

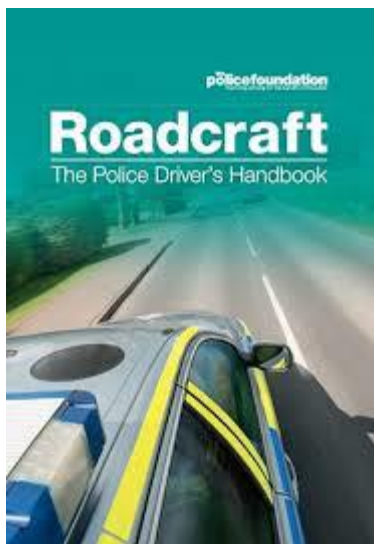
Any two 3.5 hour modules can be combined to create one seven hour CPC course which must be delivered in a 24 hour period to qualify for CPC accreditation

Defensive Driving Theory

Approved Training Course CRS14054/259



“Roadcraft” Advanced Driving



Drivers receive a Certificate of Attendance after the course.



Defensive Driving – Theory Only Duration 3.5 hours

This module examines the risks to which each driver is exposed on a daily basis. It examines factors that contribute to collisions both on and off the road highlighting the central role of human behaviour and introduces the concept of defensive driving, exploring the benefits of driving in a way to anticipate and compensate for approaching hazards. The system of vehicle control is outlined and applied in worked examples

At the end of the session there is a short quiz on driver knowledge.

Approved Training Course CRS 14054/259

“Roadcraft” Advanced Driving Duration 3.5 hours

This module is a step up on the Defensive Driving Module and introduces drivers to the “System of Vehicle Control” developed for use by the emergency services from the publication “Roadcraft”, the bible of the Advanced Driver.

It sets out the features of the system:

Information: a continuous process of all round observation, identifying hazards – fixed, moving & environmental

Position: placing the vehicle for safety, vision, direction and progress

Speed: always appropriate for the situation

Gear: selection of the appropriate gear for maximum control

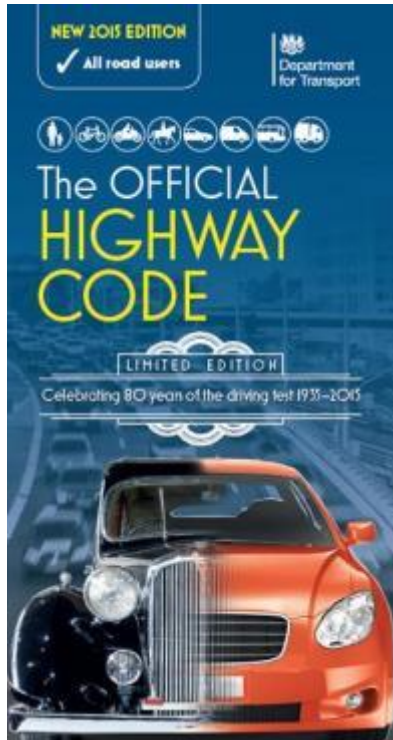
Acceleration: to clear the hazard safely

The application of the system at junctions, roundabouts, overtaking and on the motorway will be discussed. The session concludes with a knowledge check quiz.

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Highway Code & Speed Awareness

Approved Training Course CRS14054/259



Highway Code & Speed Awareness

Duration 3.5 hours

This is a reminder that the Highway Code is a vital tool for every road user which is constantly updated to reflect changes in the UK road system and how it is used. The session begins with a brief quiz to test current knowledge and to highlight some of the changes that may have taken place since the driver last read the Highway Code. It then reviews the history of the Code and how it has developed to be relevant to today's road users. Recent changes are discussed including new road signs and markings, motorway rules including the use of "Smart Motorways" and restrictions on goods & passenger vehicles.

The Speed Awareness session examines the need for speed limits and the protection they give to vulnerable road users, the use of variable speed limits on motorways, at road works and in the vicinity of schools at particular times of day. Driver behaviour and typical driver profiles are examined to see why some people speed. The effect of speed on the dynamics of a collision is explored to demonstrate how the outcome is influenced by speed.

Drivers receive a Certificate of Attendance after the course

Approved Training Course CRS 14054/259

Passenger Carrying Vehicle Driving



PCV Driving (theory session)

Duration 3.5 hours

The module provides an overview of the role of the PCV driver, the regulations that apply, particularly with regard to passenger safety and comfort, especially the young or those with disabilities. It reminds drivers to be aware of vehicle height to avoid bridge strikes and outlines the action to be taken should this occur.

The security of passengers, their belongings and the vehicle itself are reviewed. The importance of checking the vehicle after a break is reinforced especially with regard to the illegal carriage of immigrants.



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Approved Training Course CRS14054/259

Safe at Work



Safe at Work

Duration 3.5 hours

The module provides an overview of how injuries occur at work and the steps employers and employees should take to manage the risk. It considers the role of regulatory authorities in the reporting and investigation of incidents. The contribution of human behaviour is examined and the importance of risk assessment and safe working practices is considered. The safe operation of vehicles in the workplace and the use of reversing assistants or banksmen is reviewed.

Approved Training Course CRS14054/259

Drivers Fitness & Health



Drivers receive a Certificate of Attendance after the course.

Drivers Fitness & Health

Duration 3.5 hours

This module examines the driver's personal health and fitness and the law and how a driver can influence and enhance their own well being and safety. Topics covered include medical standards for vocational licences including vision, diabetes, psychiatric illness, cardiac health and reporting changes in health to the licensing authorities.

Personal health topics include, diet and fitness, fatigue, the use of drugs – prescription, over the counter and recreational, alcohol and smoking.

Both modules will include a multiple choice knowledge check quiz at the conclusion.



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Drivers Hours



Approved Training Course CRS14054/259

Drivers Hours Duration 3.5 Hours

This module gives an overview of current legislation, requirements and exemptions set out in the European Rules, GB Domestic Rules and the Working Time Directive.

It then examines the correct use of a digital tachograph through worked examples and exercises in manual entry.

Advice will be given on tachograph checks and their use in mixed operation.

The Professional Driver



Approved Training Course CRS14054/259

The Professional Driver Duration 3.5 hours

An overview of the UK system of driver licensing, when & why it was introduced and the staged progression to higher categories and medical standards required for vocational licence holders. The format of the EU driving licence is explained including the fields, expiry dates and renewal periods. The role of the DVSA and Traffic Commissioners including Operator licensing, driver conduct & records. Roadside checks by DVSA & Police will be discussed.

It examines how the behaviour of drivers both in person and on the road can reflect on the image of the organisation.

Drivers receive a Certificate of Attendance after the course.



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Approved Training Course CRS14054/259

Collisions & Incidents



Collisions & Incidents

Duration 3.5 hours

The course examines the factors that contribute to road traffic collisions and incidents with an emphasis on the human contribution and to identify how drivers can reduce the risk. The far-reaching consequences of a collision, the impact on a business, society and the people directly involved are discussed. Examines a series of incidents, initially on screen then in groups to consider each situation to identify who might have been in a position to do something differently to prevent the incident from happening.

Approved Training Course CRS14054/259

Vehicle Security



Vehicle Security

Duration 3.5 hours

Provides an understanding of the trends in the thefts of and from vehicles and the disruption caused to society including financial loss. It looks at best practice in reducing the risk of theft and raise awareness of measure used by criminals to deceive drivers. The risk of vehicles being used by illegal immigrants whether in the knowledge of the driver or not, the penalties that apply and measures to be taken to reduce the risk will be highlighted e.g. safe places to park and the checks to make to ensure the vehicle has not been tampered with. They will be aware of methods of deception used by potential thieves and will know the steps to take to overcome this including following company procedures and requesting formal identification of individuals.

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Approved Training Course CRS14054/259

Motorways



Motorways

Duration 3.5 hours

A review of the safe use of motorways including the features of a smart motorways and intelligent traffic control. It provides an understanding of the motorway network and how to use it safely taking into consideration the restrictions that apply to large or passenger carrying vehicles. It examines the changes to the network with the introduction of smart motorways and the variations in type, the technology in use to monitor traffic flow and provide guidance including ANPR, MIDAS, and automatic signalling and advice to drivers. It examines the role of staff who work on the motorway and the correct action to take in case of breakdown or other emergency.

Approved Training Course CRS14054/259

Bridges & Heights



Drivers receive a Certificate of Attendance after the course.

Bridges & Heights

Duration 3.5 hours

The course will provide an understanding of the causes of striking bridges and other objects and the measures that should be in place to prevent this. Drivers will be reminded of the importance of checking the height of the vehicle and having this displayed in the cab. It also emphasises the risk from contact with overhead power cables. Correct action in the case of incident are outlined. It also reviews best practice when accessing vehicles taking account of HSE guidance and the correct procedure to adopt should they be involved in a bridge strike or contact with a power cable. Discusses the correct procedures for mounting and dismounting a vehicle and the importance of using safety equipment provided.



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Approved Training Course CRS 14054/259

Practical In-Vehicle Defensive Driver Training



In Vehicle Defensive Driver Training - Duration 3.5 hours

For 1 or 2 drivers per trainer per session

This module can be combined with theory session of choice to make up a seven hour part theory part practical course – see Set Courses 1, 2, 3 .

Can also be run twice on one day for up to two drivers to make up 7 hour course.

In-vehicle Training covering urban, rural and motorway conditions

Physical checks of vehicle, driver eyesight check, assessment drive by course delegates followed by demonstration drive from trainer with commentary.

Review and feedback on each drive followed by a second drive by delegates with tuition and advice as required.

Course review and feedback.



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Emergency First Aid at Work PLUS for Driver Course

Approved Course CRS 17275/259



First Aid at Work PLUS Driver CPC Course - Duration 7 hours

This seven-hour first aid at work course is suitable for all employees as well as qualifying for seven hours of periodic CPC training. It gives the delegates the skills, knowledge and confidence to deliver effective first aid in the event of an emergency incident at work or on the road.

Training is highly practical and includes
The aims of First Aid – the 3 Ps
Preserve Life
Prevent Deterioration
Promote Recovery

- The qualities and responsibilities of the first aider
- Record Keeping
- Initial Assessment – primary survey
- Cardio Pulmonary Resuscitation (CPR) and safe use of a defibrillator (AED)
- Choking
- Recovery Positions
- Seizures
- External Bleeding
- Shock
- Minor Injuries
- Burns & Scalds
- Heart Attacks
- Strokes
- Head Injuries
- Fractures

Minimum of six delegates per course – maximum of 12



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Set Seven Hour Course 1

Part Theory- Part Practical CPC Defensive Driving Course

Defensive Driving Theory



Approved Training Course CRS 10695/259

For 1 or 2 drivers per trainer day

Approved Training Course CRS 14054/259

Defensive Driving – Theory Duration 3.5 hours

This module examines the risks to which each driver is exposed on a daily basis. It examines factors that contribute to collisions both on and off the road highlighting the central role of human behaviour and introduces the concept of defensive driving, exploring the benefits of driving in a way to anticipate and compensate for approaching hazards. The system of vehicle control is outlined and applied in worked examples. At the end of the session there is a short quiz on driver knowledge.

combined with Practical In-Cab Defensive Driver Training



In-vehicle Training Duration 3.5 hours

For two delegates – covering urban, rural and motorway conditions

Physical checks of vehicle, driver eyesight, assessment drive by course delegates followed by demonstration drive from trainer with commentary. Review and feedback on each drive followed by a second drive by delegates with tuition and advice as required.

Course review and feedback.

Drivers each receive a Certificate of Attendance & report highlighting strengths and weaknesses and any recommendations for further training.



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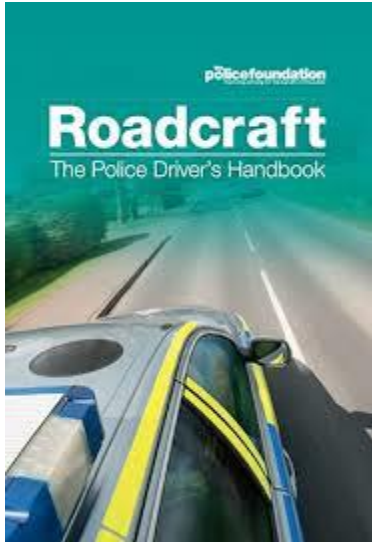
Set Seven Hour Course 2

Part Theory- Part Practical CPC

Advanced Roadcraft Driving Course

“Roadcraft” Advanced Driving Theory

Approved Training Course CRS 14054/259
For 2 drivers per trainer day



combined with

Practical In-Cab Defensive Driver
Training



“Roadcraft” Advanced Driving

Duration 3.5 hours

This module is a step up on the Defensive Driving Module and introduces drivers to the “System of Vehicle Control” developed for use by the emergency services from the publication “Roadcraft”, the bible of the Advanced Driver.

It sets out the features of the system:

Information: a continuous process of all round observation, identifying hazards – fixed, moving & environmental

Position: placing the vehicle for safety, vision, direction and progress

Speed: always appropriate for the situation

Gear: selection of the appropriate gear for maximum control

Acceleration: to clear the hazard safely

The application of the system at junctions, roundabouts, overtaking and on the motorway will be discussed. The session concludes with a knowledge check quiz.

In-vehicle Training Duration 3.5 hours

For two delegates – covering urban, rural and motorway conditions

Physical checks of vehicle, driver eyesight, assessment drive by course delegates followed by demonstration drive from trainer with commentary. Review and feedback on each drive followed by a second drive by delegates with tuition and advice as required.

Course review and feedback.

Drivers each receive a Certificate of Attendance & report highlighting strengths and weaknesses and any recommendations for further training.



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Set Seven Hour Course 3

Part Theory- Part Practical CPC Speed Awareness Course

Approved Training Course CRS14054/259

For 2 drivers per trainer day

Highway Code & Speed Awareness Theory

Highway Code & Speed Awareness Duration 3.5 hours



The Speed Awareness session examines the need for speed limits and the protection they give to vulnerable road users, the use of variable speed limits on motorways, at road works and in the vicinity of schools at particular times of day. Driver behaviour and typical driver profiles are examined to see why some people speed. The effect of speed on the dynamics of a collision is explored to demonstrate how the outcome is influenced by speed.

combined with

Practical In-Cab Defensive Driver Training

The Highway Code is a vital tool for every road user which is constantly updated to reflect changes in the UK road system and how it is used. The session begins with a brief quiz to test current knowledge and to highlight some of the changes that may have taken place since the driver last read the Highway Code. It then reviews the history of the Code and how it has developed to be relevant to today's road users. Recent changes are discussed including new road signs and markings, motorway rules including the use of "Smart Motorways" and restrictions on goods & passenger vehicles.



In-vehicle Training Duration 3.5 hours

Covering urban, rural and motorway conditions

Physical checks of vehicle, driver eyesight, assessment drive by course delegates followed by demonstration drive from trainer with commentary. Review and feedback on each drive followed by a second drive by delegates with tuition and advice as required.

Course review and feedback.

Drivers each receive a Certificate of Attendance & report highlighting strengths and weaknesses and any recommendations for further training.



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