## VALUE – DRIVEN LEARNING

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| **VALUE-DRIVEN LIFE**                 | • Preventing Workplace Injuries                                                              |                                            |
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• At the Scene of an Accident  
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| **CSA BASIC – MANAGER SERIES**        | • Parts 1-8                                                                                  |                                            |
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• Rest Stop Routines  
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• Driving in Extreme Weather Conditions  
• Heavy Trucking Braking System & Breaking Techniques  
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DRIVING SKILLS (BASIC)
- Adverse Driving Conditions
- Approaching Intersections Part 1&2
- Backing a Rig Safely
- Cabin Interior – Pre-Trip Checklist
- Changing Lanes
- Coupling a Trailer
- Distracted Driver: Cell Phones Part 1&2
- Driving Through Work Zones
- Fatigue Management Part 1&2
- Fuel Efficiency Part 1-3
- Intersections – Expect the Unexpected
- Railroad Crossing
- Road Rage
- Speed Management
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- Uncoupling a Trailer
- Canadian Hours of Service
- Canadian Vehicle Inspection
- Drivers of CMVs: FMCSA Restrictions on Cell Phones
- Hours of Service Part 1-6
- Seatbelts
- Stop and Traffic Signs
- Cargo Theft Operators

DRUG AND ALCOHOL
- Drug and Alcohol Training Section 1 – Introduction
- Drug and Alcohol Training Section 2 – Regulatory Overview
- Drug and Alcohol Training Section 3 – Development/Communication
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- Drug and Alcohol Training Section 5 – Types of Testing
- Drug and Alcohol Training Section 6 – Controlled Substances Testing Procedures
- Drug and Alcohol Training Section 7 – Alcohol Testing Procedures
- Drug and Alcohol Training Section 8 – Employee Assistance Programs
- Drug and Alcohol Training Section 9 – Administration

EMERGENCY FIRST AID
- Emergency First Aid

ENTRY LEVEL DRIVER TRAINING REQUIREMENTS
- General Qualifications
- Responsibilities of Drivers
- Disqualification of Drivers
- Physical Qualifications for Drivers
- Schedule for use of Medical Examiners
- Persons Who Must be Medically Examined and Certified
- Resolution of Conflicts of Medical Evaluation
- Alternative Physical Qualification
- Hours of Service
- Driver Wellness
- Whistleblower Protection

EQUIPMENT & MAINTENANCE
- Cabin Interior Pre-Trip Checklist
- Exterior Power Unit and Trailer Inspection
- Pretrip Approach and Maintenance
- Pre/Post-Trip Component Inspection
- Roadside Inspections
- Uncoupling a Trailer

FOOD SAFETY MODERNIZATION ACT
- FSMA Imports
- FSMA Inspections & Compliance
- FSMA Intro & Overview
- FSMA Preventative Controls

FUEL EFFICIENCY PROGRAM
- Quick Start Modules
- Pre & Post Trip Inspection
- Alternatives to Idling
- Coasting
- Maintaining Your Rig
- Progressive Shifting
- Out of Route Miles
- Turn Right
- Tachometer
- Tires, Wheels, and Drag
- Route Management
- Consistent Speed
- Cruise Control
- Cargo Distribution 1&2
- Focus
- From the Drivers Mouth Parts 1-4
- Fuel Optimization
- Recap
- ROI
GLOBAL HARMONIZATION SYSTEM (GHS)
- GHS

HAZARDOUS MATERIALS TRAINING
- Blocking and Bracing
- Emergency Response Guide
- General Awareness
- Labelling
- Marking
- Placarding
- Shipping Papers
- HazMat Packaging

HOURS OF SERVICE
- HOS

INTERMODAL EQUIPMENT PROVIDER RULES
- Intermodal Equipment Provider Rules

OSHA & WORKPLACE SAFETY (GW)
- Battery Charging Safety (GW)
- Blood Borne Pathogens
- Bonding and Grounding of Flammable Liquids Transfers
- Fall Protection
- Fire Prevention Responsibility
- Forklifts and Pedestrian Safety
- Lockout/Tagout
- Personal Protective Equipment

- Respiratory Protection
- Electric Pallet Jack Part 1&2
- Guide to Hearing Conservation
- Hand and Power Tool Safety
- Hand and Wrist Injuries
- Heat Stress Awareness Prevention
- OSHA Regulations for Forklifts
- Safe Handling of Wooden Pallets
- Tire Shop Hazard
- Warehouse Safety
- Working Safely with Compressed Air
- How to Investigate an Accident
- Top Ten OSHA Violations

REAL LIFE LESSONS
- Conducting Pre/Post-Trip Inspection
- Driving
- Entering/Exiting Truck Cab
- Health and Wellness
- Slips and Trips
- Opening/Closing Side-box on Flatbed Trailer
- Loading/Assisting to Load Flatbed Freight?
- Cleaning Windshield
- Cranking Trailer Landing Gear
- Pulling Fifth-Wheel Release
- Strapping/Chaining Flatbed Freight
- Getting On/Off Trailer

- Unloading/Assisting/Tailgating Freight
- Loading/Unloading Bulk Trailer
- Performing Truck/Trailer Maintenance
- Inside Parked Truck
- Loading/Unloading Dump Trailers
- Tarping or Untarping
- Confined Space Entry
- Sliding Tandems
- Securing Freight in Van/Refer Trailer
- Opening/Closing Truck Hood

REASONABLE SUSPICION TESTING
- Reasonable Suspicion Testing

SAFETY MANAGEMENT
- CBSI 6 Part Series
- Five Deadly Sins for Transportation Safety Professionals

SPANISH CONTENT – GW

TANKER: PRE-TRIP INSPECTION
- Tanker: Pre-Trip Inspection