

Emerging Proficient



Commercial Driver Program

Advanced Competencies Curriculum

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## Proficient Competencies Safety Operations & Procedures

### Overview:

Proficiency in the hands-on tasks of truck driving is imperative to safety, efficiency, and quality work as a CDL driver. In this training, we will continue the combination of classroom and on-the-job-training with more essential tasks necessary for “safety” and “compliance” for our hauling CDL drivers.

- Classroom Hours 10.5 hrs.
- OJT Hours: 82 hrs.

### Preventive Maintenance/Compliance

Keeping your truck in top working order is a primary responsibility of each driver. The best way to do this is to continue to build on your tools to successfully and safely complete a post-trip inspection.

We will cover the following:

- Securing the vehicle with an approved device before any maintenance is done
- Daily inspections of various parts of the truck
- **Training Hour(s)**: Classroom 1.0 hrs.

## Trip Planning, Truck Routes, Map Reading, Navigation, and Permits

Planning your trip will allow you to create the most effective, efficient, safe, and legal route between two destinations.

An efficient plan can mean a savings of time and money for you and your employer. It can also result in a safer trip, eliminating possible surprises on the road; such as road construction, roads that are too small for your vehicle, and even bridges or overpasses that don't have enough clearance – just to name a few. By planning ahead, you can focus your efforts on driving, and not be distracted on where you need to go.

The five basic steps of trip planning include:

- Have all paperwork, hours of service, permits, licenses, and other documentation organized and readily available.
  - Mapping out the best route using a variety of sources. Taking into account variables such as vehicle restrictions, traffic conditions, road construction, weather, etc.
  - Plan the timing of your trip. Keep in mind the delivery schedules, the operating hours of the job sites. Remember to add in time for stops, refueling and any other possible opportunities for a delay such as road construction or traffic.
  - Estimate fuel requirements and make sure you either have enough fuel to complete the load, or plan when and where you will re-fuel your vehicle.
  - Prepare and plan for any extra trip expenses, such as tolls, and understand your employer's policy for covering them.
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- **Training Hour(s):** Classroom 2.0 hrs. /4.0 hrs. OJL

## Fuel, Fueling Procedures, and Diesel Exhaust Fluid (DEF) Management

Fuel is an important part of the trucking industry. Without it, the truck doesn't move and the job doesn't get done. In addition to the fuel, to protect the environment, the EPA has mandated all diesel engines use diesel exhaust fluid (DEF) which helps to reduce harmful emissions. In this section, we will cover the important tips and procedures when it comes to fueling up to keep your truck in compliance with all applicable regulations.

- **Fueling Procedures**
- **Tips for Maximizing your Fuel Economy**
- **Diesel Exhaust Fluid (DEF)**
  - Why we use it
  - How it works
  - Where to purchase it
- **Regen Process**
  - Dashboard signals
  
- **Training Hour(s)**: Classroom 1.0 hr. /2.0 hrs. OJL

## Coupling and Uncoupling Trailers

Coupling and uncoupling trailers is a daily task for most professional commercial drivers. To ensure the safety of the driver as well as other drivers on the road, it needs to be done safely and efficiently. We will explore the proper way to couple and uncouple trailers as well as how to inspect to make sure the connection is functioning properly.

- **Coupling and Uncoupling Training will cover:**
  - Properly couple and uncouple a trailer
  - Safely working with landing gear and fifth wheel
  - Explain and practice effectively inspecting the coupling system
- **Training Hour(s):** Classroom 2.0 hrs. /4.5 hrs. OJL

## Weight Distribution and Fixed Tandems

The weight distribution of your load is important in improving safety and to help extend the life of your equipment. Properly distributing the weight in our trailer can improve safety by decreasing excessive sway or loss of control. It will also assure you are in compliance with weight laws and federal safety standards.

### Basic Principles

- Gross Vehicle Weight (GVW), Gross Vehicle Weight Rating (GVWR), Gross Combination Weight (GCW), Gross Axle Weight (GAW), Tire Load Index
- Weight Distribution Relative to Trucks

### Additional Topics

- Center-of-Gravity
  - Weight Distribution and Axle Loading
  - Risk of Overloading Your Trailer
- **Training Hour(s):** Classroom 4.0 hrs. /20.0 hrs. OJL

## Fall Safe Prevention for Dump Trucks

Dump trucks are an important part of the construction and hauling industry. There are many different types of dump trucks to complete the vast array of jobs. However, it is important to be aware of fall safe prevention with dumping. Due to their high center of gravity, dump trucks can easily become unstable and tip over while dumping a load. We will discuss the various types of dump trucks, and which ones should be used to haul various types of materials as well as best practices to ensure the safety of the driver, other workers on site, and the equipment.

We will discuss important safety protocols

- Properly operating truck liners to reduce loss and increase safety
  - Strictly following dumping procedures
  - Proper dump truck maintenance protocol
  - Design features and uses of various types of dump trucks
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- **Training Hour(s):** Classroom 0.5 hrs./1.5 hrs. OJL

## Mastering Backing Maneuvers and Techniques

This module is designed to continue to master the various backing techniques that were presented in EPCD Introductory Curriculum. This hands-on teaching will continue to focus on each of the following maneuvers: straight-line, alley dock, sight-side jackknife, and blind-side jackknife backing and parallel parking.

- **Training Hour(s):** 50 hrs. OJL