

Driver CPC Modular Periodic Training (3.5 hours)

Driver Health and Well-being (CRS8062/1641)

Aims and Objectives

This course will ensure delegates acquire a full understanding of the occupational risks to the professional driver, fitness requirements and laws regarding driving under the influence of drink and drugs.

Course Content

- Occupational risks in the transport sector
- Fitness requirements to drive
- Driver Fatigue, Sleep Apnoea and Stress
- Healthy Lifestyle Advice for the professional driver
- Drink, Drugs and the Law and associated penalties
- Driving Posture and Ergonomics
- Health and Safety Conduct – minimising physical risk
- PPE

Suitable For

This course will contribute towards compulsory DCPC periodic training required for all drivers, new and existing, who drive professionally and require a LGV licence to work. It is being conducted by a JAUPT approved training centre.

Course Duration	3.5 Hours (This module should be taken with another 3.5 hour module to gain the full 7 hour requirement for DCPC Periodic Training)
Max No. of learners	20
Location	Available at TFR Training centres across North Staffordshire
Dates	Selected Dates in July, August, September 2014
Record of hours	This module must be taken with another 3.5 hour module within the same 24 hours. On completion of the 7 hours of training, your hours will be uploaded onto the R&E database.