

CDL Training Course

Class A CDL Entry Level Driver Training Course (ELDT)

Basic Operations

- **Orientation**
 - **8 Lessons**
 - The Combination Vehicle
 - Driver Safety Fundamentals
 - Trucking industry Regulation (FMCSRs and HMRs)
 - General Non-Driving Responsibilities
 - Non-Driving Responsibilities of Truck Drivers – Cargo Securement
 - State and Local Laws Affecting Trucking
 - Federal Bridge Formula
 - Driver Disqualification for Violations
 - Quiz 20 questions
- **Control Systems and Dashboard**
 - **2 Lessons**
 - Vehicle Instruments
 - Vehicle Controls
 - Quiz 10 questions
- **Basic Control**
 - **7 Lessons**
 - Basic Commercial Vehicle Control
 - Straight Line Backing
 - Turning a Commercial Vehicle
 - Right Turns
 - Left Turns
 - Highway curves in a Commercial Vehicle
 - Backing Setup and Basic Maneuvers
 - Quiz 10 questions
- **Shifting and Operating Transmissions**
 - **5 Lessons**
 - Manual Transmission Shift Controls
 - Non-Synchronized Transmissions
 - Gauges and Other Systems Used When Shifting
 - How to synchronize the engine
 - Shifting Patterns
 - Quiz 10 questions

- **Pre and Post Trip Inspections**
 - **10 Lessons**
 - The importance of Vehicle Inspections
 - Types of Vehicle Inspection
 - Steering System Inspection
 - Suspension System Inspection
 - Exhaust System Inspection
 - Lighting Devices, Reflectors and Horn
 - Coupling Inspection
 - Interior System Inspections
 - Vehicle Walkaround
 - Quiz 10 questions
- **Backing and Docking**
 - **5 Lessons**
 - General Backing Principles
 - Rules for Backing Safely
 - Basic Backing Maneuvers
 - Evaluating Facilities and Docks
 - Video Resources
 - Quiz 10 questions
- **Coupling and Uncoupling**
 - **4 Lessons**
 - Introduction to Coupling and Uncoupling
 - Coupling Sequence
 - Uncoupling Sequence
 - Video Resources
 - Quiz 10 questions

Safe Operating Procedures

- **Visual Search**
 - **6 Lessons**
 - Driver's environment
 - Focus on the Road Ahead
 - Scanning and Search Techniques
 - Visual Search at Night
 - Scanning at Intersections
 - Mirrors and Blind Spots
 - Quiz 10 questions

- **Communication**
 - **3 Lessons**
 - Communicating the Driver's Intent
 - Signaling
 - Eye Contact with Other Drivers
 - Quiz 10 questions
- **Distracted Driving**
 - **3 Lessons**
 - Recognizing Driving Distractions
 - In Cab Technology
 - Recognizing and Managing Distracted Drivers
 - Quiz 10 questions
- **Speed Management**
 - **2 Lessons**
 - Speed, Braking and Stopping Distance
 - Safe Speeds with Weather, Road and Traffic Conditions
 - Quiz 10 questions
- **Space Management**
 - **7 Lessons**
 - The Importance of Space Management in a Truck
 - The Space Ahead
 - The Space Behind
 - The Space to the Sides
 - The Space Overhead
 - The Space Below
 - Space When Turning
 - Quiz 10 questions
- **Night Driving**
 - **3 Lessons**
 - Introduction to Night Driving
 - Night Driving Factors
 - Driving Your Vehicle Safely at Night
 - Quiz 10 questions
- **Extreme Driving Conditions**
 - **8 Lessons**
 - Extreme Weather and Driving
 - Starting engines in cold weather
 - Using tire chains
 - Operating in bad weather
 - Driving Hot Weather
 - Driving in the Mountains
 - Auxiliary Brakes and Speed Retarders
 - Driving in High Winds
 - Quiz 10 questions

Advanced Operating Practices

- **Hazard Perception**
 - **3 Lessons**
 - Learning to Recognize Hazards
 - Road Conditions that Present Hazards to Truckers
 - Hazard Awareness and Other Road Users
 - Quiz 10 questions
- **Skid Control, Recovery and Emergencies**
 - **5 Lessons**
 - Causes of Skids
 - Tractor-Trailer Skids
 - Preventing and Correcting Skids
 - Emergency Maneuvers
 - Escape Ramps
 - Quiz 10 questions
- **Railroad Crossings**
 - **7 Lessons**
 - Regulations to Prevent Crossing Collisions
 - Types of Railroad Crossing Markings and Devices
 - Driver Distractions and Passive Rail Crossings
 - Warning Device and Signs
 - Stopping Requirements
 - Every Driver Needs to Know About Railroad Crossings
 - Emergencies at the Crossing: Stuck or Stalled
 - Quiz 10 questions

Vehicle Systems

- **Identification and Diagnosis of Malfunctions**
 - **4 Lessons**
 - Driver Responsibility
 - System Functions
 - Recognizing a Malfunction
 - Driver Awareness and Troubleshooting Skills
 - Quiz 10 questions
- **Roadside Inspections**
 - **3 Lessons**
 - Roadside Inspection Basics
 - Eight Levels of Roadside Inspections

- Roadside Inspection Outcomes
 - Quiz 10 questions
- **Maintenance**
 - **13 Lessons**
 - Understanding the Driver Inspection Report
 - Types of Maintenance
 - Routine Service and Basic Maintenance
 - Fuel System
 - Oil System
 - Coolant System
 - Power Steering
 - Air Filter
 - Batteries
 - Tires
 - Air Reservoir Tanks
 - Brakes
 - Simple Emergency Repairs
 - Quiz 10 questions

Non-Driving Activities

- **Handling Cargo**
 - **6 Lessons**
 - Cargo Weight Distribution
 - Cargo Securement
 - Cargo Covering
 - Safe and Efficient Loading/Unloading
 - Cargo Security / Theft Prevention
 - Handling/Documentation of Hazmat
 - Quiz 10 questions
- **Environmental Compliance Issues**
 - **3 Lessons**
 - Air Pollution
 - Fuel Efficiency
 - Hazardous Materials
 - Quiz 10 questions
- **Hours of Service Requirements**
 - **5 Lessons**
 - Hours of Service (HOS) Requirements
 - Video Resources
 - Recording Driver HOS Duty Status
 - Exceptions to the Logbook Requirement
 - HOS Violations and Consequences
 - Quiz 10 questions

- **Fatigue and Wellness Awareness**
 - **5 Lessons**
 - Personal Health and the Professional Driver
 - Stress and Fatigue
 - Alcohol and Drug use and abuse
 - Safe Work Practices for Drivers
 - Transportation and Driver Personal Security
 - Quiz 10 questions
- **Post-Crash Procedures**
 - **3 Lessons**
 - What to do After an Accident
 - Post-Accident Controlled Substance Testing
 - Vehicle Fires and Hazmat
 - Quiz
- **Whistleblower**
 - **3 Lessons**
 - Truck Driver's Rights and Protections
 - The OSH Act
 - The Surface Transportation Assistance Act (STAA)
 - Quiz 10 questions
- **Trip Planning**
 - **3 Lessons**
 - The Importance and requirements for planning routes and trips
 - Roadside Inspections
 - Roadside Inspection Results
 - Quiz 10 questions
- **External Communications**
 - **1 Lesson**
 - Interpersonal Communication by Drivers
 - Quiz 10 questions
- **Drugs and Alcohol**
 - **3 Lessons**
 - Alcohol and Driving
 - Drugs
 - CDL Suspensions
 - Quiz 10 questions
- **Medical Requirements**
 - **3 Lessons**
 - General Qualifications of Drivers
 - General Disqualifications of Drivers
 - Physical Qualifications of Drivers
 - Quiz 10 questions

- **Human Trafficking**
 - *1 Lesson*
 - Human Trafficking Laws
 - Quiz 10 questions