components must not be damaged, discoloured, or be missing in whole or part</li> <li>Lamps must not be covered or modified in a manner that reduces the effective area of the lens or reduces the brightness of the light</li> </ul>

### Exterior Inspection continued

Component	Inspection Points
Trailer electrical cord	• Properly secured, not loose so as to contact moving parts, rubbed through the insulation, peeled, cut or deteriorated
Air lines	Properly secured, not dragging or rubbing, no leaks
	• Service and supply lines secure, properly connected to the trailer, not leaking
Reflective tape	Must be properly affixed and not damaged where required
Tires	Tire pressure is maintained in accordance with manufacturer's specifications
	• Excessive tread wear, tread separation, exposed cord, abnormal bumps, bulges or knots
	Cuts or snags that affect the safety of the tires
Wheels	• Wheel stud, bolt, clamp, nut, and lug must not be loose, missing, damaged, broken or mismatched
	• Wheel assembly does not have any visible cracks, or bent in a way that affects the safe operation of the vehicle
	Hub must not be cracked, bent, distorted, worn, missing or leaking

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### **Exterior Inspection continued**

Component	Inspection Points
Mud Guards/Flaps	Secure, not damaged or missing
Exhaust System	Missing, perforated, patched or insecure components
	Leaks
	• No part of the exhaust system must be closer than 50 millimetres to wiring, any part of a fuel or brake
	component or any combustible material that is not protected by a shield
Fuel System	Fuel tank is securely mounted/attached, fuel lines are present and secure and there are no
	leaks
	Filler cap is not missing and is secure
	Leaks
Fifth Wheel Coupling	<ul> <li>Fifth wheel is secured to vehicle frame and positive stops prevent the fifth wheel from shifting</li> </ul>
Device	on the frame
	<ul> <li>Jaw closure and locking mechanism is in good working order, not cracked or broken</li> </ul>
	Jaw closure is not worn beyond 6.4 millimetres
	• Slider mechanisms (if equipped) are locked securely, do not show signs of failure or excessive wear, are
	equipped with stops
	<ul> <li>Saddle bushings must not be worn in excess of manufacturer's specifications</li> </ul>
	Upper plate is not loose, cracked or warped
	King pin is not loose, cracked, deformed or have wear in excess of 3.2 millimetres

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### **Exterior Inspection continued**

Component	Inspection Points
Landing Gear	Raised, secure, no cracks, bends or missing parts
	Handle must operate smoothly and easily and be properly stowed
Load or Cargo	Properly secured as per regulations
Tailgate/Cargo Doors	Closed and properly secured
	<ul> <li>No structural damage or damage to hinges and latches</li> </ul>
Rear Impact	Must not be missing, bent or broken, or have cracked welds
Guard/Bumper	Must be securely mounted

### **Interior Inspection**

Component	Inspection Points
Heating and Defrosting Systems	<ul> <li>Visible portions of the hoses and piping for the interior heaters routed within the occupant compartment must not be rubbed, cracked or leaking</li> </ul>
	• Windshield defroster system must deliver heated air to the windshield and, where fitted, to the side windows to the left and right of the driver
	<ul> <li>System must switch between heater and defroster positions and fan must blow sufficiently at each speed</li> </ul>
Windshield Wipers and	Windshield washer system must function in accordance with the manufacturer's
Washers	specifications
	• Each wiper arm and blade assembly must sweep the area specified by the manufacturer and
	provide effective clearing of the windshield
Instrument Panel	<ul> <li>No warning lights present after the start up cycle has completed</li> </ul>
	<ul> <li>Indicator lights must work for signals, hazards, and high beams</li> </ul>
	<ul> <li>Gauges and switches must be in normal operating ranges and/or positions</li> </ul>
Horns	Proper operation of both the air and electric horn

### Interior Inspection continued

Component	Inspection Points
Brake Pedal	<ul> <li>Brake pedal pad or anti-skid surface is secure and does not have excessive wear (where equipped)</li> </ul>
	<ul> <li>Moderate foot force is maintained when pedal is depressed for 10 seconds</li> </ul>
	• Total pedal travel does not exceed 80% of the total available travel when heavy force is applied
	The brake releases immediately when pressure is released from the pedal
Accelerator Pedal	• With engine idling, depress the pedal and release, should be no binding or sticking
Clutch Pedal	Check for free play and the amount of travel
	Clutch brake engages when fully depressed

### Interior Inspection continued

Component	Inspection Points
brake must he	pplied and not held by foot or hand force or by air pressure, the parking old the vehicle stationary against the engine momentarily while the vehicle reverse gear and low forward gear at a light throttle setting
	orakes are applied by either foot or hand force, it must stop the vehicle when the ated in reverse gear and forward gear
• Securely mou	inted and properly adjusted
Cushion or pace	lding are not missing, torn or badly worn
Seatbelts faste	n and unfasten properly, no rips or tears, and properly secured to vehicle
	her must be present in commercial vehicles wider than 2,060 mm, within Iriver, secure and properly charged
	rree flares/triangles must be present if vehicle is wider than 2,060 mm and is d outside corporate limits of an urban municipality
Seatbelts faste     rgency Equipment     Fire extinguis     reach of the o     Minimum of the	n and unfasten properly, no rips or tears, and properly se her must be present in commercial vehicles wider the Iriver, secure and properly charged pree flares/triangles must be present if vehicle is wider the

# Schedule 1 – Truck, Tractor & Trailer

#### 1. Air brake system

#### Defects

- audible air leak
- slow air pressure build-up rate

#### Major Defects

- pushrod stroke of any brake exceeds the adjustment limit
- air loss rate exceeds the prescribed limit ۰
- inoperative towing vehicle (tractor) . protection system
- low air warning system fails or system is . activated
- inoperative service, parking or emergency . brake

#### 2. Cab

Defect

. occupant compartment door fails to open

#### Major Defect

• any cab or sleeper door fails to close securely

#### 3. Cargo securement

#### Defect

. insecure or improper load covering (e.g. wrong type or flapping in the wind)

#### Major Defects

- . insecure cargo
- . absence, failure, malfunction or deterioration of required cargo securement device or load covering

#### 4. Coupling devices

#### Defect

. coupler or mounting has loose or missing fastener

#### Major Defects

- coupler is insecure or movement exceeds prescribed limit
- . defective, incorrect or missing safety chain/cable
- coupling or locking mechanism is damaged or fails to . lock

#### 5. Dangerous goods

#### Maior Defect

dangerous goods requirements not met

#### 6. Driver controls

#### Defect

- accelerator pedal, clutch, gauges, audible and visual . indicators or instruments fail to function properly
- air leak in air suspension system
- broken spring leaf
- c)suspension fastener is loose, missing or broken

#### Maior defects

- damaged or deflated air bag [patched. cut. bruised. cracked to braid, mounted insecurely]
- cracked or broken main spring leaf or more than one broken spring leaf
- part of spring leaf or suspension is missing, shifted out of place or in contact with another vehicle component
- loose U-bolt

#### 7. Driver seat

.

#### Defect

seat is damaged or fails to remain in set position

#### Maior defect

seatbelt or tether belt is insecure, missing or . malfunctions

#### 8. Electric brake system

#### Defect ٠

Loose or insecure wiring or electrical connection

#### Major Defects

- Inoperative breakaway device ٠
- . Inoperative brake

#### 9. Emergency equipment and safety devices

#### Defect

emergency equipment is missing, damaged or defective . or expired

#### 10. Exhaust system

#### Defect

•

exhaust leak

#### Maior Defect

leak that causes exhaust gas to enter the occupant ٠ compartment

#### 11. Frame and cargo body

Defect

•

Damaged frame or cargo body.

#### Maior Defect

Visibly shifted, cracked, collapsing or sagging frame . member(s).

# Schedule 1 – Truck, Tractor & Trailer

#### 12. Fuel system

#### Defect

missing fuel tank cap

#### Major Defects

- insecure fuel tank
- dripping fuel leak

#### 13. General

Major defect

 serious damage or deterioration that is noticeable and may affect the vehicle's safe operation

#### 14. Glass and mirrors

#### Defects

- required mirror or window glass fails to provide the required view to the driver as a result of being cracked, broken, damaged, missing or maladjusted
- required mirror or glass has broken or damaged attachments onto vehicle body

#### 15. Heater/defroster

Defect

control or system failure

#### Major Defect:

defroster fails to provide unobstructed view through
 the windshield

#### 16. Horn

- Defect
- vehicle has no operative horn

#### 17. Hydraulic brake system

#### Defect

Brake fluid level is below indicated minimum level.

#### Major Defects

- Parking brake is inoperative
- Brake boost or power assist is inoperative.
- Brake fluid leak.
- Brake pedal fade or insufficient brake pedal reserve.
- Activated (other than ABS) warning device.
- Brake fluid reservoir is less than 1/4 full.

#### 18. Lamps and reflectors

#### Defect

- Required lamp does not function as intended.
- Required reflector is missing or partially missing.

Major Defects – When use of lamp is required

- failure of both low-beam headlamps
- failure of both rearmost tail lamps Major Defects - at all times
- failure of a rearmost turn-indicator lamp
- failure of both rearmost brake lamps

#### 19. Steering

#### Defect

steering wheel lash (free-play) is greater than normal

#### Major Defects

- steering wheel is insecure, or does not respond normally
- steering wheel lash (free-play)

#### 20. Suspension system

#### Defects

- air leak in air suspension system
- broken spring leaf
- c)suspension fastener is loose, missing or broken

#### Major defects

- damaged or deflated air bag [patched, cut, bruised, cracked to braid, mounted insecurely]
- cracked or broken main spring leaf or more than one broken spring leaf
- part of spring leaf or suspension is missing, shifted out of place or in contact with another vehicle component loose U-bolt

#### 21. Tires

#### Defects

.

- damaged tread or sidewall of tire
- tire leaking (if leak can be felt or heard, tire is to be treated as flat)

#### Major defects

- flat tire
- tire tread depth is less than wear limit
- tire is in contact with another tire or any vehicle component other than mud-flap
- tire is marked "Not for highway use"
- tire has exposed cords in the tread or outer side wall area

# Schedule 1 – Truck, Tractor & Trailer

#### 22. Wheels, hubs and fasteners

#### Defects

- hub oil below minimum level (When fitted with sight glass)
- leaking wheel seal

#### Major Defects

- · wheel has loose, missing or ineffective fastener
- damaged, cracked or broken wheel, rim or attaching part
- · evidence of imminent wheel, hub or bearing failure

#### 23. Windshield wiper/washer

Defects

- control or system malfunction
- wiper blade damaged, missing or fails to adequately clear driver's field of vision

Major Defects (when necessary for prevailing weather conditions):

 wiper or washer fails to adequately clear driver's field of vision in area swept by driver's side wiper

Time:	Date:		
Carrier Name (as on registr	ation):		
Plate Number(s) and Jurisd	iction(s)		
Truck:		Lead	Trailer:
Rear Trailer:		Other	*
Location of Inspection (mu	nicipality or location of	on high	way):
Odometer Reading:		OR	Hubometer Reading:

I performed an inspection of the vehicle noted above using the criteria set out in Schedule 1 of Part 2, NSC Standart 13 and as per sections 10(4) and 10(10) of Alberta's Commercial Vehicle Safety Regulation, AR 121/2009 and report the following:

#### No defects were found.

Defects were detected (check applicable):

Inspected	Defect	Major Defect	Vehicle Plate	Details of Defect (if any)
Air Brake System				
Cab				
Cargo Securement				
Coupling Device				
Dangerous Goods				
Driver Controls				
Driver Seat				
Electric Brake System				
Emergency Equipment and				
Safety Devices				
Exhaust System				
Frame and Cargo Body				
Fuel System				
General				

### Complete the Trip Inspection Report



### Module 3

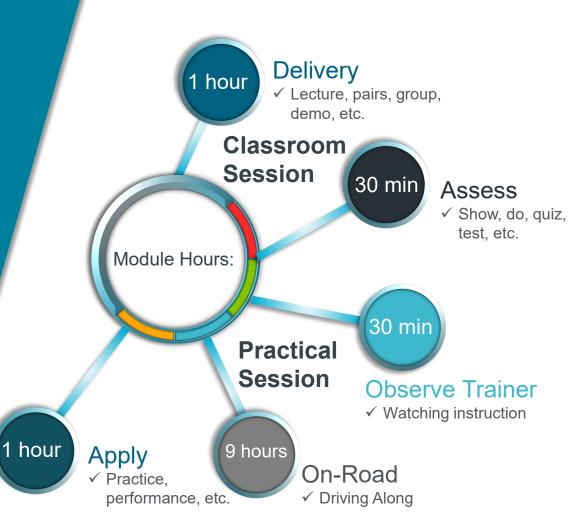
### **Basic Driving Techniques**



# Purpose

### Module 3:

- Understand safe and effective tractor-trailer manoeuvering procedures.
- Recognize the importance of following all manoeuvering procedures in order to ensure safety
- Communicate the importance of journey management in ensuring a safe and low-stress trip.



### **Proper Warm Up Procedures**

# A driver's first responsibility is to ensure that everything regarding their vehicle is in order.

- It is important that you are fully alert and not impaired by anything that may affect your judgement
- Complete an overall visual inspection of the truck.
- Confirm valid Vehicle Inspection certificate/sticker.
- Conduct the 'Under the Hood' portion of the pre-trip inspection.

.

Entering the cab

### Entering and exiting the cab

- Always check steps and handles for grease, fuel, oil, mud, ice.
- Clean off all residue before entering cab. Keep steps as clean as possible to eliminate slipping and injury.
  - Wear appropriate footwear and high-visibility clothing
  - Maintain a minimum of three points of contact.
  - Focus on your entry, always facing the tractor.
- Place one foot on the step while keeping the other foot securely on the ground.
- Grip the handle on the inside of the door with one hand and the handle on the exterior cab frame with the other.
- Notice the three points of contact:
- TWO HANDS AND ONE FOOT

### Entering and exiting the cab



- Move your lower foot to the top step, pulling your body with your arms if necessary.
- There are still three points of contact.
- Bring your rear foot to the top step. Both feet are now on the top step so you may release one handle and still maintain three points of contact.
- Slide or step into the cab and release the remaining handle.
- You are now safely inside

Entering and exiting the cab



To exit the cab safely, use the following steps:

- Exit the truck by climbing out backward
- Maintain three points of contact at all times

Never jump out of the cab!

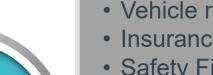
Engine Warm-up



Engine warm up prepares the engine to do its job by:

- Circulating oil
- Lubricating parts
- Building pressure to proper levels.

Documentation



**Documentation** 

- Vehicle registration
- Insurance
- Safety Fitness Certificate (if applicable)
- Permits (if applicable)
- Hours of Service records (if applicable)
- Trip Inspection Report
- Bills of Lading (if applicable)
- Dangerous Goods shipping document /training certificate (if applicable)

Seat Adjustment

### **Correct Seat Adjustment**

- Correct seat adjustment must be made before the vehicle is moved.
- This is essential for a safe vehicle operation.
- To maintain the greatest control, keep both hands on the steering wheel.

Seat Belt Usage

Proper Seatbelt Use

- Is the LAW
  - Reduces chance of being killed or injured by 55 per cent if you are involved in a collision

Mirror Adjustment

Mirror Adjustment  Correct mirror adjustments are essential for the safe operation of a commercial vehicle.

 Allow better view your blind spots (no zones) and "danger zone".



Mirror Adjustment - Types of Mirror

### **Convex Mirrors**

- Located below the outside flat mirrors.
- Used to monitor the left and right sides at a wide angle.
- Provide a view of traffic and clearances at the side of the vehicle.

Mirror Adjustment - Types of Mirror

### **Flat Mirrors**

- Mounted on the left and right at the front of the windshield.
- Used to monitor traffic and check clearances on the sides and to the rear of the vehicle.
- There is a blind spot immediately below and behind each mirror, directly in front of the vehicle, and directly in back of the rear bumper



Mirror Adjustment - Types of Mirror

# Flat Mirror - Left side

Ensure that the left mirror is properly adjusted so you can see:

- 60 metres or four vehicle lengths behind the vehicle
- The top of the vehicle.
- A small portion of the sides of the vehicle.
- The rear tires touching the ground.



### **Section 1 - Start Up and Warm Up Procedures**

Mirror Adjustment - Types of Mirror

# Flat Mirror - Right side

Adjust the right mirror so that the right side of the vehicle is visible along the left, inside edge of the mirror.

- The horizon line is seen three quarters of the way up the mirror.
- Both mirrors need to be adjusted the same way.
- Mirrors will not be helpful if they are not adjusted properly.

### Leaving the Driver's Seat



#### Parking Brake

- The parking brake is set when the vehicle is to remain in position for some period of time.
- When the Driver is not at the controls.
- Turn off the engine to prevent idling.
  - Chock-blocks should be used in addition to the parking brake.
- Properly release the emergency brake by making a full application of the service brake before moving the truck.

### Leaving the Driver's Seat



#### Wheel Chocks

- Always ensure the chock is centered and squared with the tire.
- Always use wheel chocks in pairs.
- Wheel chocks must be positioned downhill and below the vehicle's center of gravity.
  - On a downhill grade in front of the front wheels.
  - On an uphill grade behind the rear wheels.
- On a level grade position the chocks on the front and back of a single wheel.



### **Fuel Efficient Driving**

Smart

driving

practices

Idling a truck

- ✓ Proper warming of the Vehicle
- ✓ Do not pump the accelerator when the vehicle is warming
- ✓ Use of cruise control

I Z

- ✓ Driving at average speed
- ✓ Smoothly changing of gears
- ✓ Run the engine in the highest gear range to keep it in a low rev range.

- Ten seconds of idling uses more fuel than restarting your engine.
- ✓ Engine oil life can be reduced by as much as 75% leading to more frequent and expensive oil changes.
- Engine wear is increased. One hour of idling is equivalent of 11 kilometres of driving

#### Vehicle Size and Clearance

Vehicle Size and Clearance Having knowledge of your vehicle height, width and weight is important in ensuring smooth trip.

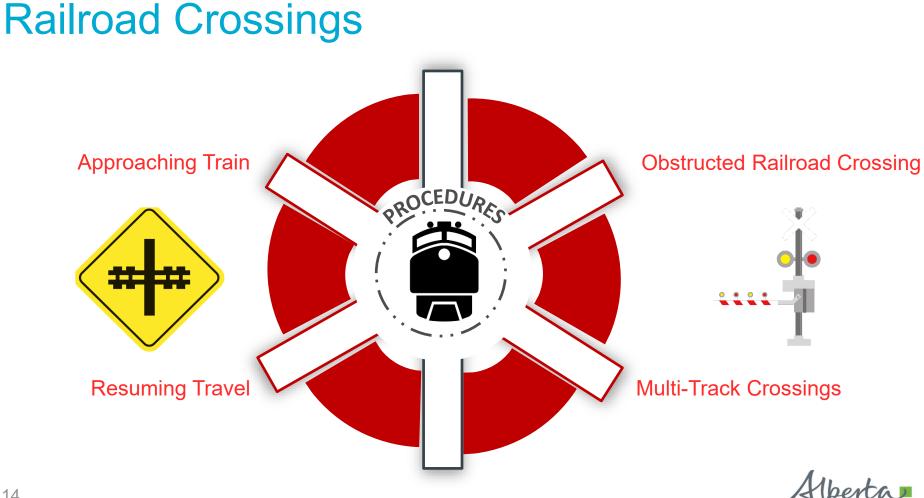
• Height

• Width

• Length

• Weight





# Crossing railway tracks can be especially hazardous for drivers of large vehicles:

- Longer vehicles need to travel further.
- Need more time to clear a crossing.
- Heavier vehicles take more time.
- Need more room to stop before a crossing.
- Larger vehicles are more likely to derail a train if there is a collision.



**Controlled crossing -** is one with a flag person, stop sign, crossing gate or an electric or mechanical signalling device

**Uncontrolled crossing -** Vehicles required by law to stop at all uncontrolled railway crossings are:

- School buses.
- Vehicles carrying explosives as a cargo or part of their cargo .
- Vehicles designated for carrying flammable liquids or gas, whether the vehicle is loaded or empty.





#### **Railroad Crossing Procedure when a Train is Approaching**

- Slow down, shift to a lower gear.
- Test your brakes.
- Obey the traffic signs, signals, and gates.
- Check for traffic behind you and then stop.
- Stop no closer than 5 metres (about 16 feet) and no further than 15 metres (about 49 feet) from the nearest rail.
- Look carefully in each direction for approaching trains.
- Put on your park brakes.



#### Railroad Crossings Resuming Travel

- Make sure there is enough room on the other side of the track for the whole unit to clear, including the vehicle's overhang.
- Be aware that a train will be a metre wider than the rails on both sides.

#### **Other considerations**

- Vehicle stalled or stuck on the tracks get out of the vehicle immediately.
- Scan the tracks at a crossing Do not attempt to cross the tracks unless you can see far enough in both directions to be sure that no train is approaching.
- Railway crossings at rural roads
  - Pay extra attention when you cross railway tracks in rural areas because why?

#### 10 Tips to Save Your Life at a Railway Crossing

- 1. Be prepared to stop at all highway/railway crossings
- 2. Look for the cross-buck symbol of a highway/railway crossing.
- 3. Listen for warning bells and whistles.
- 4. Always obey the signals.
- 5. If a police officer or railway personnel are directing traffic at the crossing, obey their directions.
- 6. If one train passes, make sure that a second train isn't approaching on another track.

- 7. Cross the tracks in low gear. Never attempt to change gears while crossing.
- 8. If your vehicle stalls on the tracks, get out quickly and away from the vehicle and the tracks.
- 9. If your view is obstructed for 300 metres in either direction, do not attempt to cross the tracks until you are certain that no train is approaching.

10. Walking or playing on train tracks is extremely dangerous and illegal.

# What are some common driver errors at railway crossings?

### Awareness on the Road

#### **Vehicle Behavior**

Monitoring your vehicle's behaviour while driving will help prevent encountering dangerous and costly mechanical breakdowns.

- Brakes
- Transmission
- Clutch
- Engine
- Steering
- Suspension



### Awareness on the Road

### **Manner of Driving**

- Forward Driving
- Other Vehicles
- Pedestrians
- Cyclists



### Shifting Gears, Accelerating and Decelerating

• A skilled driver can utilize a combination of transmission and engine retarder to slow their vehicle while only using their brake at the last moment to come to a complete stop

• The objective is to try to minimize speed changes by being in harmony with the traffic tempo and, in urban areas, in sync with traffic lights.

# **Shifting Gears**

#### **Standard Transmission**

- Check for the gear pattern.
- Depress the clutch pedal and turn the ignition on.
- Shift into the appropriate gear.
- Depress the foot brake.
- Release the park brake.
- Release the clutch to the friction point.
- Remove foot from the brake pedal, and accelerate gradually.



# Shifting Gears (cont.)

- Remove your foot from the clutch slowly completely and place it on the floor while continuing to accelerate.
- Do not ride the clutch!
- Accelerate the tractor-trailer to the proper engine speed before attempting to shift .
- When appropriate to shift gears, first depress the clutch pedal and release accelerator at the same time.
- Shift into the next gear.
- Smoothly release the clutch and continue to accelerate gradually.



# Downshifting

#### When downshifting from cruising speed, reduce speed, then:

- Depress the clutch and release the accelerator.
- Shift to the next lower gear.
- Release the clutch smoothly and use the accelerator to provide engine power appropriate to the terrain you are travelling on.
- Repeat these steps to continue downshifting as the proper engine speeds are reached.

# Downshifting

- To bring the tractor-trailer to a complete stop apply the brake.
- Gradually increasing pressure, and depress the clutch after reducing speed to between 8-16 km/h.
- If you are parking the tractor-trailer to leave it: set the parking brake
- Follow the shutdown procedures, select the appropriate gear, and secure the truck.



### **Double Clutching**

- Depress the clutch pedal just past the friction point.
- Release it and depress it again while shifting gears.
- Double-clutching lets you speed up or slow down the input shaft while it's in neutral and not engaged to any

gear.

# **Double Clutching**

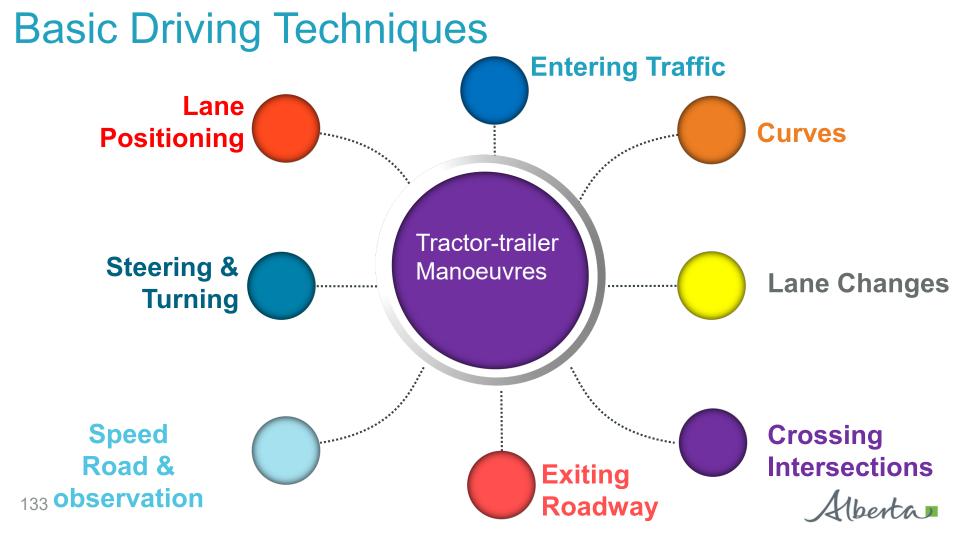
#### **Upshifting by Double Clutching**

- 1. Depress clutch pedal and release accelerator simultaneously.
- 2. Shift gear lever to neutral position.
- 3. Release clutch pedal momentarily.
- 4. Depress clutch pedal and shift to next higher gear.
- 5. Release clutch pedal and accelerate engine at the same time.

# **Double Clutching**

#### **Downshift by Double Clutching**

- 1.Depress the clutch pedal.
- 2. Move the gearshift lever into neutral.
- 3.Release the clutch pedal.
- 4. Accelerate the engine speed until engine rpm and road speed "match".
- 5.Depress the clutch pedal and quickly move the gearshift lever to the next gear position. (Do not engage the clutch brake)
- 6.Release the clutch pedal and press the accelerator at the same time.



- Entering Traffic/Merging
- Exiting a Major Roadway
- Weave Zones
- Lane Positioning
  - Off-Tracking
- Steering and Turning
- Driving long a curve
- Crossing intersections
- Observation techniques and monitoring of road conditions





- Merging is a shared responsibility between the vehicles joining the roadway and the vehicles already on the roadway.
- Signal at least four flashes in advance
- Check mirrors and windows to ensure clear path
- When merging from an alley, side street, driveway or terminal come to a complete stop before entering a cross street and remain in the lane nearest to the curb until reaching appropriate speed
- When entering highways, freeways or other restricted access roads stay in the right lane until matching the speed of other traffic
   13 5

Lane

Positioning



- Keep proper space cushion around pedestrians and other vehicles
- On a multiple lane highway, always maintain a minimum four second following distance.
- Once you are in the desired lane, cancel turn signal after completion



Off-tracking

- Low speed off-tracking -In low or moderate speed turns, the rear tires are pulled inward of the steering path
- High speed Off-tracking is the effect of centrifugal (outward) force
  - It is seen when a vehicle travels at higher speeds, and the rear tires pull outward from the steering path during a turn

#### Steering and Turning Steering

- Hand-over-hand steering method is the best to use
- One hand pushes the steering wheel up, across and down, while the other hand reaches up to the top of the wheel and pulls down





# **Making Turns**

- Signal and mirror check.
- Reduce speed and downshift to the proper gear.
- Check for clear right-of-way.
- Be aware of other road users.
- Execute the turn.

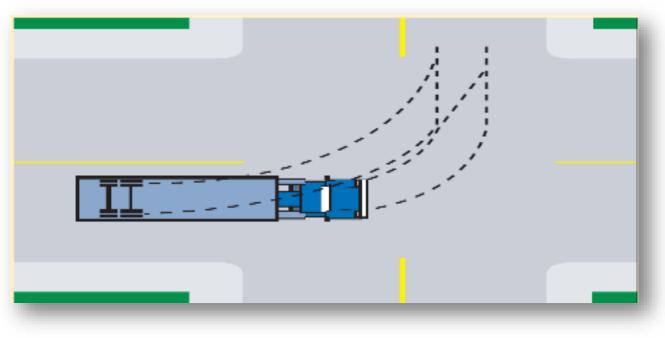


- Avoid if possible as they are high risk manoeuvres. When required, make sure you follow the steps below:
  - If not in the legal turning lane, mirror and shoulder check.
  - Reduce your speed one half-block back.
  - Ensure that you shift into a proper gear for the turn.
  - Signal left at least one third of a block (30 meters) from the intersection.

- Scan the intersection for traffic control devices.
- Check left, center, right and left again for traffic and pedestrians.
- Travel straight into the intersection to within approximately 3 meters.
- Keep front wheels straight and yield to approaching traffic and/or pedestrians.

- Look well along the intended lane of travel, accelerate, and begin the turn when safe to do so.
- Stay only as far to the right side as necessary to avoid the rear wheels running over obstacles or other vehicles.
- Start to recover steering by using the hand-over-hand method.
- Accelerate, cancel the turn signal and look up at least 12 seconds ahead or one block ahead.





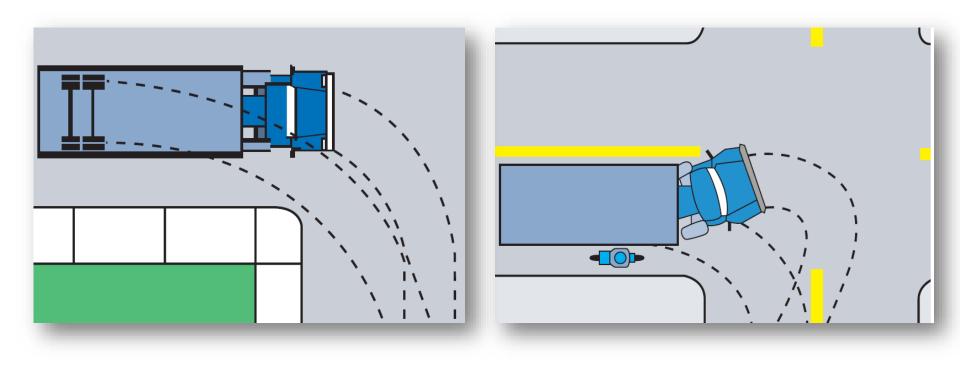
Alberta

#### **Right Turns**

- Take the right-most lane available.
- Signal to the right.
- Scan the intersection for traffic control devices.
- Check left mirror for vehicles attempting to pass.
- Check if the intended lane of travel is free.
- Check left, center, right for traffic and pedestrians.
- Proceed with the turning procedure using hand over hand steering.

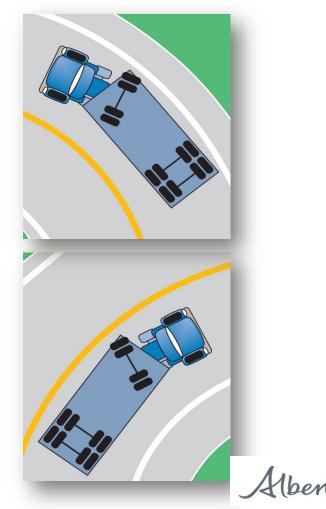
#### **Right Turns**

- Be aware that you might need to go over the centre line of the street you are entering or into the second traffic lane.
- Return to curb lane immediately after the rear wheels clear the curb.
- Maintain a safe and controlled speed.
- Look well up the driving path at least one block.
- Accelerating as necessary.



Alberta

- When large vehicles enter a curve the rear wheels do not follow the same path as the front because they do not pivot;
- The rear wheel will "off-track" closer to the curb than the front wheels.
- To mitigate this off-tracking, you must lead your turning arc of the front wheels according to how sharp the curve is and the vehicle's off-track.



# Tractor Trailer Manoeuvers Lane Changes

- Only change lanes when necessary.
- Always check for clearance by looking out of the windows.
- Use both mirrors to be sure that there are no vehicles beside or behind the truck.





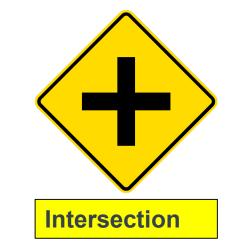
- Give special consideration for the speed vehicles are travelling behind you to ensure they will not overtake you once the lane change has begun.
- Always signal intent with at least four flashes of the turn signal before beginning the lane change.
- If the lane change involves passing another vehicle, when on a multiple lane highway, always maintain a minimum four second following distance.

#### **Negotiating Intersections**

- KNOW
  - Expect the unexpected.
- SHOW
  - Communicate with other drivers.
- GO
  - Proceed with caution.

#### At all intersections

**Never** assume the other driver will yield to you!





#### **Crossing Intersections**

- Depending on visibility, take your foot off the accelerator, check mirrors, check left then right for traffic indicators and controls, pedestrians and other vehicles, then proceed through the intersection when safe.
- Scan the area to determine the point-of-no-return;
  - Speed of the vehicle.
  - Road conditions.
  - Traffic volume to the front, rear and side.

T intersection

- Visibility.

#### **Crossing Intersections**

- Watch for traffic changing lanes or entering your lane from alleys or driveways.
- Once past the intersection check mirrors again for any change in traffic patterns behind you.
- If you plan to turn at the next intersection, position yourself so you are ready to turn.
- Look for pedestrians that may be crossing ahead.
- With any intersection, if your visibility is obstructed for any reason, you may be required to stop prior to proceeding.

#### **Driving Up Grades**

- Move to the right and maintain a safe speed.
- When shifting becomes necessary, shift one shift range at a time to maintain a safe speed.
- Observe the engine temperature more frequently under these conditions to detect dragging, pulling and overheating
- <u>Never</u> pass a vehicle on a downgrade or an upgrade on a two lane highway.



#### **Driving Down Grades**

- Before proceeding down a grade, check the system air pressure and cover the brake.
- Select the appropriate gear to descend the hill, this is usually a lower gear than required to go up the hill.
- Stay to the right while proceeding down the grade, maintaining a safe vehicle speed as required to be in control without overheating the brakes or depleting the air pressure.



#### **Snub Method Downhill Braking**

- Apply the brakes hard enough to feel a definite slowdown.
- When speed has dropped to 5 KPH below safe or posted speed, release the brakes.
- When speed increases above the safe or posted speed, repeat the first two (2) steps.



#### **Stopping and Parking on Hills**

- Check for following traffic using side mirrors and signal to pull over to the curb or edge of the road.
- Downshift, if necessary, to reduce speed in preparation to stop.
- Apply brakes lightly at first and then apply firm, even pressure for a smooth stop.



#### **Stopping and Parking on Hills**

- Depress the clutch as you are near a stop
- Shift to low gear.
- Allow extra room between vehicles for safety.
- Turn wheels into the curb on a downgrade.
- Away from curb on an upgrade.
- Ensure front tire makes gentle contact with the curb.
- For parking downhill, with or without a curb, the front wheels should always be turned to the right.
- For parking uphill with a curb, the front wheels should always be turned to the left.
- For parking uphill without a curb, tractor-trailer units with one articulation point should always have the front wheels turned to the left.
- Set the park brake and turn off the ignition.

#### **Stopping and Parking on Hills**

#### Starting on a Hill

- When stopped on a hill the parking brake should already be engaged.
- Depress the clutch and shift into the appropriate gear.
- Release the parking brake.
- Release the clutch slowly to the friction point while gradually depressing the accelerator.



Tips on How to Exit a major Roadway or Highway Safely y

- Plan ahead
- Turn on signal well in advance
- Move into deceleration lane as soon as possible
- Use the deceleration lane as much as possible to slow the vehicle down
- If you miss your exit continue to next exit. Do not stop or reverse on a roadway





- Weave zones are places where the highway entrance and exit use the same lane
- Be courteous with other vehicles merging in or exiting
- Control the speed and timing of your lane change with traffic



#### Review

#### Whose responsibility is it to ensure everything regarding the vehicle is in proper working order?



### **THE DRIVER**





To prevent falls or injuries driver's must maintain \_\_\_\_\_ contact when entering or exiting the cab.





#### **3-Point**





### You should never \_\_\_\_\_ out of the

cab.





### Jump



Review

# Engine warm up prepares the engine to do its job by:





# Circulating oil, lubricating parts and building pressure to proper levels.



Review

# True or False – A driver is required to carry the vehicle registration for both the truck and trailer?



### TRUE





## Proper mirror adjustments allow for what?





# Better view of the "no zones" and "danger zones".





# Where would you place the wheel chocks on an uphill grade?





### Behind the rear wheels





Railway crossings can be especially hazardous for large vehicles, what should you avoid on a railway crossing?



### Shifting Gears





#### What is a controlled intersection?





# Where there is traffic signals, signs or a police officer directing traffic.



#### Module 4

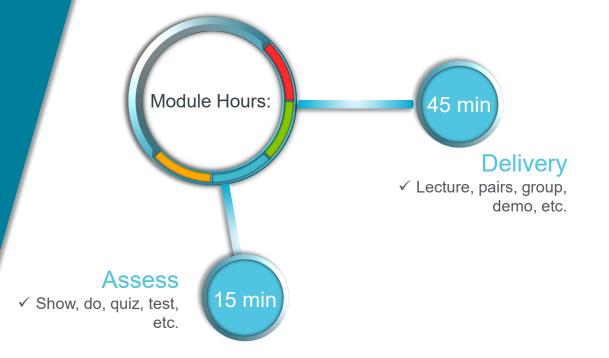
#### **Professional Driving Habits**



### Purpose

#### Module 4:

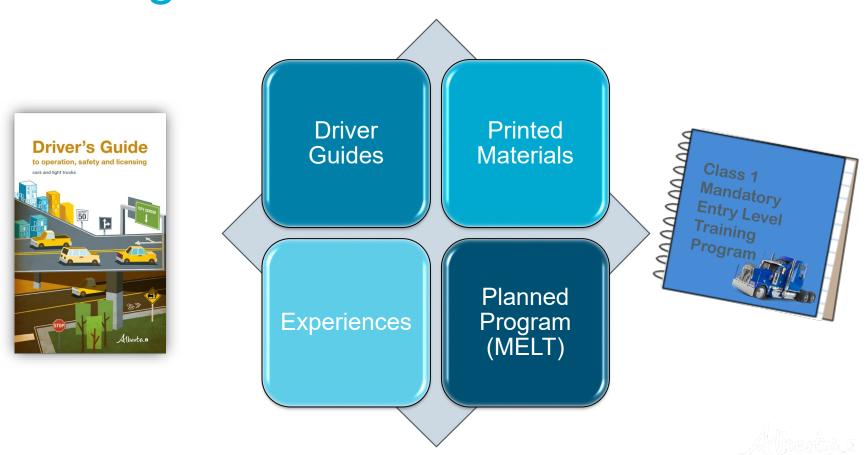
- ✓ Understand basic defensive driving principles
- Recognize common situations that lead to collisions
- Understand that personal attitudes and defensive driving habits are key to preventing collisions



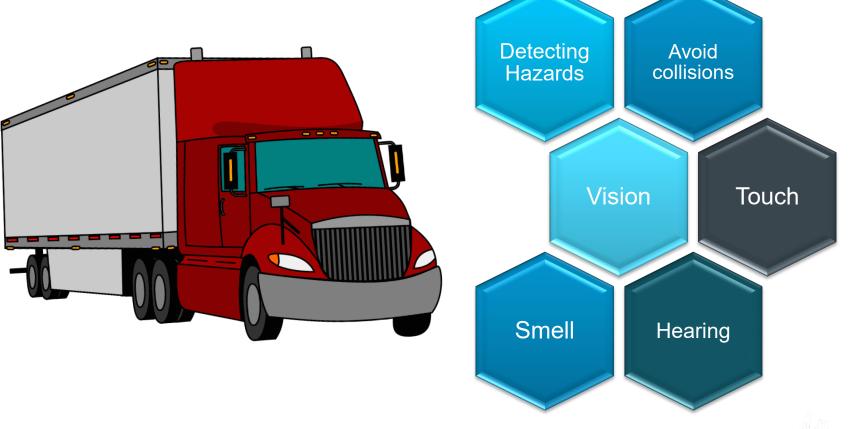
## **Elements of Defensive Driving**



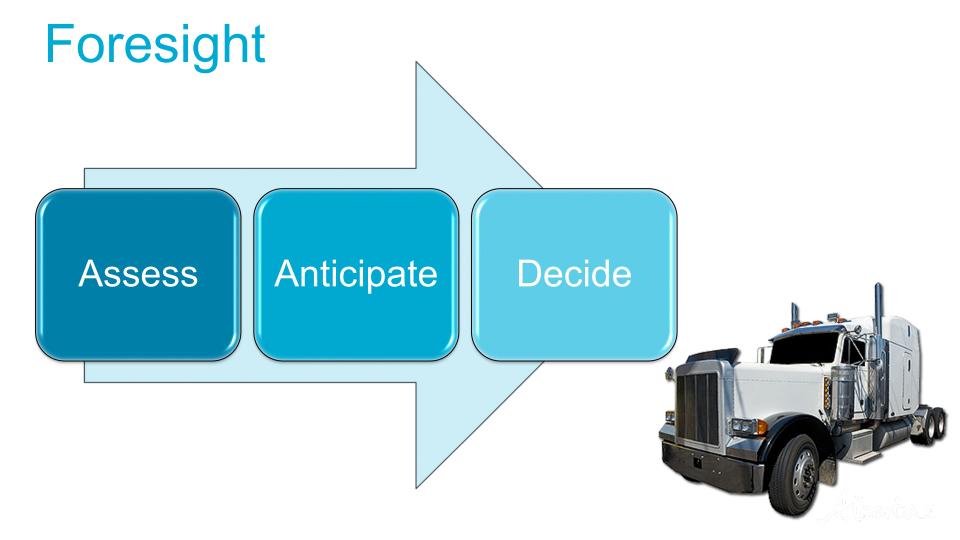
## Knowledge

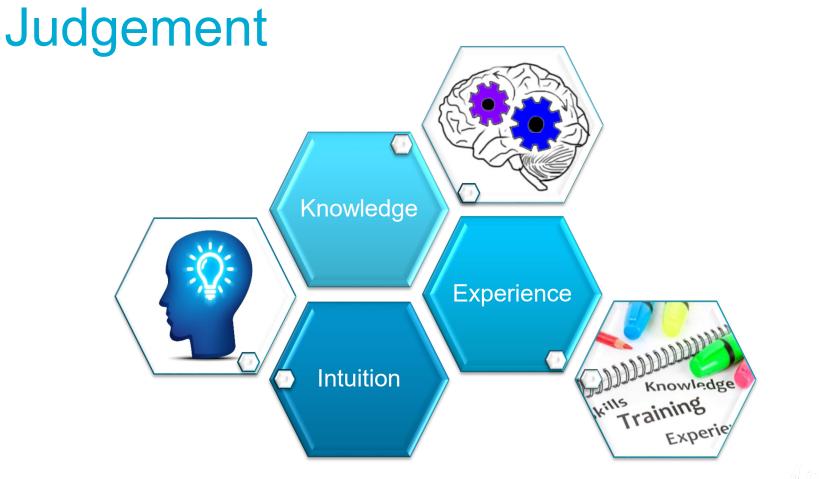


### Alertness

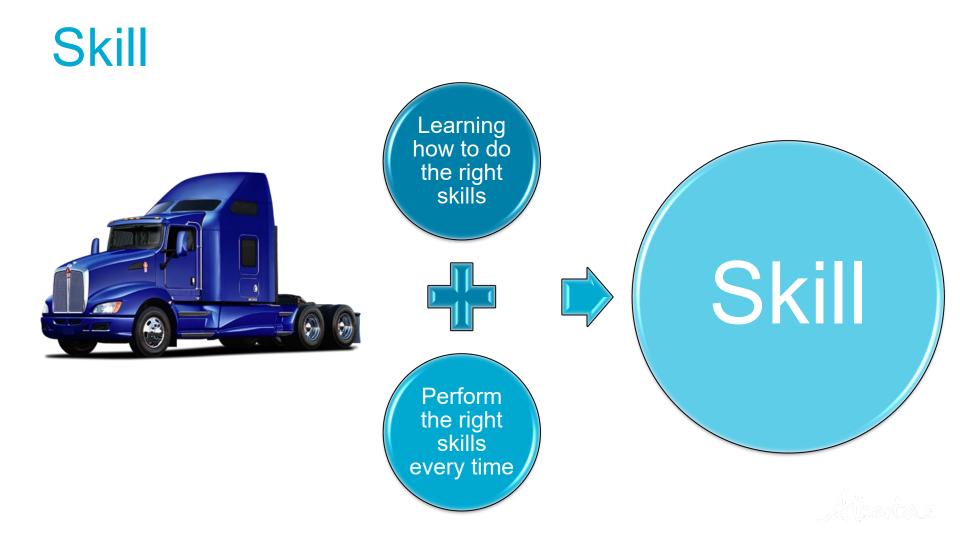


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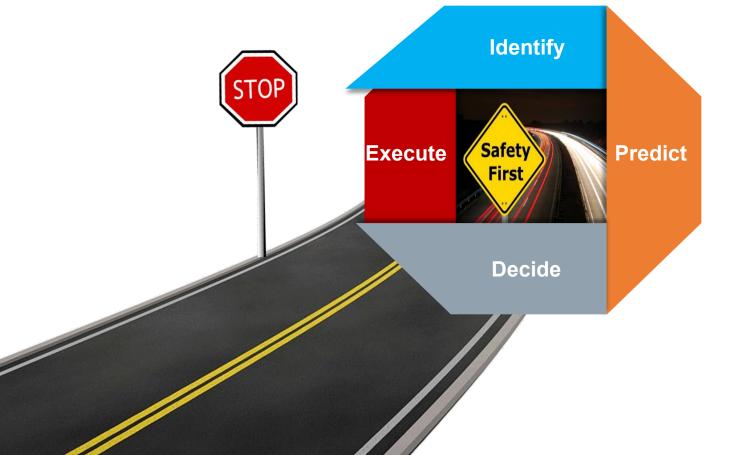


### **Good Habits**

## Consciously practicing Subconsciously performing



## Steps for Avoiding Hazards





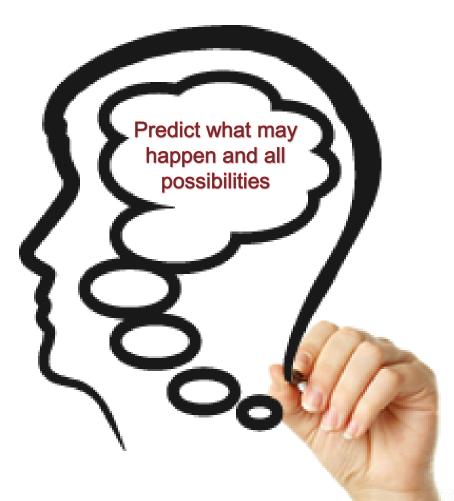
## Step 1: Identify

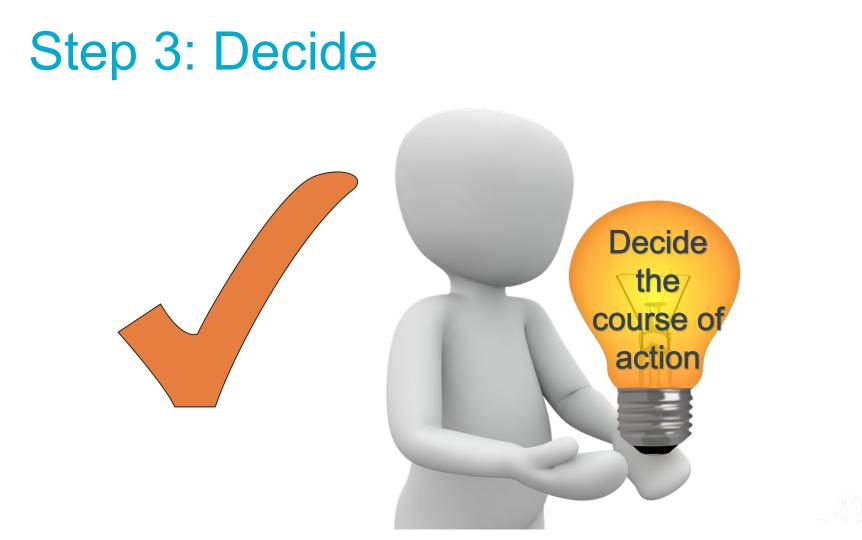




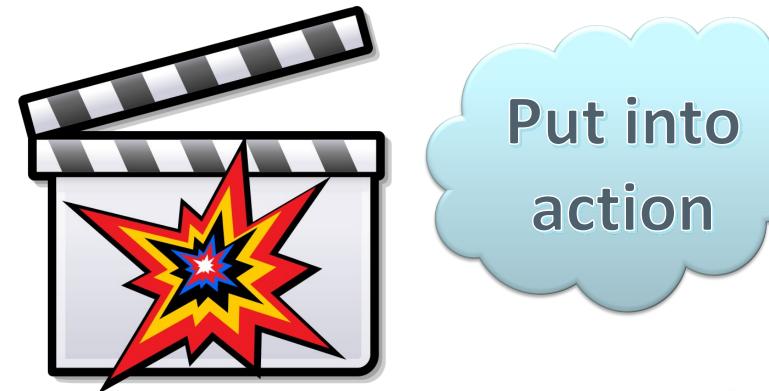
## Step 2: Predict







## Step 4: Execute









- Overdriving headlights at night or during poor weather conditions is dangerous
- Glare from the sun, snow, reflections, and the lights of other vehicles can affect vision in the daytime or at night.
- Smoke and fog may cause reduced visibility. Turn on hazards and slow down or pull over in a safe location if conditions become too dangerous to continue.







- Reducing speed is the key to safe driving in poor weather conditions
- Allow more time and distance for stopping
- Ensure windows and windshield are kept clear
- Keep emergency supplies in the vehicle



Road

- When road conditions are poor allow more time for the trip, increase following distance, reduce speed and maintain a space cushion.
- Wet Roads: Tires may lose contact with the road surface during wet conditions. This is called *hydroplaning.* 
  - Ice & Snow:

•

- Black ice is caused by moisture freezing on the road surface and is often hard to spot.
- Intersections are prone to being slick in the winter because snow may melt and re-freeze from vehicle exhaust or engine heat.



Hydroplane



Contact

### **Tire Chains**

- Improve traction when driving in snow and ice
- May be a requirement by law for driving on roads during certain parts of the year in the United States and some Canadian jurisdictions
- Before you begin your trip check that you are carrying the correct number of chains and the chains are in proper working order (no broken fasteners, condition of cross-links, side chains are not bent or broken).



### **Tire Chains**

### Prior to Installing Chains:

- Ensure the vehicle is in a safe location, away from traffic
- Check that the vehicle is parked on a stable and level surface
- Use caution when walking around the vehicle, as the ground may be slippery from snow and ice
- Wear proper Personal Protective Equipment (PPE) such as gloves and high-visibility PPE during adverse weather conditions
- Place a chain on the left rear trailer tire to help stabilize the trailer on the highway



### **Tire Chains**

#### Installing Chains (Single Drive Axle):

- Engage the emergency brake and secure the vehicle.
- Check tire pressure.
- Place chains flat (check that there are no twists or tangles) on the ground, with the traction part of the crosslink facing the ground.
- Wrap chains over the top of each tire. Ensure the fastener is on the outside and the traction part is facing up away from the tire. Side chains and fastener hooks should not be under the tire.
- Place excess crosslinks under the tire.
- First hook the centre hook followed by the inside hook as tight as possible; the outside fasteners are then hooked on last.
- Release the emergency brake and move vehicle forward or backwards at idling speed until the hooks are approximately axle high.
- Re-apply emergency brake and secure the vehicle.
- Hook the inner chain first as tight as possible, with a bit of room to hook the outer fastener.
- Tighten the tightening device (d-cam tightener) if equipped. If chains do not have a tightening device, bungee cords can be used for extra security.





- Number of vehicles
- Type of Vehicles
- Pedestrians
- Time of Day Time of Year
- Traffic Volume

- Location
- Urban vs Highway
- Residential vs City Centre
- School Zone Play ground





Proper maintenance

- Major vs minor defects
- Season ready
- Tires properly inflated, proper tread depth

Windshield

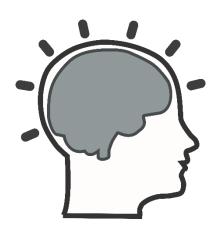
Wear and tear





- Mental and physical sharpness/ health
- Zero impairment
- Zero Distractions
- Proper fatigue management

- Skill level: inexperienced vs experienced
- Knowledge
- Confidence



#### **Recognition Errors**

Driver

- Distraction (psychological, environmental, situational)
- General inattention
- Failing to identify changing condit
- Improper visual search patterns (fixation)





#### **Decision Errors**

- Speed
- Risk taking



- Failing to adapt to changing conditions
- Failing to obey traffic control indicators





**Circumstances of Recognition Errors** 

- Stress that diminishes a drivers capacity to operate a vehicle
- Health problems
- Money or Family issues
- Time pressures



• Distractions from in and out of the vehicle



**Circumstances of Decision Errors** 

Inattention

Driver

- Environmental distractions
- Conscious choices to disregarding laws
- Over confidence violate laws and rules of driving
- Unconscious decision errors not identifying potential hazards
- Time management



## **Impaired Driving**





### Immediate Roadside Sanctions (IRS) Program

- Alberta has one comprehensive impaired driving program called the Immediate Roadside Sanctions (IRS) Program.
- The IRS Program includes a multi-tiered escalating approach to deter impaired driving.
- The IRS Program includes:
  - IRS 24-Hour;
  - IRS ZERO: Novice;
  - IRS ZERO: Commercial;
  - IRS WARN; and
  - IRS FAIL.

#### **Immediate Roadside Sanction (IRS) 24-Hour**

Sanction	Offence	Penalty
Immediate Roadside Sanction (IRS) 24-Hour	<ul> <li>applies to drivers suspected of being impaired by alcohol, drugs or a physical or medical condition that affects their ability to safely operate a vehicle are subject to a 24-hour licence suspension.</li> </ul>	<ul> <li>immediate 24-hour licence suspension</li> </ul>



#### Immediate Roadside Sanction (IRS) ZERO: Novice

Sanction	Offence	Penalty
Immediate Roadside Sanction (IRS) ZERO: Novice	<ul> <li>applies when a law enforcement officer has reasonable grounds to believe that a driver has operated a motor vehicle with any alcohol or drug in their body while they were a novice driver as a class 7 learner's licence or class 5 Graduated Driver's Licence (GDL) holder.</li> </ul>	<ul> <li>an immediate 30-day driver's licence suspension</li> <li>a seven-day vehicle seizure</li> <li>\$200 fine plus victim fine surcharge of 20 percent</li> </ul>

#### Immediate Roadside Sanction (IRS) ZERO: Commercial

#### Offence

-

Sanction

Commercial

Immediate Roadside

Sanction (IRS) ZERO:

program applies when a law enforcement officer has reasonable grounds to believe that a commercial driver has operated a commercial vehicle in a commercial capacity with any alcohol or drug in their body.

#### Penalty

#### 1st occurrence

• 3-days immediate driver's licence suspension and \$300 fine plus victim fine surcharge of 20 percent.

#### 2nd occurrence

• 15-days immediate driver's licence suspension and \$600 fine plus victim fine surcharge of 20 percent.

#### **3rd occurrence**

• 30-days immediate driver's licence suspension and \$1,200 fine plus victim fine surcharge of 20 percent.

#### Immediate Roadside Sanction (IRS) WARN

#### Offence

-

**Sanction** 

**Immediate Roadside** 

Sanction (IRS) WARN

applies when a law enforcement officer has reasonable grounds to believe that a driver has operated a motor vehicle with a blood alcohol concentration that is equal to or exceeds 50 milligrams of alcohol in 100 milliliters of blood.

#### Penalty

#### **1st occurrence**

 3-days immediate driver's licence suspension, 3-days vehicle seizure, and \$300 fine plus victim fine surcharge of 20 percent.

#### 2nd occurrence

 15-days immediate driver's licence suspension, 7-days vehicle seizure, requirement to complete the Crossroads course (or the Planning Ahead course may be used as an equivalent) and \$600 fine plus victim fine surcharge of 20 percent.

#### **3rd occurrence**

 30-days immediate driver's licence suspension, 7-days vehicle seizure, requirement to complete the IMPACT Program, and \$1,200 fine plus victim fine surcharge of 20 percent.



### Legal Consequences of Impaired Driving Immediate Roadside Sanction (IRS) FAIL

Sanction	Offence	Penalty
Immediate Roadside Sanction (IRS) FAIL	<ul> <li>impaired to any degree by alcohol or a drug or by a combination of alcohol and a drug</li> <li>blood alcohol concentration that was equal to or exceeds 80 milligrams of alcohol in 100 milliliters of blood</li> <li>blood drug concentration that is equal to or exceeds any blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>blood alcohol concentration and a blood drug concentration that is equal to or exceeds the blood alcohol concentration and the blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>blood alcohol concentration and the blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>knowing a demand had been made, the driver failed or refused, without a reasonable excuse, to comply with a demand made under the Criminal Code (Canada)</li> </ul>	<ul> <li>1st occurrence - The administrative penalties are imposed with or without a criminal charge. A criminal conviction will result in additional penalties.</li> <li>90-day suspension, followed by a mandatory 12 months participation in the Alberta Ignition Interlock Program</li> <li>Education: Planning Ahead course (full day)</li> <li>30-day vehicle seizure</li> </ul>

### Legal Consequences of Impaired Driving Immediate Roadside Sanction (IRS) FAIL

Sanction	Offence	Penalty
Immediate Roadside Sanction (IRS) FAIL	<ul> <li>impaired to any degree by alcohol or a drug or by a combination of alcohol and a drug</li> <li>blood alcohol concentration that was equal to or exceeds 80 milligrams of alcohol in 100 milliliters of blood</li> <li>blood drug concentration that is equal to or exceeds any blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>blood alcohol concentration and a blood drug concentration that is prescribed by regulation under the blood alcohol concentration and the blood drug concentration for the drug that is prescribed by regulation under the blood drug concentration that is equal to or exceeds the blood alcohol concentration and the blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>knowing a demand had been made, the driver failed or refused, without a reasonable excuse, to comply with a demand made under the Criminal Code (Canada)</li> </ul>	<ul> <li>2nd occurrence - The administrative penalties are imposed with or without a criminal charge. A criminal conviction will result in additional penalties.</li> <li>90-day suspension followed by a 36-month mandatory participation in the Alberta Ignition Interlock Program</li> <li>Education: IMPACT Course (two days)</li> <li>30-day vehicle seizure</li> </ul>

### Legal Consequences of Impaired Driving Immediate Roadside Sanction (IRS) FAIL

Sanction	Offence	Penalty
Immediate Roadside Sanction (IRS) FAIL	<ul> <li>impaired to any degree by alcohol or a drug or by a combination of alcohol and a drug</li> <li>blood alcohol concentration that was equal to or exceeds 80 milligrams of alcohol in 100 milliliters of blood</li> <li>blood drug concentration that is equal to or exceeds any blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>blood alcohol concentration and a blood drug concentration that is equal to or exceeds the blood alcohol concentration and the blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>blood alcohol concentration and the blood drug concentration for the drug that is prescribed by regulation under the Criminal Code (Canada)</li> <li>knowing a demand had been made, the driver failed or refused, without a reasonable excuse, to comply with a demand made under the Criminal Code (Canada)</li> </ul>	<ul> <li>3rd (and subsequent) occurrence - The administrative penalties are imposed with or without a criminal charge. A criminal conviction will result in additional penalties.</li> <li>90-day suspension followed by mandatory lifetime participation in the Alberta Ignition Interlock Program</li> <li>30-day vehicle seizure</li> <li>\$2,000 fine plus 20% victim fine surcharge</li> </ul>

### **Effects of Alcohol**

The only way for alcohol to leave your system is **TIME**.

### There are no fast tracks to sobering up

Time	Activity	Sample BAC
Midnight	goes to bed	.25
1 a.m.	sleeps*	.235
2 a.m.	sleeps*	.22
3 a.m.	sleeps*	.205
4 a.m.	sleeps*	.19
5 a.m.	sleeps*	.175
6 a.m.	sleeps*	.16
7 a.m.	gets up for work	.145
8 a.m.	feels dry mouth	.13
9 a.m.	at work	.115
10 a.m.	still legally intoxicated	.1
11 a.m.	spills coffee	.085
Noon	still feels tired	.07
1 p.m.	mind feels foggy	.055
2 p.m.	feeling irritable	.04
3 p.m.	starting to feel better	.025
4 p.m.	head clearing	.01
5 p.m.	goes home	.00

# Effects of Drugs Other than Alcohol on the Driving Task

- Perception
- Judgment
- Coordination
- Vision
- Mood

#### **Effects of Cannabis**

- Loss of tracking ability
- Distance judgment
- Vigilance
- Divided attention

## **Criminal Code Convictions**

Blood concentration level	Federal criminal penalty *	
2 nanograms (ng) per millilitre (ml) but less than 5 ng/ml THC	Maximum \$1,000 fine (summary conviction)	
5 ng/ml or more THC **	1st offence: Minimum \$1,000 fine	
OR 2.5 ng/ml or more THC combined with 50 mg/100ml or more alcohol	2nd offence: Mandatory 30 days imprisonment 3rd offence: Mandatory 120 days imprisonment	

https://www.alberta.ca/criminal-level-impaired-driving.aspx

## **Drugs and Driving**

#### Driving High is a DUI

- Over the counter medication
- Tylenol, Advil, Nyquil, Sudafed, Gravol

#### **Prescription medication**

• Morphine, Valium, Ritalin, Prozac

#### Illegal Drugs

 Marijuana, Ecstasy, Cocaine, Heroin, Opium, Crystal Meth, Amphetamine, LSD, Speed, Inhalants, PCP

## **Synergistic Effect**

#### Mixing Alcohol and Drugs Together 1 + 1 = More than 2

Number of Drinks	Combined With	Equivalent to Number of Drinks
2	Antihistamine (Cold Remedy)	- 4 to 5
2	Marijuana (1 joint)	- 5 to 6
2	Tranquilizer (Valium – normal dose)	- Approximately 6
2	Gravol	- Approximately 6

#### Alcohol and Drugs Review 1. What Does BAC stand for?

Blood Alcohol Content

#### 2. What can lower BAC levels?

• Time

# 3. At what rate does alcohol leave the body?

• 0.015% per hour

## **Alcohol and Drugs Review – Cont.**

- 4. What Is it called when you mix Drugs and Alcohol?
  - Synergistic Effect

- 5. What are the 3 categories of Drugs?
  - Prescription, Over the counter, Illegal

- 6. What BAC limit will result in a Criminal Code Conviction?
  - .08%

## **10 Impairing Effects of Alcohol**

- 1. Reasoning/Judgment
- 2. Inhibitions
- 3. Memory
- 4. Vision
- 5. Speech
- 6. Hearing
- 7. Muscular Coordination
- 8. Consciousness
- 9. Automatic Processes
- 10. Death

#### **Reasoning/ Judgment**

Your reasoning/ judgment is affected by first drink.

- This effect may not be noticeable
- Inability to think clearly/rationally
- Inability to make good decisions
- Impulsive or acting without thinking a situation is common

#### Inhibitions

Inhibitions are a mental process imposing restraint upon behavior or another mental process.

When our inhibitions are impaired we may partake or demonstrate behaviors not typical to our personality.

- Overconfident
- Relaxed
- More outgoing
- Over emotional
- Dangerous, risky, impulsive behavior

#### Memory

- Repetitive
- Forgetful
- Unable to store/recall memories
- Blackouts

#### Vision

- Visual acuity reduced (blurred vision)
- Reduced ability to control eye movement
- Reduced Peripheral Vision = Tunnel Vision
- Lack of depth perception
- Reduced ability to track moving objects
- Limited night vision & color distinction

#### Speech

- Words slurred or run together
- Too loud for situation
- Volume fluctuates for no reason
- Slow or rapid
- Using wrong words or no words at all

#### Hearing

- Auditory acuity is reduced
- Sounds are muffled
- Tolerance for loud noise increases
- Unable to determine the direction of sounds
- Excessive alcohol consumption can cause long term permanent

hearing loss.

#### **Muscle Coordination**

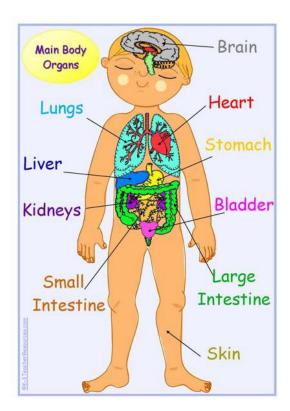
- Fine Motor Skills affected
  - Hand eye coordination
  - Overall clumsiness
  - Putting key into ignition
- Gross Motor Skills affected
  - Legs weaken
  - Loss of balance
  - Bumping into things
- Slower reaction time or NO reaction time

#### Consciousness

- Alcohol induced sleepiness
- Brain impaired beyond ability to function
- Loss of consciousness Pass out
- Coma

### **Automatic Processes**

- Heart Rate
- Breathing
- Body Temperature
- Liver
- Kidneys
- Bladder
- Digestion





#### Death

- Can occur during any of the previous stages
- Brain activity surges and then stops
- Body temperature drops
- Muscles tense Rigor Mortis
- When Muscles relax all bodily fluids are released

#### **Effects of alcohol on Space Management**

- Searching
- Eye Focus
- Double Vision
- Distance Judgment
- Side Vision
- Visual Acuity

- Color Distinction
- Night Vision
- Slowed Response Time
- Impaired Motor Skills
- Judging Distance

# **Driver Fatigue**



# **Managing Emotions and Distractions**

# Stop Drop

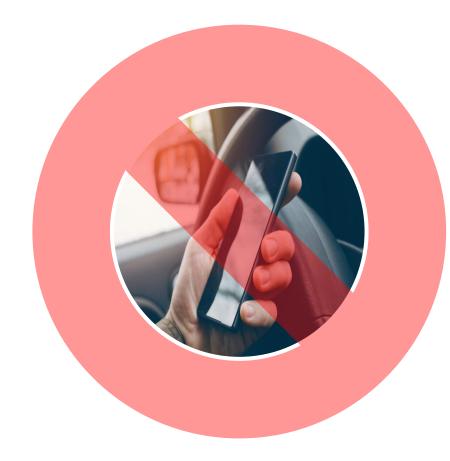
#### **Methods to Ensure Alertness**







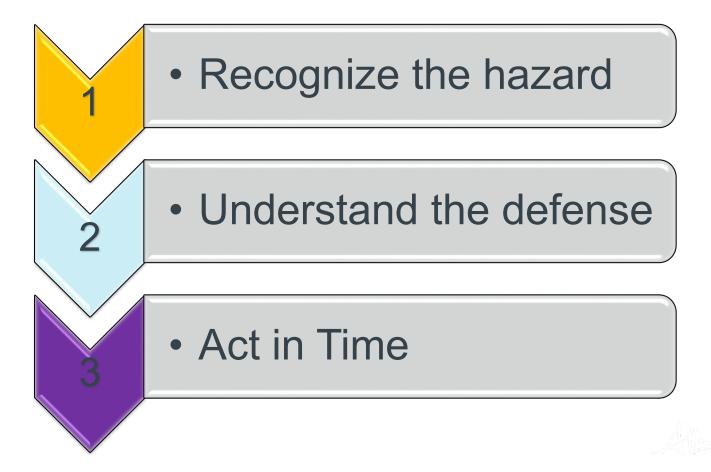
# **Distracted Driving**

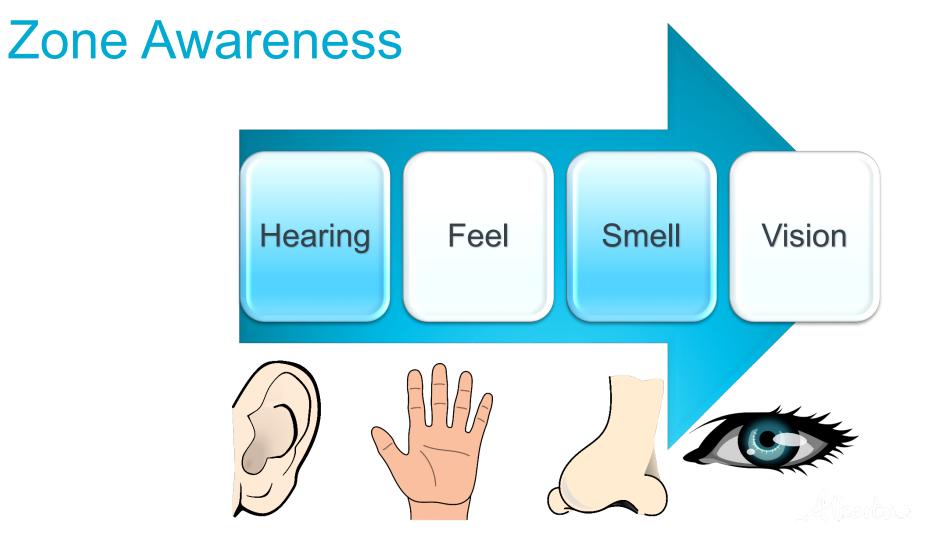


#### NOT PERMITTED

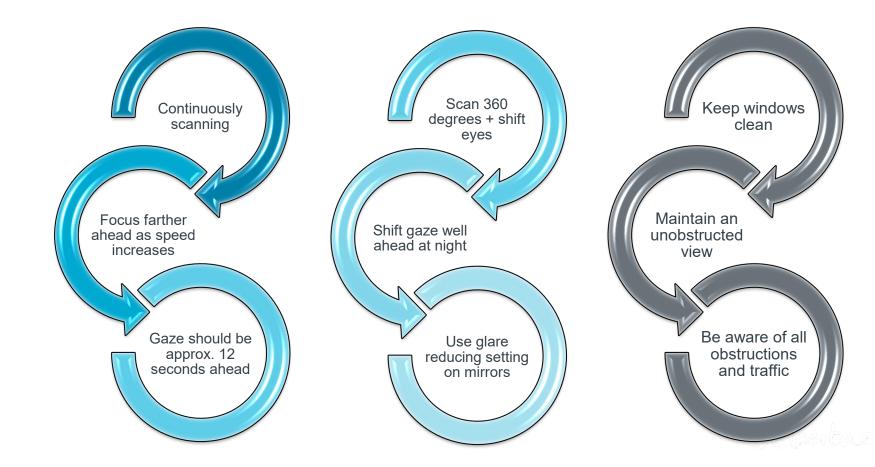
Use of cellular phones
 Reading printed materials
 Writing, printing, sketching
 Personal grooming
 Use of electronic devices

# **Basic Collision Formula**





# **Developing Good Visual Habits**



# **Blind Spots**

The areas around your vehicle you cannot see using your mirrors.

- The bigger the vehicle The bigger the blind spot
- The smaller the vehicle the easier it is to lose them in a blind spot.



# **Detecting and Interpreting Clues**





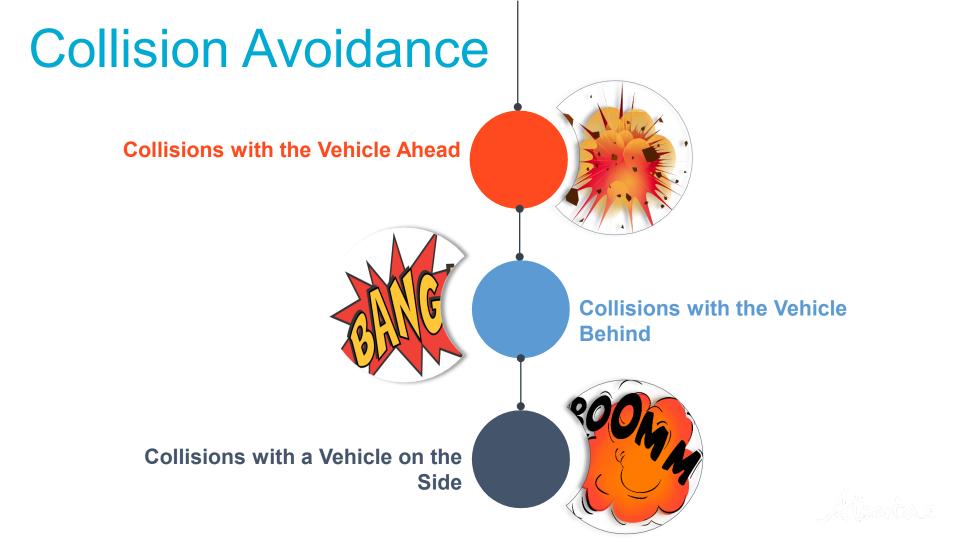
# **Commentary Driving**



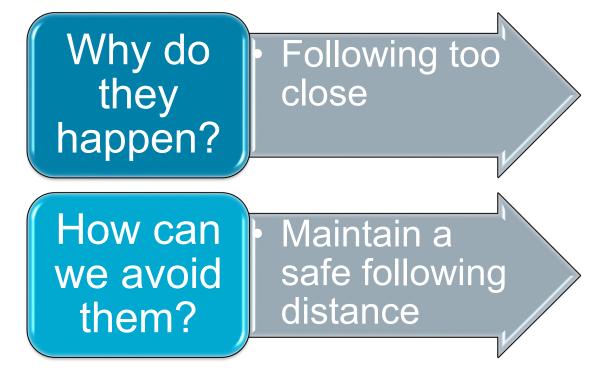
Verbalize main observations and interpretations

Real observation will become habit with regular practice





# **Collisions with the Vehicle Ahead**



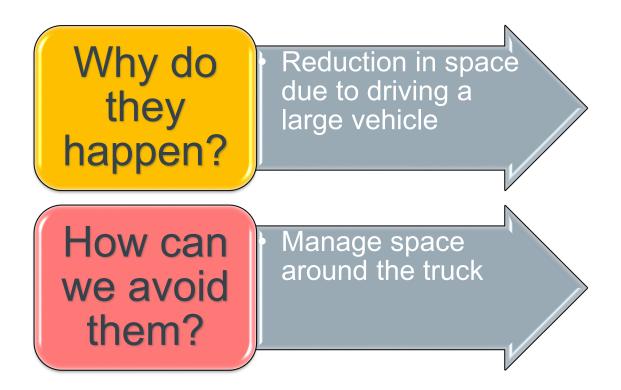


## **Collisions with the Vehicle Behind**

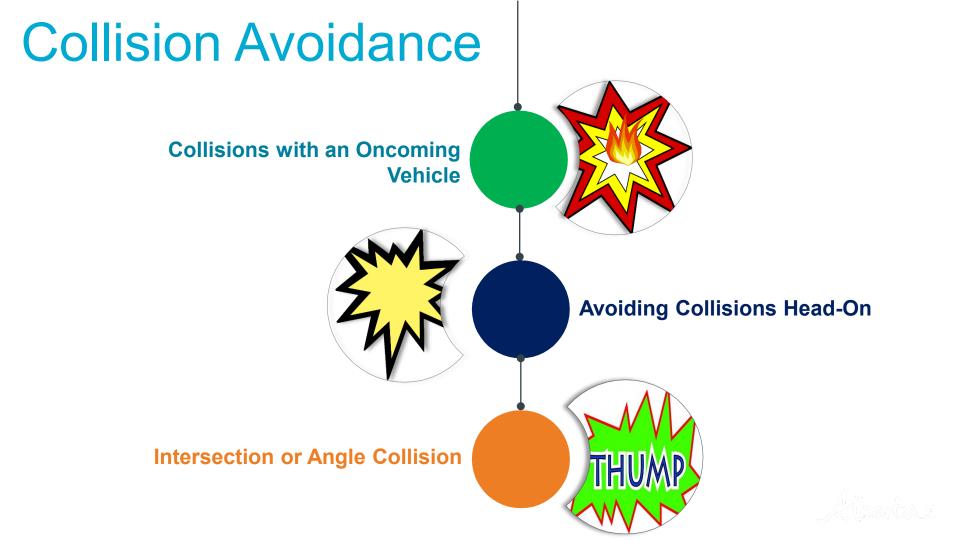




# Collisions with a Vehicle on the Side



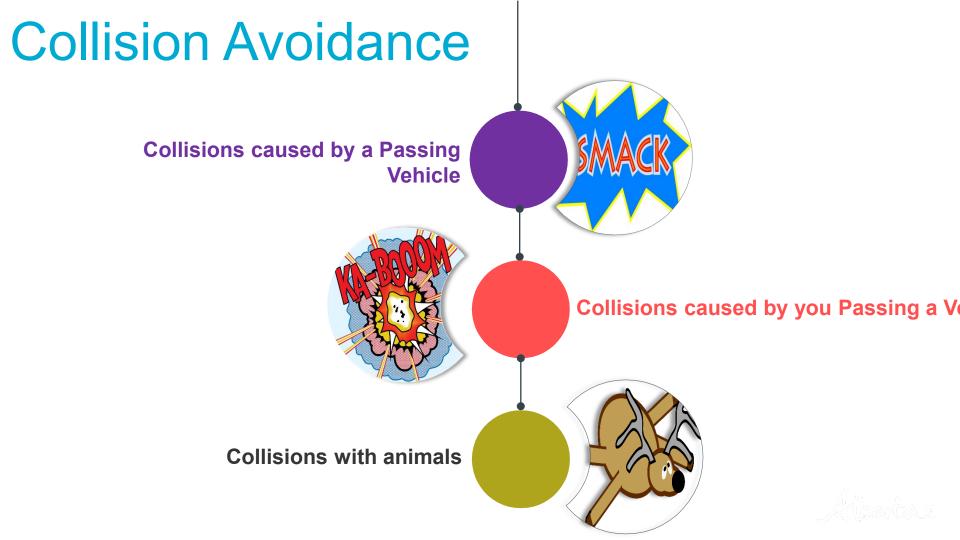




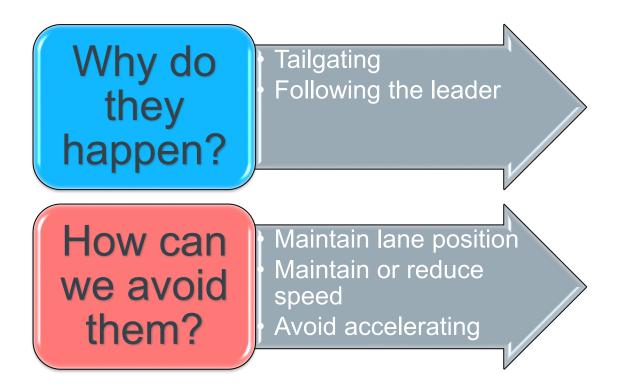
# **Collisions with an Oncoming Vehicle**





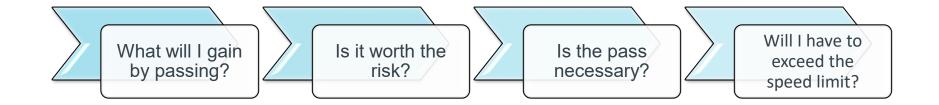


#### **Collisions Caused by Vehicles Passing You**





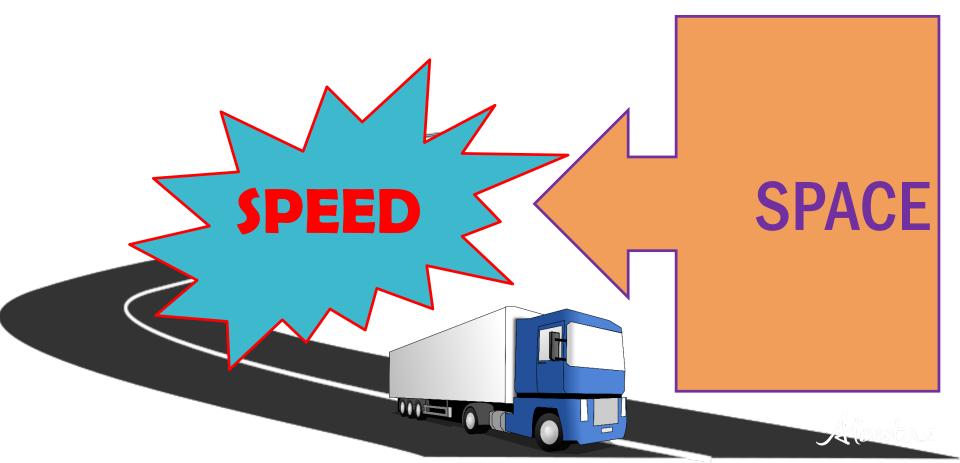
#### **Collisions Caused by you Passing another Vehicle**



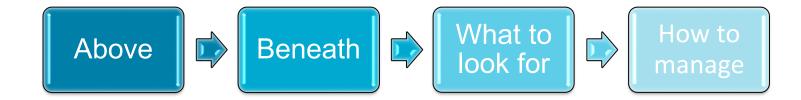




#### **Speed and Space Management**



#### **Space Management**







#### **Speed Management**

#### What does speed affect?

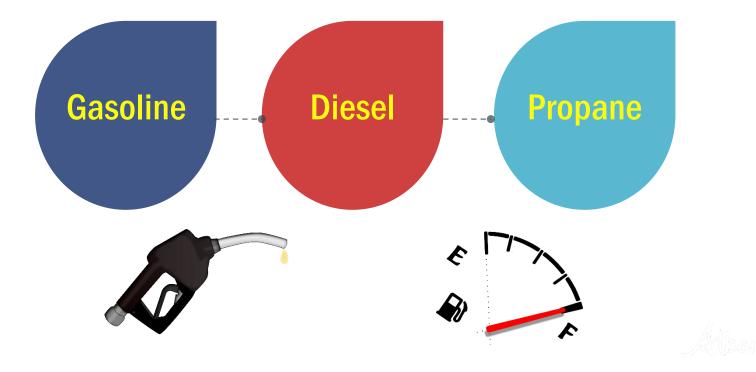
What is meant by Ideal Conditions?

Who is responsible to adjust the speed of the vehicle?





#### **Safe Fueling Practices**



### **Fuel Efficiency**

Your driving habits can reduce the amount of fuel you burn.

Some tips for fuel efficient driving:

- Weather
- Preventative Maintenance
- Proper warm up
- Idling



#### What are the steps for avoiding hazards?

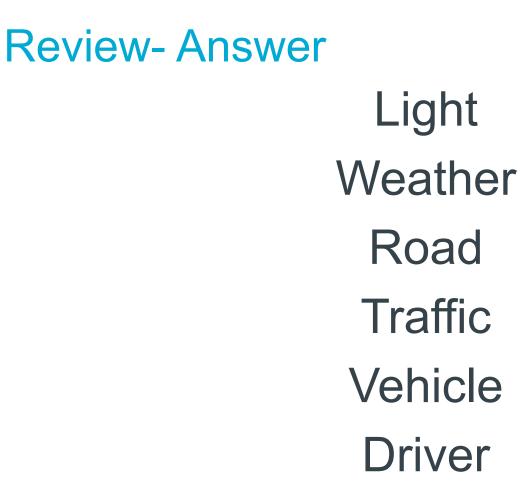
#### **Review-Answer**

Identify Predict Decide Execute





#### What are the six conditions affecting driving?





# What are some conditions that can affect your fuel efficiency?





## WIND SNOW COVERED ROADS





## What are some truck specific areas that create a less fuel efficient situation?





### UNDER INFLATED TIRES UNNECESSARY THROTTLE



#### Module 5

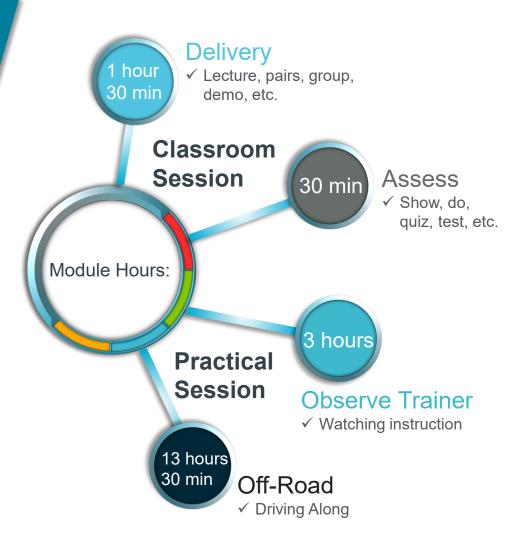
#### Off-Road Tasks and Manoeuvres



## Purpose

#### Module 5:

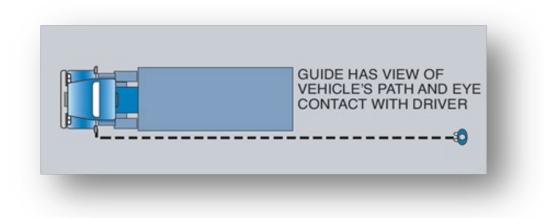
- ✓ Learn and Demonstrate proper backing procedures
- Understand the Theory of Straight, Left and Right Backing
- Recognize the importance of following backing procedures
- ✓ 90-degree Alley-Dock, Blind Side and parallel parking Maneuvers
- Coupling and Uncoupling with trailer combinations



#### **Reversing/Backing**

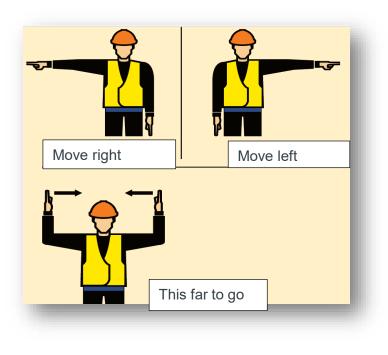
Hazards of Backing

How to be safe





#### Reversing/Backing Examples of hand signals



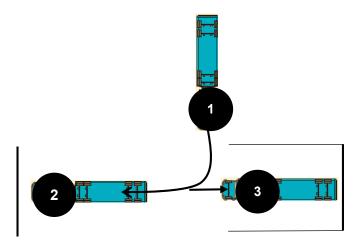


#### **Backing Manoeuvers**

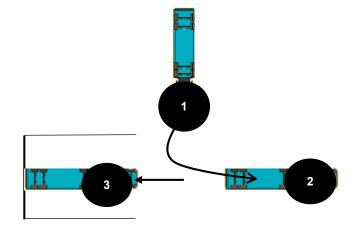
- Straight line
- 90-degree Alley-Dock (left and right)
- Parallel parking (left and right)

#### **Straight Line Backing**

• 4-way flashers and sound horn for all backing maneuvers



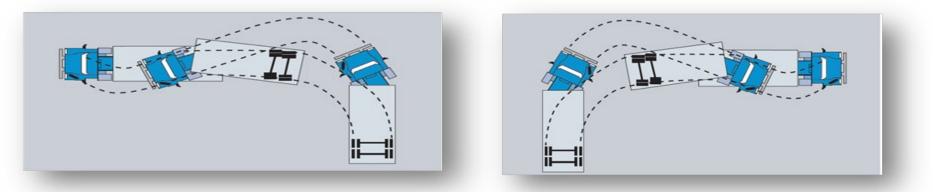
Straight backing. To space on left



Straight backing. To space on right

#### **Alley-Dock Backing**

- 90 Degree Reversing, Driver Side (Left Side)
- 90 Degree Reversing, Blind Side (Right Side)

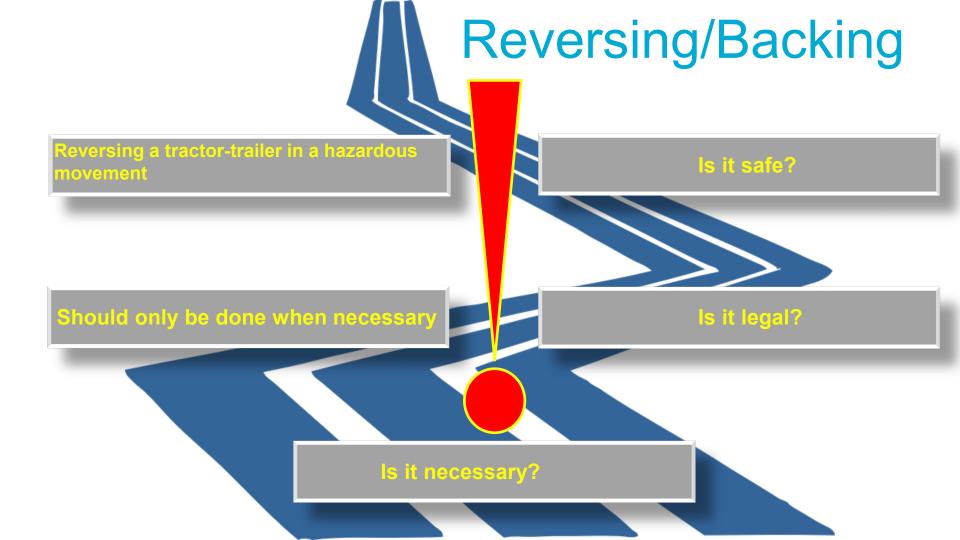


• This type of reversing is the most difficult and also potentially the most dangerous. Avoid it if you can.

#### Parallel Parking (Adjacent Parking Lane) Procedure

- Parallel park a tractor-trailer to a left spot;
- Parallel park a tractor-trailer to a right spot
- Before backing a tractor-trailer, it is important to ask yourself the following questions:

# ➢Is it NECESSARY? ➢Is it LEGAL? ➢Is it SAFE?

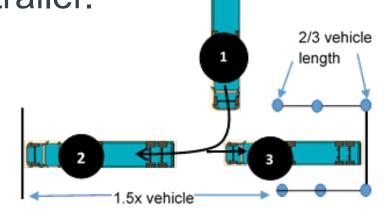


#### **Practical Training Guide**

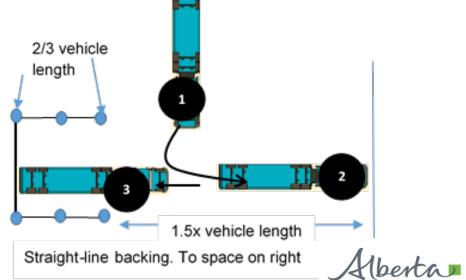
- A minimum of 11 hours and 30 minutes will be spent practicing these 3 backing maneuvers by each trainee.
- The instructor will spend about 40 minutes to demonstrate each backing maneuver and techniques to the trainee.

#### **Practical Training – Straight Line**

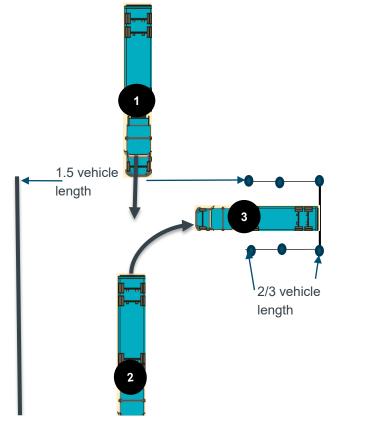
**Manoeuver Space:** Straight-line backing manoeuver will be in a space that is between 3.5 and 3.7 metres wide and as long as 2/3 the length of the tractor-trailer.

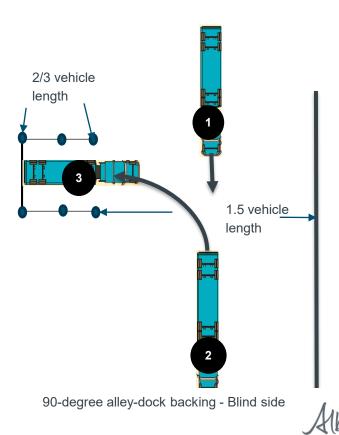


Straight-line backing. To space on left



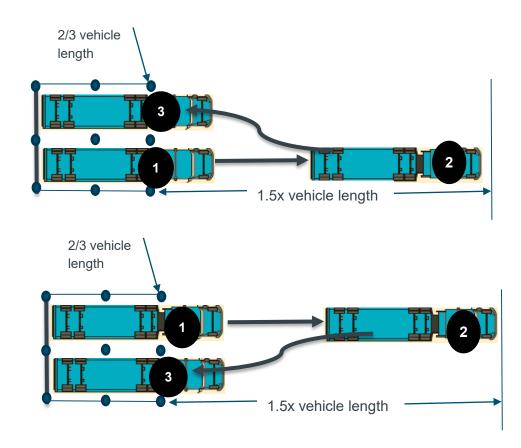
#### **Practical Training – Alley-Docking**





90-degree alley-dock backing - Clear side

#### **Practical Training – Parallel Parking**



Alberta

#### **Coupling and Uncoupling**

 Having the knowledge and skills to correctly connect and detach the trailer from the tractor is a major responsibility of every professional driver.

• 5<sup>th</sup> Wheel Position and its importance

#### **Coupling and Uncoupling**

5<sup>th</sup> Wheel Position and its importance

- May be stationary or adjustable
- Sliding the fifth wheel will change the weight distribution.
- Moved forward, more of load is shifted to the steering axle.
- When moved backwards, the weight shifts to the drive axles.
- Too much weight is shifted forward makes steering difficult and you may lose traction.

#### Coupling a Tractor-trailer

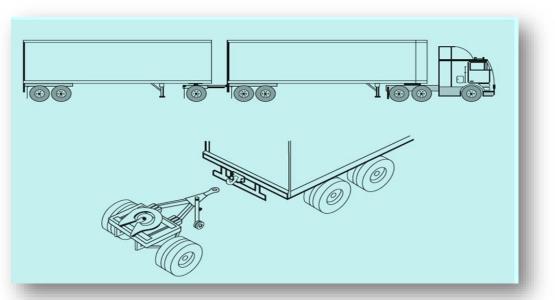
- 1. Inspection of the yard
- 2. Securing the vehicle
- 3. Inspection of the tractor
- 4. Inspection of the trailer
- 5. Align tractor and trailer
- 6. Latch 5<sup>th</sup> wheel

- 7. Tug Test
- 8. Confirm 5<sup>th</sup> wheel locked
- 9. Connect lines
- 10.Raise landing gear
- 11.Supply air check
- 12.Brake tests



#### **Double Trailer Combination Types**

<u>A Train</u>

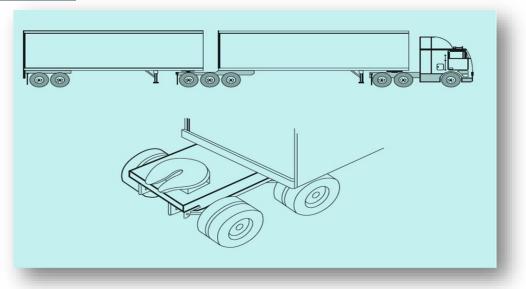


A train- example of a unit connected by a type A converter dolly



#### **Double Trailer Combination Types**

<u>B Train</u>

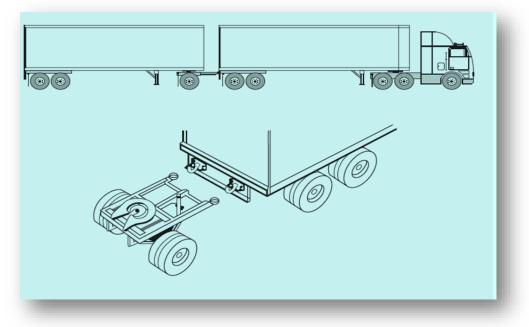


B train - example of a unit connected by a type B converter dolly.



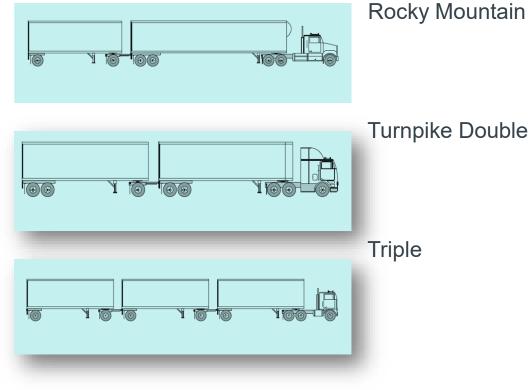
#### **Double Trailer Combination Types**

C Train



C train - example of a unit connected by a type C converter dolly.

#### Link-up Arrangement



**Rocky Mountain Double** 



#### Prior to reversing, the driver should walk around the vehicle in a counterclockwise direction and check for what?



#### **Review - Answer**

- Obstacles
- Hazards
- Clearance





# What are the 3 types of backing maneuvers you may encounter?

# **Review - Answer**

- Parallel
- Alley-dock
- Straight



### Review

# When uncoupling a tractortrailer, how should the trailer be parked?





# In a straight line





# When using a guide to help you back into a space, what are the most important things to remember?



# **Review - Answer**

- You must know what each signal means.
- The guide must make eye contact at all times with the driver.

### Module 6

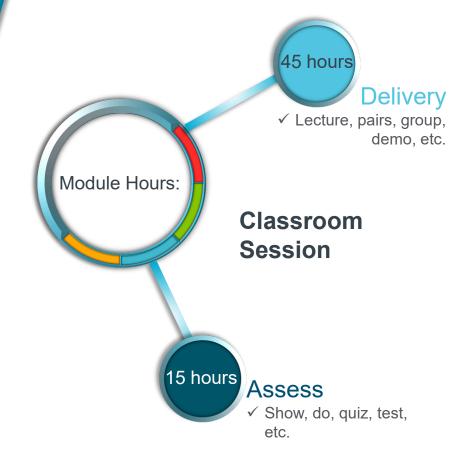
### Documents, Paperwork, and Regulatory Requirements



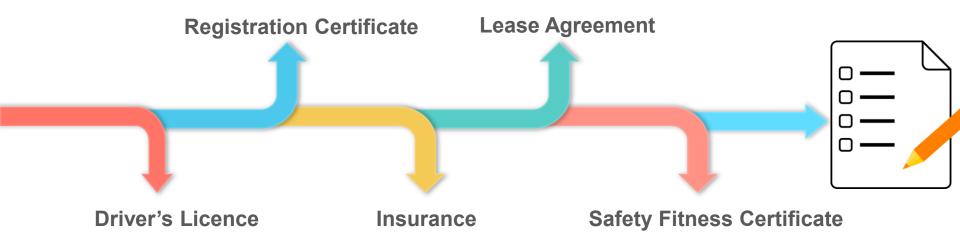
# Purpose

#### Module 6:

- Administer written workplace documents and communicate effectively through written means
- Plan ahead, anticipate problems, and be familiar with regulations related to emergency equipment
- During this Module, Instructors will introduce the documentation requirements and work through the various forms that drivers may be required to complete. Trainees will also be required to plan several trips with different scenarios



# **Documentation Requirements**





# **Driver's Licence**



#### **Class 1 Licence Holder:**

 May operate any motor vehicle or combination of vehicles, other than a motorcycle
 Require an 'S' endorsement in order to operate school bus unless exempt under the Operator Licensing and Vehicle Control Regulation.



# **Registration and Licence**



<u>Class 1 Plates -</u> Commercial vehicles which are used provincially, federally and internationally for : Transporting an owner's own goods or another person's goods for compensation;

-Passenger transportation services including school bus, charter truck and taxi operations.



<u>Class 2 Plates</u> - Commercial vehicles which perform special operations. Some operations include: Transporting goods within 10 km radius of the registered address; Operating provincially while conducting specific industry services. Refer to the regulations for more details.



<u>Class 3 Plates</u> -Commercial vehicles which transport goods owned by the owner of the vehicle. Commercial vehicles that are registered to and operated by governments, municipalities, hospitals, school boards or First Nations bands. A class 3 plate may NOT be used to transport other persons' goods for compensation.

# Safety Fitness Certificate

Government	SAFETY FITNESS CERTIFICATE
CERTRONE NUMBER	
XXXXXXXXXX	CRITICATE HOLDER
NBC NUMBER	
ABxxx-xxxx	Example Transport (Alberta) Limited 4221 - 53 St. RED DEER AB T4N 2E1
MAD WUMBER	
xxxx-xxxxx	
Crewline along	Conduct Martille and Occurting Status
Provincial	Carrier Identification and Operating Status
JANUARY 01, 2014	ever one cannote enter a socie and views oneway suppose of conceller Continuous
This Certificate is is of this Certificate ma registered for a gross with a seating capacit	y operate vehicles anywhere in Alberta that are weight of 11,794 kilograms or greater, or designed y of 11 or more persons including the driver. This
This Certificate is is of this Certificate ma- egistered for a gross with a seating capacit vertificate is not val utside of Alberta.	in the Province of Alberta. sued pursuant to the Traffic Safety Act. The holder y operate vehicles anywhere in Alberta that are weight of 11,794 kilograms or greater, or designed y of 11 or more persons including the driver. This id when the carrier operates or intends to operate
This Certificate is is of this Certificate ma- egistered for a gross with a seating capacit certificate is not val- outside of Alberta.	in the Province of Alberta. sued pursuant to the Traffic Safety Act. The holder y operate vehicles anywhere in Alberta that are weight of 11,794 kilograms or greater, or designed y of 11 or more persons including the driver. This
This Certificate is is of this Certificate ma- registered for a gross with a seating capacit bertificate is not val- butside of Alberta. The original or a copy operating under the au of a Peace Officer. This Certificate may b	in the Province of Alberta. sued pursuant to the Traffic Safety Act. The holder y operate vehicles anywhere in Alberta that are weight of 11,794 kilograms or greater, or designed y of 11 or more persons including the driver. This id when the carrier operates or intends to operate
This Certificate is is of this Certificate ma- registered for a gross with a seating capacit bertificate is not val- butside of Alberta. The original or a copy operating under the au- of a Peace Officer. This Certificate may be wehicle authorized by	in the Province of Alberta. sued pursuant to the Traffic Safety Act. The holder y operate vehicles anywhere in Alberta that are weight of 11,794 kilograms or greater, or designed y of 11 or more persons including the driver. This id when the carrier operates or intends to operate of this Certificate must be carried in vehicles thority of this certificate and produced on demand we cancelled where the holder has not operated a this certificate for a 12 month period. we suspended or cancelled for failing to comply with
This Certificate is is of this Certificate ma- egistered for a gross rith a seating capacit interificate is not val- outside of Alberta. The original or a copy operating under the au of a Peace Officer. This Certificate may by rehicle authorized by this Certificate may by transportation legisla arriersmust read the condition	in the Province of Alberta. sued pursuant to the Traffic Safety Act. The holder y operate vehicles anywhere in Alberta that are weight of 11,794 kilograms or greater, or designed y of 11 or more persons including the driver. This id when the carrier operates or intends to operate of this Certificate must be carried in vehicles thority of this certificate and produced on demand the cancelled where the holder has not operated a this certificate for a 12 month period. We suspended or cancelled for failing to comply with tion. mson theirSafetyFitnessCertificate.For tearrierswitha "Provincial" Operating



# **Operating Status**

#### Federal Status

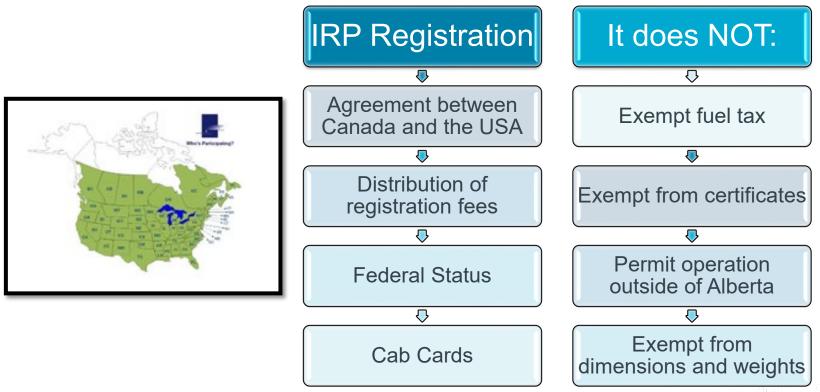
A truck, tractor, or trailer or any combination of these vehicles registered for or weighing in excess of 4.500 kilograms

A commercial passenger vehicle with an original manufacturer's seating capacity of 11 or more persons including the driver Provincial Status A truck, tractor, or trailer or any combination of these vehicles registered for a weight of 11,794 kilograms or greater

A commercial passenger vehicle with an original manufacturer's seating capacity of 11 or more persons including the driver



# International Registration Plan (IRP)



K MDCADAD

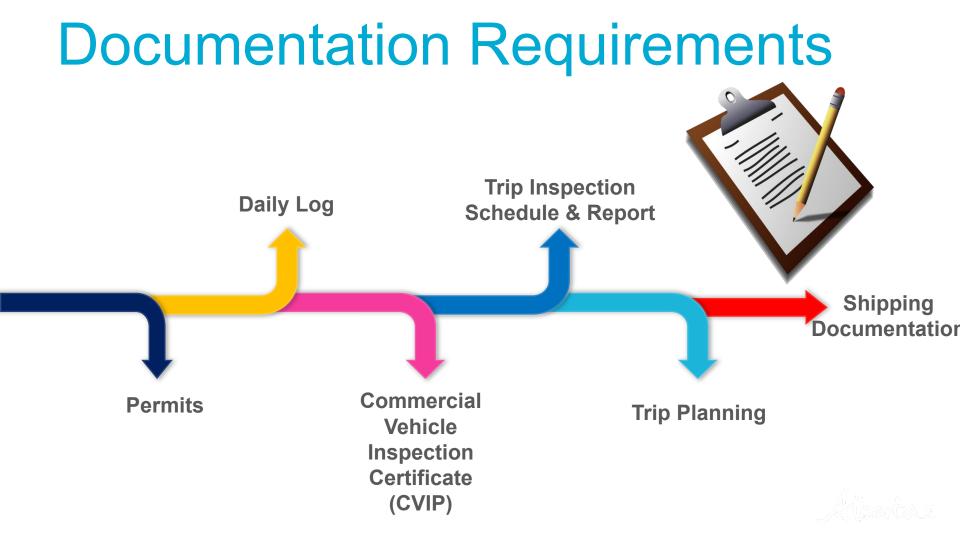
# International Fuel Tax Agreement(IFTA)

Agreement between Canada and the USA

Operate in more than 1 location

Quarterly fuel tax returns to base jurisdiction

Gross weight of 11,797kgs or more



### **Commercial Vehicle Inspection Certificate**

Commercial vehicles that are registered for a weight of 11,794 kg or more and a combination of vehicles which add up to a registered weight of 11,794 kg or more (including trailers) must be inspected under the CVIP once every **12 months**. The driver of the vehicle must be able to produce the inspection certificate on the request of an investigator or peace officer

It is illegal for a commercial vehicle to be operated on a highway unless it has a valid inspection certificate and decal

# **Daily Trip Inspection Report**

Commercial Vehicle Safety Regulation Section 10 (AR 121/2009)

#### **Provincial & Federal:**

Carriers must complete and keep a record of trip inspection reports Canadian Council Of Motor Transportation Administrators, CCMTA, NSC Standard 13 Purpose:

Required to ensure early identification of vehicle problems and defects, and to prevent the operation of vehicles with conditions that are likely to cause or contribute to a collision or vehicle breakdown



#### **Responsibilities:**

The driver must forward the original report to the home terminal of the carrier within twenty days. The carrier is then responsible for storing this record in its principal place of business within thirty days of receiving the report.





Shipping Documentation/Cargo Information Types of shipping/cargo documents:

- Bills of lading
- Waybills
- Dangerous goods
- Weigh slips
- Cargo packaging
- Delivery instructions



# Bill of Lading Must include the following:

- Freight transporter
- Shipper
- Place
- Consignee
- Delivery location
- Manifest of contents
- Delivery instructions

# Way Bills

- Particulars of goods
- Name and mailing address
- Destination
- Names of connecting carriers
- Charge options (prepaid or collect)
- Date of consignment



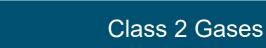
# **Transporting Dangerous Goods**

Drivers who transport dangerous goods in Alberta must comply with both provincial and federal standards

 Alberta Provincial Dangerous Goods Transportation and Handling Act and Dangerous Goods Transportation and Handling Regulation as well as the Federal Transportation of Dangerous Goods Regulation (TDG).

# Nine (9) hazard classes of dangerous goods







Class 6 Toxic Substances and Infectious Substances

Class 5 Oxidizing Substances and

**Organic** Peroxides



**Class 7 Radioactive Materials** 



Class 8 Corrosive Materials



Class 9 Miscellaneous Products or Substances



**Class 3 Flammable Liquids** 



GAS

Class 4 Flammable Solids, Substances Liable to Spontaneous Combustion, and Substances that Emit Flammable Gases on Contact with Water

# Transporting Dangerous Goods Cont.

• Training required to transport

• Certification requirements

• If you change employers



# **Dangerous Goods Shipping Documents**

			DES	TINATION (Cit			
CONSIGNOR				•	(y-rown)		
Name:			Nam	le:			
Address:			Add	ress:			
Name of Carrier	Prepaid Co	ollect	Тга	nsport Unit N	lumber		
Point of Origin			Shi	pping Date		Shipper's I	No.
	REGULA	TED D	ANG	EROUS GOOD	s		
UN Shipping Name Prin		Prim Cla		Subsidiary Class	Packing Group	Quantity	Packages Requiring Labels
24-Hour Number:							
ERAP Reference		and Te	lepho	ne Number			
I hereby declare that the shipping name, are prope displayed on t	contents of this cor erly classified and p them, and are in all The Transportat Name of Cons	nsignm package respection of E signor	ent an ed, har ats in p ange r:	ve dangerous go roper condition rous Goods Reg	oods safety for transport	marks properly	
	5	Specia	IInst	ructions			
	NON	I-REG	ULAT	ED GOODS			
Packages	ges Description of Artic		es			Weight	
Received in apparent good order	Con	sianee	's Sic	nature	Shi	pper's Signat	ture

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# **Dangerous Goods**

Shipping documents must be carried:

- Within drivers reach
- When leaving the vehicle
- Leaks or collisions



# **Dangerous Goods**

# In the event of: leaks, unintentional release, near release, or collision:

- The local police;
- Alberta EDGE (Environmental and Dangerous Goods Emergencies) at 1-800-272-9600 (toll Free) or 780-422-9600 (Edmonton area);
- The owner of the vehicle;
- The employer.
- The person or company who owns the consignment of dangerous goods.



### **Placards**









# Permits for Equivalent Level of Safety

- What is it?
- What does it do?
- Who is it issued to?

Aberta Government	Dangerous Goods, Rail Safety and 511 Alberta 4999 98 Avenue, Twin Atria Building Edmonton, AB T68 2X3 P: 780-422-9600 [F: 780-427-1044 ] E: TRANS.dangerousgoods@gov.ab.ca	
Application for Exemption by Permit (All Dangerous Goods Transportation and Handling Act, Section 5(1)	berta Equivalent Level of Safety)	
Section A: Stakeholder Information		
ampany Nama		

• When is it needed?

For more information refer to the web site: www.transportation.alberta.ca and/or contact the Dangerous Goods Coordination and Information Centre at 1-800-272-9600 for further information on bulletins, permitting, and general information.

# Weigh Slips

- What is it?
- What does it do?
- Who is it issued to?
- When is it needed?



# Vehicle Weights and Dimensions

• Provinces and territories have laws that establish maximum vehicle weights.

• Drivers must be aware of weight restrictions that may apply to their vehicles

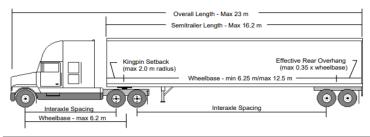
Use the vehicle weight and dimension calculator
 <u>http://www.transportation.alberta.ca/4779.htm</u>

### **Vehicle Weights and Dimensions**

Data that matches selected information will appear after the user clicks "calculate weight"

	Allowable Wo Semi-trailer	eight	Sept. 13, 2018		
		D		elect infor	
Interaxle spacing		5 m 🗸			le
Percentage ax	e limit 100 % 🗸				
Axle Group Steering Drives Trailer	Number Tridem of axles Spread 1 2 2 2 3 2.4-2.8 3 3 3.0-3.1	of tires	2750 2200	Allowable axle weight	Notes
		Maximum Allowat	ble Gross Weight		
Regulation regulation 2. This funct weight rat	ion calculates the n of the Traffic Sal , the regulation sh ion does not take ing" (GVWR) of th	maximum allowable we fety Act. Where the infor all prevail. into consideration the " e vehicle. The owner/op	gross axle weight ra	iis page is not in a ating" (GAWR) or	the "gross vehicle
<ol> <li>The "Rate on the sid</li> </ol>	d Tire Capacity" is ewall of the tire.	ted capacity specifications the rated capacity of o	ne tire, based on eit	her single or dual	application, as stampe
	interaxle spacing	a truck tractor is cappe is less than the minimu 600 kg for every 0.1 met	m specified in regulation thereof	. This will also rea	
5. When the combinati GVW. Not	twithstanding the r	equirements for the inte th as trailer wheelbase :			
<ol> <li>When the combinati GVW. Nor dimension</li> <li>The maxim Permits m</li> </ol>	twithstanding the r requirements suc mum weight allowe ay be available to		and overhang. s 17,000 kg on a trid mits, subject to mun	icipal approval. C	

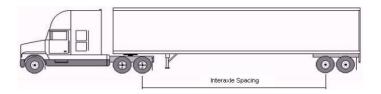
# Vehicle Weights and Dimensions



DIMENSION	LIMIT
Overall Length	Maximum 23 m
Overall Width	Maximum 2.6 m
Overall Height	Maximum 4.15 m
Tractor:	
Wheelbase	Maximum 6.2 m
Tandem Axle Spread	Minimum 1.2 m/Maximum 1.85 m
Semi-trailer	
Length	Maximum 16.2 m
Wheelbase	Minimum 6.25 m/Maximum 12.5 m
Kingpin Setback	Maximum 2.0 m radius
Effective Rear Overhang	Maximum 35% of wheelbase
Tandem Axle Spread	Minimum 1.2 m/Maximum 1.85 m
Tridem Axle Spread	Minimum 2.4 m/Maximum 3.7 m
Track Width	Minimum 2.5 m/Maximum 2.6 m
Interaxle Spacings	
Single Axle to Single, Tandem or Tridem Axle	Minimum 3.0 m
Tandem Axle to Tandem Axle	Minimum 5.0 m
Tandem Axle to Tridem Axle	Minimum 5.5 m

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### **Maximum Dimensions**



WEIGHT	LIMIT
Axle Weights:***	
Steering Axle	Maximum 6000 kg
Single Axle	
Single tires	Maximum 7300 kg
Super single tires	Maximum 7700 kg *
Dual tires	Maximum 9100 kg
Tandem Axle:	
Single tires	Maximum 13,600 kg
Super single tires	Maximum 15,400 kg *
Dual tires	Maximum 17,000 kg
Tridem Axle:	
Single and super single tires	Maximum 19,000 kg **
Dual tires with axle spread from 2.4 m to less than 3.0 m	Maximum 21,000 kg **
Dual tires with axle spread from 3.0 m to 3.7 m	Maximum 24,000 kg **
Gross Vehicle Weight Limits	
See Weight Calculator	Cannot exceed the sum of the maximum legal axle weights and is subject to minimum interaxle spacing.

\* Super single tires require "New Generation, Wide Base" tires with a minimum tire width of 445 mm. Available by permit only. Super single tires do not apply to the steering axle.

\*\* These weights for tridem axles apply to provincial highways only. The maximum weight for a tridem axle on a municipal road is 17,000 kg. Permits may be available to achieve heavier weights.

\*\*\* All axle weights are subject to minimum tire size. The maximum weight per tire shall not exceed the lesser of the tire manufacturer's weight rating or the width of the tire stamped on the sidewall multiplied by 10 kg/mm.

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# Legal Weight

- Maximum weight standards
- What impacts legal Weight?
- Signage for weight
- Permits



# **Over-Dimensional Safety Requirements**

Over 2.60 metres wide (8' 6")	•	Vehicle equipped with warning flags by day; Vehicle equipped with warning lights by night or during adverse weather conditions.
Over 3.05 metres wide (10')	•	As above PLUS 2-dimension signs at the front and back of the vehicle in a manner that is clearly visible to approaching traffic.
Over 3.35 metres wide (11')	•	As above PLUS 1 or more flashing lights.
Over 3.85 metres wide (12' 7")	•	As above PLUS 1 pilot vehicle behind when on 4-lane road or 1 pilot vehicle in front when on 2-lane road; No movement after 3:00pm on a day preceding a weekend or stat holiday No movement on a Sunday or a statutory holiday.



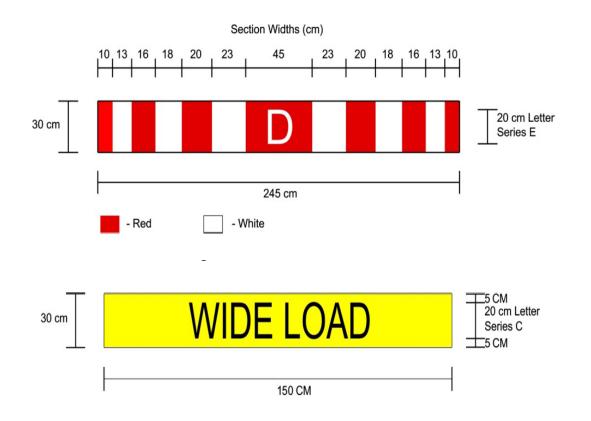
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#### **Over-Dimensional Safety Requirements (cont.)**

Over 4.45 metres wide (14' 7")	<ul> <li>Vehicle equipped with flags, signs, and flashing lights;</li> <li>On 2-lane road, need 1 pilot and 1 trailing vehicle;</li> <li>On 4-lane road, vehicles up to 5.5m wide (18') need 1trailing vehicle;</li> <li>On 4-lane road, vehicles over 5.5m wide need 1 pilot and 1 trailing vehicle;</li> <li>No movement after 3:00pm on a day preceding a weekend or stat holiday</li> <li>No operation on highway on Sunday or a statutory holiday;</li> <li>Travel during DAYLIGHT HOURS ONLY.</li> </ul>
Over 5.5 metres wide (18')	<ul> <li>As above PLUS other conditions as specified on the permit;</li> <li>Stopping on provincial highways only permitted at designated tractor-trailer pull-outs (except for emergencies and power line lifting);</li> <li>Travel during DAYLIGHT HOURS ONLY.</li> </ul>
Over 5.3 metres high (17' 4")	<ul> <li>Notify power and telephone companies;</li> <li>Travel during DAYLIGHT HOURS ONLY</li> </ul>

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#### **Over Dimension Signs**



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#### **Road Restrictions and Bans**

- Seasonal conditions
- Bridge maximum weights
- Over head structures
- Construction
- Up to date information on Road Restrictions and Bans, as well as information on Road Ban Permits, can be found on the Alberta Transportation website: https://www.alberta.ca/road-restrictions-andbans-overview.aspx.
- Toll free road ban information for provincial highways can also be obtained by dialing 1-855-ROADBAN (1-855-762-3226).

#### Review

# Who is responsible to ensure the driver has sufficient training on dangerous goods?



#### Answer

#### The Carrier



#### Review

## How many classes of hazardous materials are there?



#### Answer

#### 9 Classes





# When hauling dangerous goods, who should be notified when there is a leak or collision?



#### Answer

- The local police
- Alberta Environmental and Dangerous Goods
- The owner of the vehicle
- The employer
- The person or company who owns the consignment of dangerous goods



# When leaving the truck what should you do with the paperwork for the dangerous goods?



#### Answer

- Always within the driver's reach.
- If leaving the cab, place on the seat or in an obvious place.
- If leaving the shipment in a supervised area, leave a copy with the person in charge.



# Who is responsible for making sure the proper permits are obtained for the shipment?





#### The carrier



#### Module 7

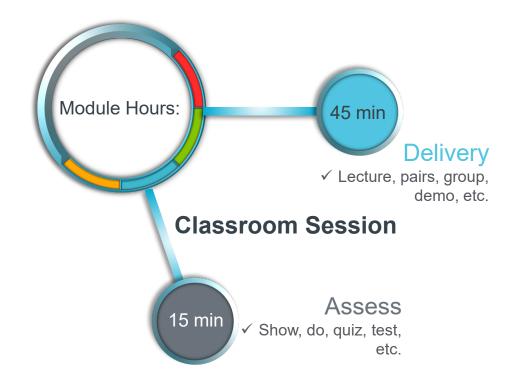
#### Hours of Service Compliance



## Purpose

#### Module 7:

- Have a good understanding of the federal and provincial legislations for Hours of Service requirements.
- ✓ Be knowledgeable in how to record and maintain a daily log of their hours of driving.
- Understand driver and employer responsibilities regarding Hours of Service Regulations.



#### **Provincial Legislation**

#### ALBERTA LEGISLATION

#### **Provincial Operating Status**

A truck, tractor, or trailer or any combination of these vehicles registered for a weight of 11,794 kilograms or greater

A commercial passenger vehicle with an original manufacturer's seating capacity of 11 or more persons including the driver

#### Does Not Apply

- Passenger vehicles weighing less than 11,794kgs
- Emergency Vehicles
- Commercial vehicles transporting agricultural products
- Recreational vehicles
- Exempted vehicles per the Registrar

Etc.

Not

applicable

to:

#### Applicable to:

## Daily Log

#### Must be Completed as follows:

- Enter required information accurately and legibly
- Maintain daily log current to the last change of duty status
- ✓ Keep copies of documents received during the trip
- Deliver the daily log to employer within 20 days
- Keep a copy of each daily log for at least 6 months

## Start of the Day:

- ✓ Starting odometer reading
- ✓ Unit or licence plate number
- The name of the carrier for whom the driver worked during the work day
- ✓ The name of the driver and co-driver
- ✓ Time
- commencement ✓ Location
  - commencement

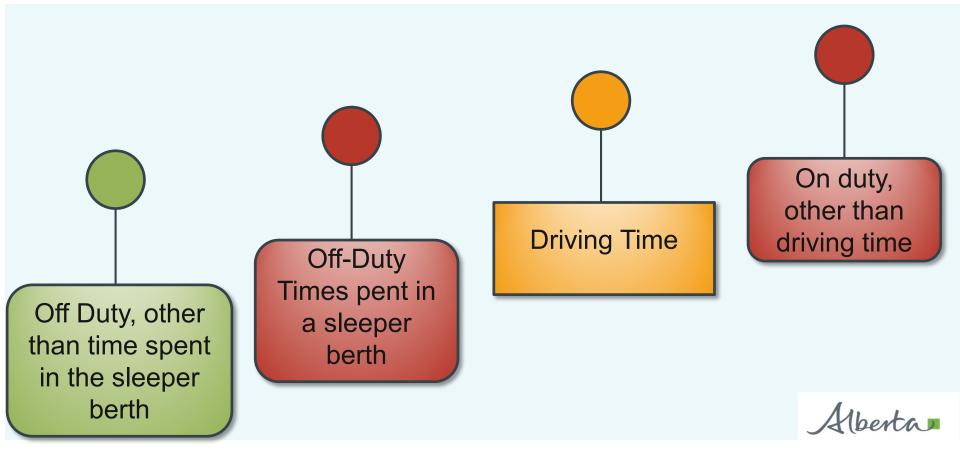
### During the Dav:

- ✓ Completed on a graph grid
   ✓ At each duty status change:
  - Draw a continuous line between time markers
  - Record the location and province/state
  - Record the fueling location with amount

#### End of the Day:

- ✓ Total number of kilometers/miles driven
- ✓ Total number of hours vehicle has travelled (co-driver)
- ✓ Record the total number of hours of time off duty, driving time, and on-duty other than driving time
- ✓ Sign the log

### Daily Log: Duty Statuses



#### **On-Duty Status**

#### **Work Shift**



## No driving after 13 hours

Albertas

Driving

#### **On-Duty: Work Shift**

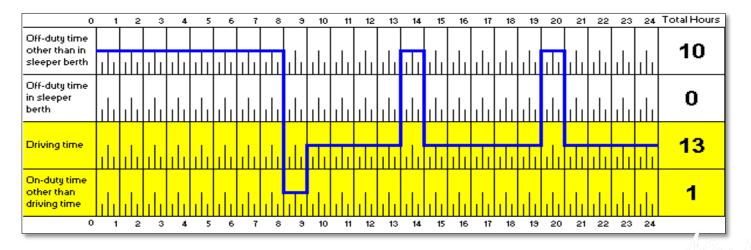
0		1		2		3		4	5	6		7	8		э	10	)	11	1:	2	13	14	15	5	16	17	18	;	19	20	21	1	22	23	3	24	Total Hours
Off-duty time other than in														Ι.											.			Ι.			Ι.						11
sleeper berth	h	h		h	h	h	lı	$\left  \right $		ılı	h	$\left  \right $	ılı	1		ılı									$\left  \right $	ılı		$ _{1}$	I	ılı							• •
Off-duty time in sleeper berth				,		1				1				1		ılı			1				ılı						1		ılı						0
Driving time									I																										Γ		13
Driving time	ı	ı	ı	h	h	h	ı	1		ılı	I	1	ılı	1	1	11		1	1		1		11	1	1	11	11	1	ı	ılı				1	Ī		15
On-duty time other than driving time																1																					0
0		1		2		3		4	5	6		7	8		э	10	)	11	1:	2	13	14	15	5	16	17	18	;	19	20	2	1	22	23	3	24	



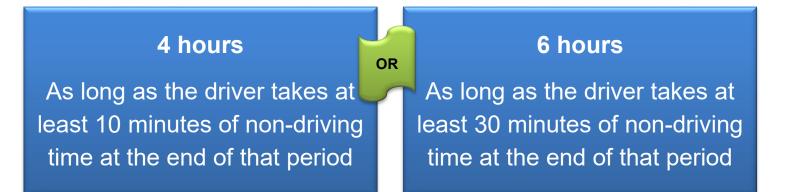
### **On-Duty: Work Shift**

## No driving after 15 hours on duty in a work shift

Stop Driving after 15 Hours onduty



#### **Time Breaks**





## **Daily Log: Exemptions**



#### Radius Record Partial Exemption



#### Adverse Conditions may include:

- Snow, sleet, fog or smoke obscuring a person's vision
- A highway covered with snow or ice
- Physical circumstances, other than snow or ice, that make the highway or driving unsafe

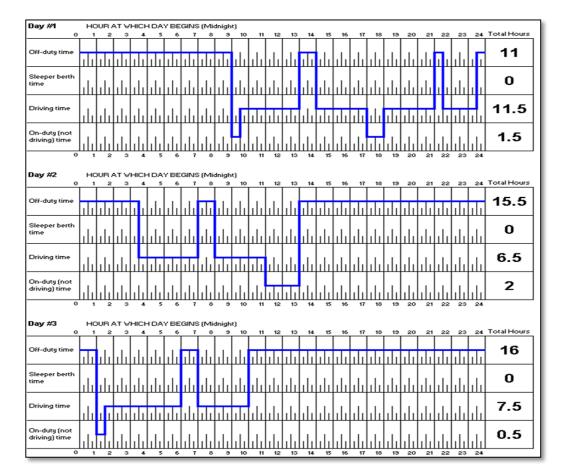
#### Emergency cases may include:

- Sudden, unexpected situation that require immediate action
- Safety or security of people, goods, or vehicle is at risk
- <u>Does not</u> include shipper's demands, driver's desire to get home, loading/unloading delays or shortage of drivers

#### Not required to be done if ALL apply:

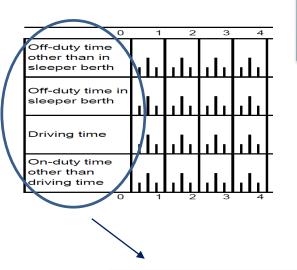
- The driver does not operate outside of a 160km radius from the home terminal.
- The driver starts and ends the work shift at the same place and does not exceed 15 hours
- Maintains time records showing the start and end of the driver's work shift for six months.

### **Off-** Duty



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## Daily Log: Completing the log



Driver duty statuses are recorded on the grid. This is completed using a pen and ruler or a straight edge. Time marker on the grid is broken down as follows:

> Quarter hour (15 minutes) Half hour (30 minutes Actual hour

These are the four types of duty status. Each duty status is demarcated into rows by horizontal lines. Time spent in each of the duty is recorded on each horizontal row Time is recorded by drawing a horizontal line that corresponds to the actual time up to the nearest Half-hour (30 minutes) or quarter-hour (15 minutes)

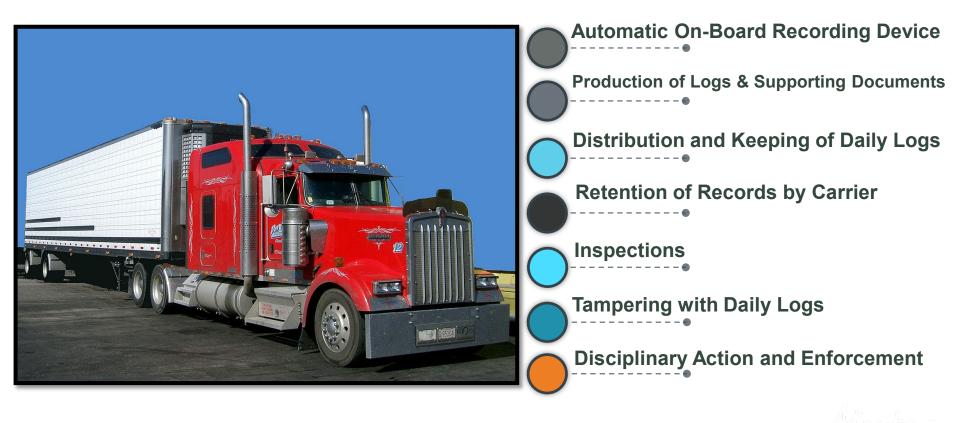


## Daily Log: Example

	Time	Driver Activity	Duty Status
	Midnight to 9:00a.m.	Sleep and eating breakfast	Off-duty time other than time spent in a sleeper berth
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 Total Hours Off-duty time other than in	9:00a.m. to 10:00a.m.	Inspection and loading of vehicle	On-duty, other than driving time
	10:00a.m. to 2:00p.m.	Drive	Driving time
in sleeper berth	2:00p.m. to 3:00p.m.	Lunch break	Off-duty time other than time spent in a sleeper berth
Driving time	3:00p.m. to 7:00p.m.	Drive	Driving time
On-duty time other than driving time 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	7:00p.m. to 8:00p.m.	Dinner break	Off-duty time other than time spent in a sleeper berth
	8:00p.m. to 10:00p.m.	Drive	Driving Time
	10:00p.m. to 11:00p.m.	Unloading of vehicle and completing paperwork	On-duty time other than driving time



#### **Daily Log: Continued**



## **Federal Legislation**



#### **Daily Limit**

#### Shift Limit

#### Cycle Limit

#### **Off-Duty Time**

During a day, a driver cannot drive: During a work shift, a driver cannot drive:

Depending on the cycle, a driver cannot drive after accumulating:

A driver may defer a maximum of two hours if:

After having driven 13 hours
After being on-duty for 14 hours After having driven 13 hours
After being on-duty for 14 hours

•After 16 hours of time has elapsed since the conclusion of their most recent 8 hours of consecutive off-duty time Cycle 1 - 70 hours of onduty time in seven consecutive days; or
Cycle 2 - 120 hours of onduty time in 14 consecutive days. Not part of the 8 hours
Taken in 2 days is at least 20 hours
Added to the 8 hours of off-duty time in the second day
Total driving time in 2 days does not exceed 26 hours

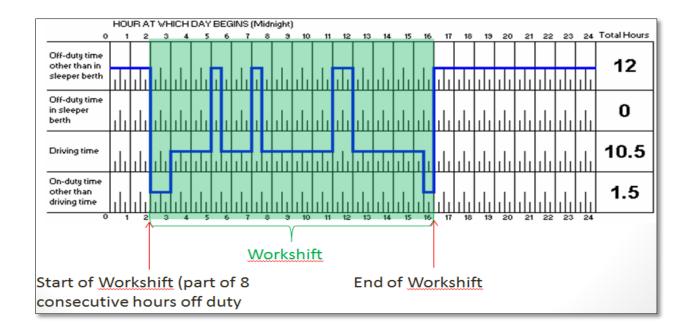


### **Daily Limits**



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#### **Shift Limits**



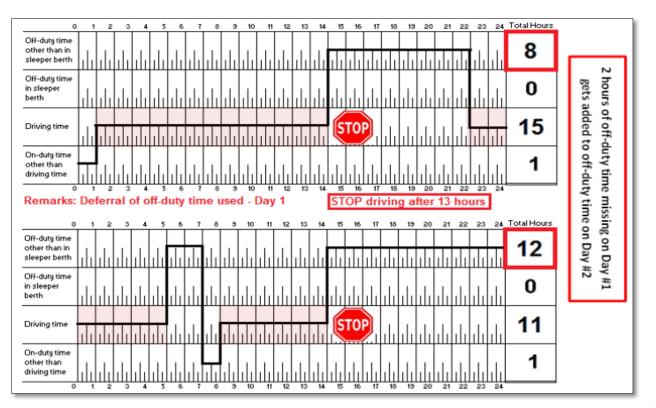


## Mandatory 24 Hours Off Duty

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stop Driving 24 hours off-duty	On Duty	On Duty	On Duty	On Duty	On Duty	On Duty
On Duty	On Duty	On Duty	On Duty	On Duty	On Duty	On Duty
On Duty	Stop Driving 24 hours off-duty	On Duty	On Duty	On Duty	On Duty	On Duty



#### **Off-Duty Time Deferrals**



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#### Federal Legislation Splitting Sleeper Berth Time

- If the vehicle is equipped with a sleeper berth, driver may rest in the sleeper berth
- 2 sleeper berth periods should be at least 2 hours
- The combined sleeper berth period to make at least 8 hours



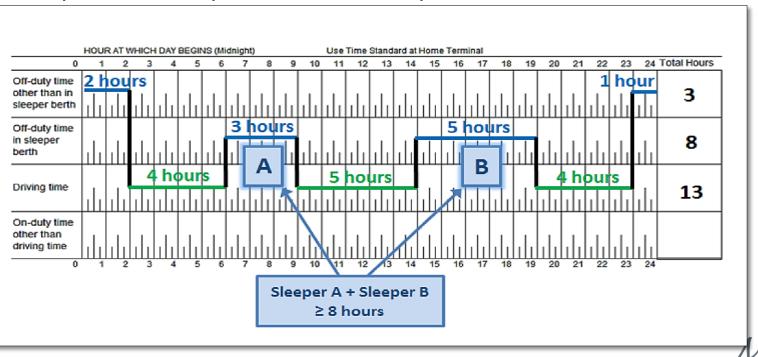
#### Federal Legislation - Sleeper Berth Periods

• How this can be split into shorter periods

• How can it be split when team driving

#### **Sleeper Berth Time**

Example of an acceptable use of a sleeper berth



#### Federal Legislation Onboard Recording Devices

- Electronic Log Books
- Requirements

#### **Penalties**

Convictions

• \$5,000.00

• \$25,000.00



#### Federal Legislation Out of Service Violations

Peace officers

• Can be pulled off the road

• Administrative penalties



## What is an acceptable form of log book?





#### Paper or Electronic

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# What are the 4 status categories that are recorded on a log book?





#### **On-Duty**

**Off-Duty** 

Sleeper Berth On-duty Not Driving



## What are the cycles and how many hours are in each?

#### Review - Answer Cycle 1:

### 70 hours of on-duty in 7 days

Cycle 2:

120 hours on-duty in 14 days





## When can a driver defer hours of the off duty time to the following day?





# If they are not splitting time off duty or

#### Inclement weather





## What is the maximum hours that can be deferred?





#### 2 Hours



#### Module 8

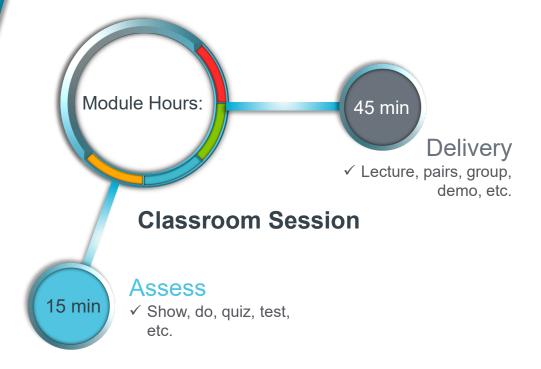
#### Cargo Securement and Loss Prevention



### Purpose

#### Module 8:

- Importance of safe cargo securement
- ✓ The laws regarding cargo securement
- ✓ How to safely distribute cargo weight during loading



#### Introduction

Cargo pre-trip

- Visual check/walk around
- Power and hauling characteristics
- Weight of the cargo and distribution



- Reduce the chance of a collision caused by cargo shifting or falling
- The drivers responsibility

#### Cargo Cont.

- Not properly secured can result in:
  - Loss of life
  - Loss of goods
  - Damage to cargo or vehicle
  - Collision with other road users
  - Injury to other road users
  - Fines and vehicle out of service

#### North American Cargo Securement Standard

- Prior to operating the vehicle
- Securement of vehicle structure and equipment
- The cargo or any other object must not:
  - Interfere
  - Obstruct
  - Prevent

#### Registered over 4500 kg

- Carrier and Driver responsibility
- Inspect the cargo
  - When & how often
- When you wouldn't need to secure cargo
- If it isn't secured properly

#### **Securement System**

Vehicle Structure

• Securing Devices

Blocking and Bracing Equipment

#### **Securement Devices**

#### NSC Standard

- Working order
- Correct type for cargo
- Knots, damage, weakened
- Cracks or cuts
- Unfastened
- Specified amount of force



- Anchor points
- Proper function
- Working Load Limit
- Aggregate (combined) working load limits





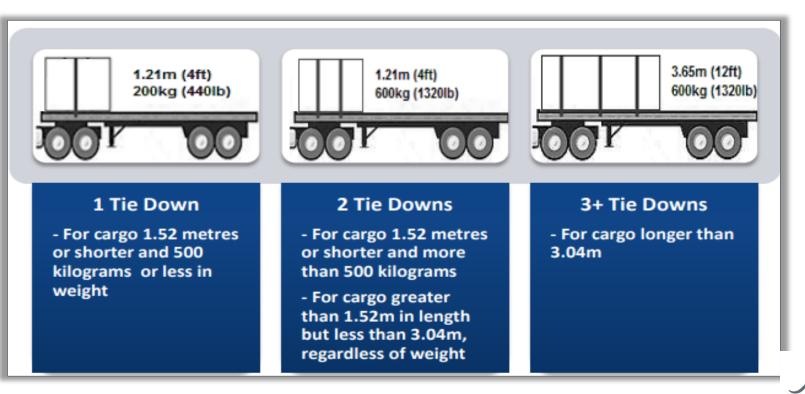
#### Tiedowns Cont.

- Unmarked and marked
- Rub rails



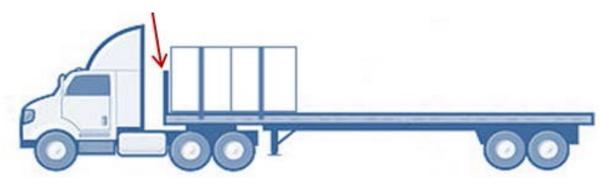
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#### Tiedowns Cont. Minimum number of tiedowns



#### Front End Structure

- Height and width
- Strength
- Penetration Resistance



Important - the cab shield is not a front-end structure or part of the cargo system.

#### **Cargo Placement & Restraint**

- Fully Contained
- Immobilized
- General Securement







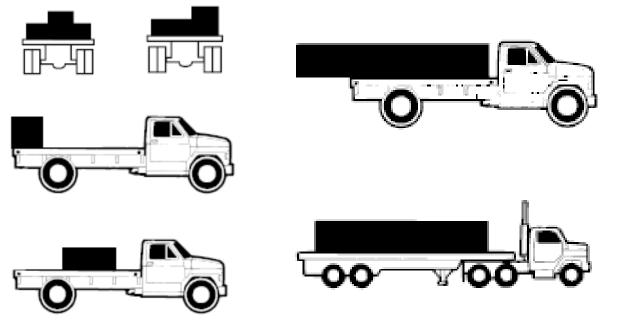
#### Weight Distribution

• Affects of proper and improper weight distribution

• Drivers responsibilities on every trip

#### Weight Distribution Cont.

#### To evenly distribute the load in a trailer:



#### **Specific Cargo Securement**

- Logs
- Dressed Lumber
- Metal Coils
- Paper Rolls
- Concrete Pipe



#### Specific Cargo Securement Cont.

- Intermodal Container
- Vehicles as Cargo
- Roll-on/Roll-off and Hook lift Containers
- Boulders

IT IS EXPECTED THAT THE ACTUAL PRACTICAL TRAINING FOR SPECIFIC CARGO WILL BE DELIVERED BY THE EMPLOYER.



# Who has the majority of responsibility when it comes to load securement?





#### THE DRIVER





### When must the cargo be reinspected?



#### Answer

- Change of duty
- Driven 3 hours
- Driven 240 km



## What must be marked on the tie down?





#### Working Load Limit



### Review How many tiedowns are required for the following cargo?

- 1) 1.52 m (5ft) and 750 kg
- 2) 3.65 m (12ft) and 1500 kg
- 3) 1.21 m (4ft) and 200 kg



1) 2 tiedowns
 2) 3 tiedowns
 3) 1 tiedown





#### What is an Anchor point?



#### Answer

### Structure, fitting or attachment on a vehicle where a tiedown is attached.





## How do you secure Tarpaulins?





## Rope Webbing

#### Elastic hooks





# What are the 3 ways cargo can be transported?





## Fully contained Immobilized

#### General securement





# What happens when the front axles are underweight?





# Affects safe steering of the truck





# Where can you find specific cargo securement regulations?



### North American Cargo Securement Standard (NSC Standard)



#### Module 9

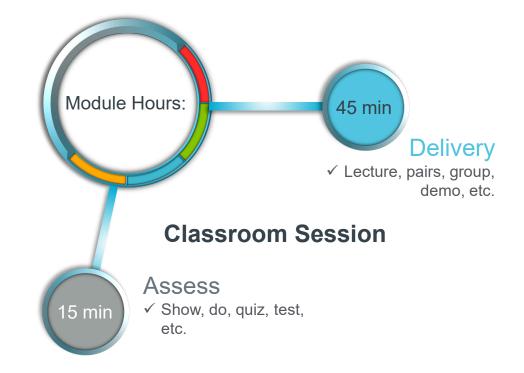
#### Handling Emergencies



## Purpose

#### Module 9:

- Understand how to handle minor emergency incidents in a professional manner
- Understand how to handle situations where they are involved in a vehicle collision
- ✓ Understand how to handle fire incidents
- Understand how to manoeuvre the tractor-trailer in a safe manner in the event of a mechanical breakdown



### **Driving Habits**

- Safe driving habits may assist a commercial truck driver to respond quickly to emergency situations and avoid collisions.
  - Adapts to the presence of other motorists, pedestrians, cyclists and slow-moving; vehicles that share the road with the vehicle you are driving;
  - Watch for wildlife or livestock that can enter the space around a vehicle, particularly on routes known for collisions involving animals;
  - Monitor and adheres to highway speed advisories;
  - Maintain a high level of alertness while driving;
  - Scan conditions around the vehicle by looking ahead and using mirrors regularly and systematically;

### **Driving Habits**

- Monitor vehicle conditions by scanning instruments and gauges regularly and systematically;
- Monitor the movement and actions of other motorists while passing or being passed.
- Diffuse any situation that could cause anger, hostility or danger;
- Exit the vehicle whenever necessary to inspect clearances and identify potential obstructions; and
- Secure a vehicle properly before exiting the cab or vacating the driver seat;

### **Emergency Driving Techniques**

Skid control and the professional driver: Loss of traction:

- Skid control
- Faulty brakes
- Excessive acceleration or speed in curves
- Rough or slippery surfaces
- Hydroplaning
- Jackknifing

#### Emergency Driving Techniques



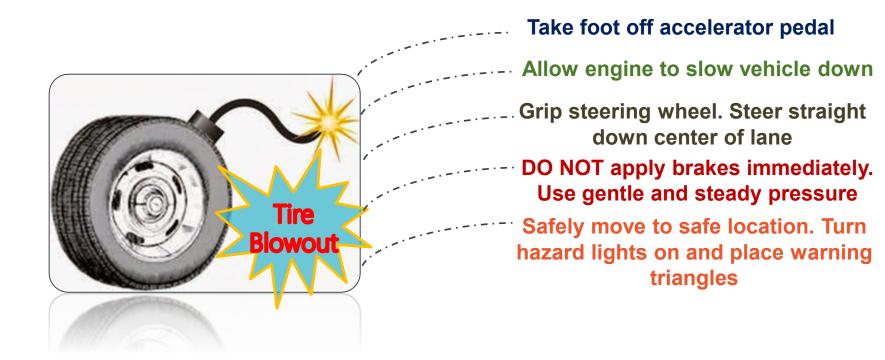
ABS Brakes

Steering

#### Skid Control



#### **Emergency Driving Techniques**





### Jackknifing

Jackknifing is a dangerous situation in which a tractor-trailer skids and the trailer pushes the tractor from behind, causing the entire unit to form an L or V shape.

- Over-acceleration
- Improper braking (most common cause of jackknifing)
- Oversteering (while cornering)
- Driving at a speed not suitable for conditions

#### **Trailer Jackknifing**

#### To prevent trailer jackknifing:

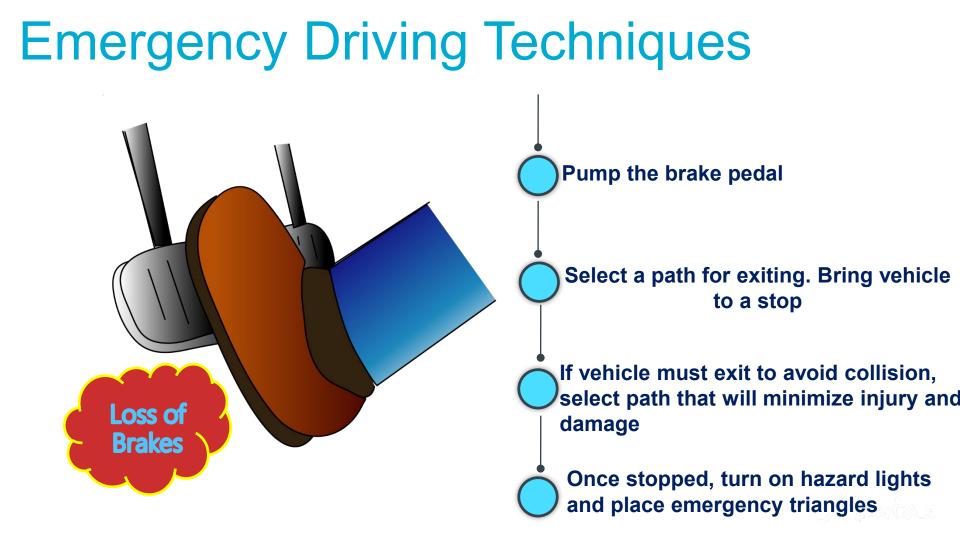
- Ensure that the brake, air, and wheel systems are thoroughly inspected
- Do not drive through curves with excessive speeds. Ease off the accelerator when entering a curve then resume acceleration when driving out of the curve
- If the tractor-trailer begins to swing during braking, release the brakes and provide gentle acceleration to correct the trailer. Avoid hard braking or over-acceleration.

### **Tractor Jackknifing**

#### To prevent tractor jackknifing:

- Hard braking
- Sudden turns downshifting
- Swerving and braking at the same time
- Overloading the front end of the trailer (also ensure loads are secured properly to prevent goods from shifting to the front end during transport)
- Using engine brakes when road conditions are poor

A proper pre-trip inspection of tires, front wheel alignment, suspension and braking systems is also key in preventing tractor jackknifing. If sudden acceleration is causing the skid, ease up on the accelerator and steer out.



#### **Emergency Driving Techniques**

#### What can be done when...



- 1. Immediately hit the dimmer switch to see if the high-beams work
- 2. Activate your right-turn signal
- 3. Slow your vehicle quickly but safely
- 4. Carefully steer out of the traffic lane and stop at the side of the road in as safe a location as practical



- Turn on wipers and washers. Activate right turn signal if wipers fail / no washer fluid
- 2. Look out side windows and apply brakes moderately
- 3. Pull over to safe location
- 4. Activate hazard lights. Pull out warning devices

#### **Emergency Evasive Action**



#### Action Steps Controlled emergency braking: 1. Resist the urge to slam on brakes Quick steering, with or without braking 2. Steer vehicle in an alternate path i. ii. Firm and gradual steering Leaving the paved portion of road 3. Escape path free of hazards İ. ii. Sufficient clearances iii. Path remains clear



#### **Collisions: Minor without injury**



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#### **Collisions: Major**

The severity of the collision will determine the order in which you proceed

Assess the situation and evacuate if necessary

Assign someone to protect the scene

Set out approved warning devices

Treat injured if trained to provide First Aid

Summon help (police, dispatch)

#### Must report collisions to police if

Anyone has been injured
Anyone has been killed
Overall damage exceeds \$2,000
Any damage has been done to traffic control devices, parking meter or public property
If police are called to the scene, all drivers must remain





#### **Emergency Equipment**



#### Approved Warning Devices

- All trucks must have a minimum of two emergency warning devices
- Must be placed 30 metres in front and rear of truck
- Must be placed 75 metres in front and rear of truck when visibility is reduced to 150 metres



#### Hazard Lights

Must use hazard warning lights on your truck as further warning in addition to device placed in front and rear of truck when involved in a collision or emergency situation



#### **Fire Extinguisher**

- Dry chemical extinguisher
- Expires 6 years from date
- P-A-S-S Method:
  - **P** Pull the Pin
  - □ A Aim low
  - **S** Squeeze lever
  - □ S Sweep side to side

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# When are you required to contact police immediately for a collision?

### **Review - Answer**

- Injury
- Death
- Impaired driver
- Hit and run
- Out of province vehicle
- If a vehicle needs to be towed



## Where are your warning devices supposed to be placed?



## In line with the vehicle 30 metres(100 ft.) In front and rear





### When visibility is reduced to 150 metres how far back from the front and rear should the warning devices be placed?





#### 75 Metres (245 ft.)





#### What does P.A.S.S. stand for?





Pull the pin Aim low Squeeze lever Sweep from side to side





# In what order do you treat for injuries at a collision?



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Review - Answer
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- 1. Serious not breathing
- 2. Bleeding but have a chance of survival
- 3. Shock and minor last

## Questions?







- Some of the clipart and pictures contained in this document are licensed under public domain, Creative Commons Zero (CC0): https://creativecommons.org/publicdomain/zero/1.0/
- The Saskatchewan Government Insurance (SGI) Curriculum presentation
- The Commercial Truck Driver Training Course (Class 1) Guidelines and Curriculum
- Alberta Commercial driver's guide
- The *Traffic Safety Act* (TSA) and it's associated regulations:
  - Use of Highway and Rules of the Road Regulation
  - Operator Licensing and Vehicle Control Regulation
  - Distracted Driving Regulation
  - Traffic Control Device Regulation
  - Vehicle Equipment Regulation
  - Demerit Point Program and Service of Documents Regulation
  - Commercial Vehicle Dimension and Weight Regulation
  - Commercial Vehicle Safety Regulation
  - Vehicle Inspection Regulation
  - Commercial Vehicle Certificate and Insurance Regulation

