

Welcome to the Hard Hat Training Series!



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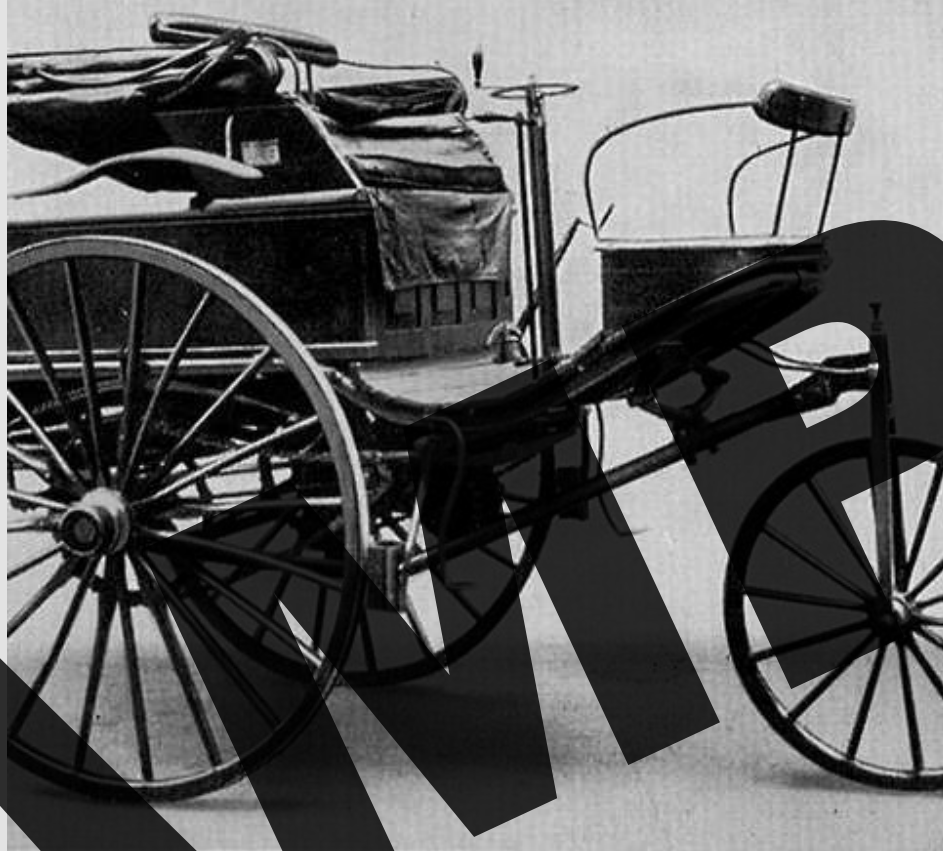
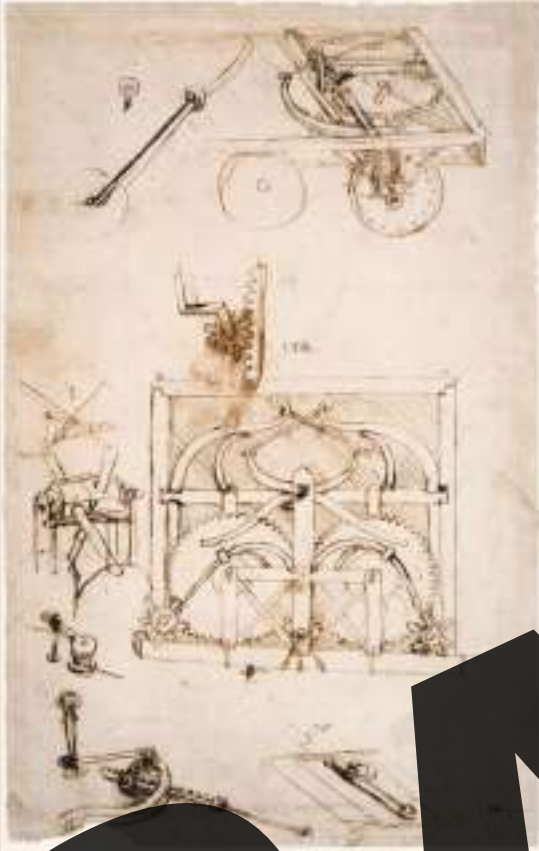
Welcome to the Hard Hat Training Series. Today, we'll be discussing how to be a safe commercial motor vehicle (CMV) driver on the job. By the conclusion, you should have an increased knowledge of the responsibility that you possess as a driver on the road.



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The idea of the automobile dates back as far as the 15th century, when artists such as Leonardo da Vinci were creating designs for machines that would revolutionize the transportation industry. However, the official invention of the automobile is credited to Karl Benz, a German engineer who lived in the late 19th century and created his first model sometime in the mid 1880s.



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Since the days of Benz, the automobile has been revamped and improved upon hundreds and even thousands of times. Today, automobiles vary so widely in model, quality, and purpose that they are difficult to count. Whether you drive a car, truck, or bus, every time you get behind the wheel of a moving vehicle you are responsible for more lives than just your own.



**38,000**

People die each year
in crashes on
U.S. roadways.

**4.4 MILLION**

People are seriously injured
enough to need medical attention
in crashes on U.S. roadways



Road crashes are the
LEADING CAUSE OF DEATH
amongst Americans aged 1-54.

Pedestrian and bicyclist
Fatalities in the U.S. are

RISING

Consider the dangers of driving irresponsibly as you read these statistics. The road crash numbers are shockingly high, and behind each number is a person with a family and friends whose lives are irrevocably changed.



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**DEFENSIVE****DRIVING**

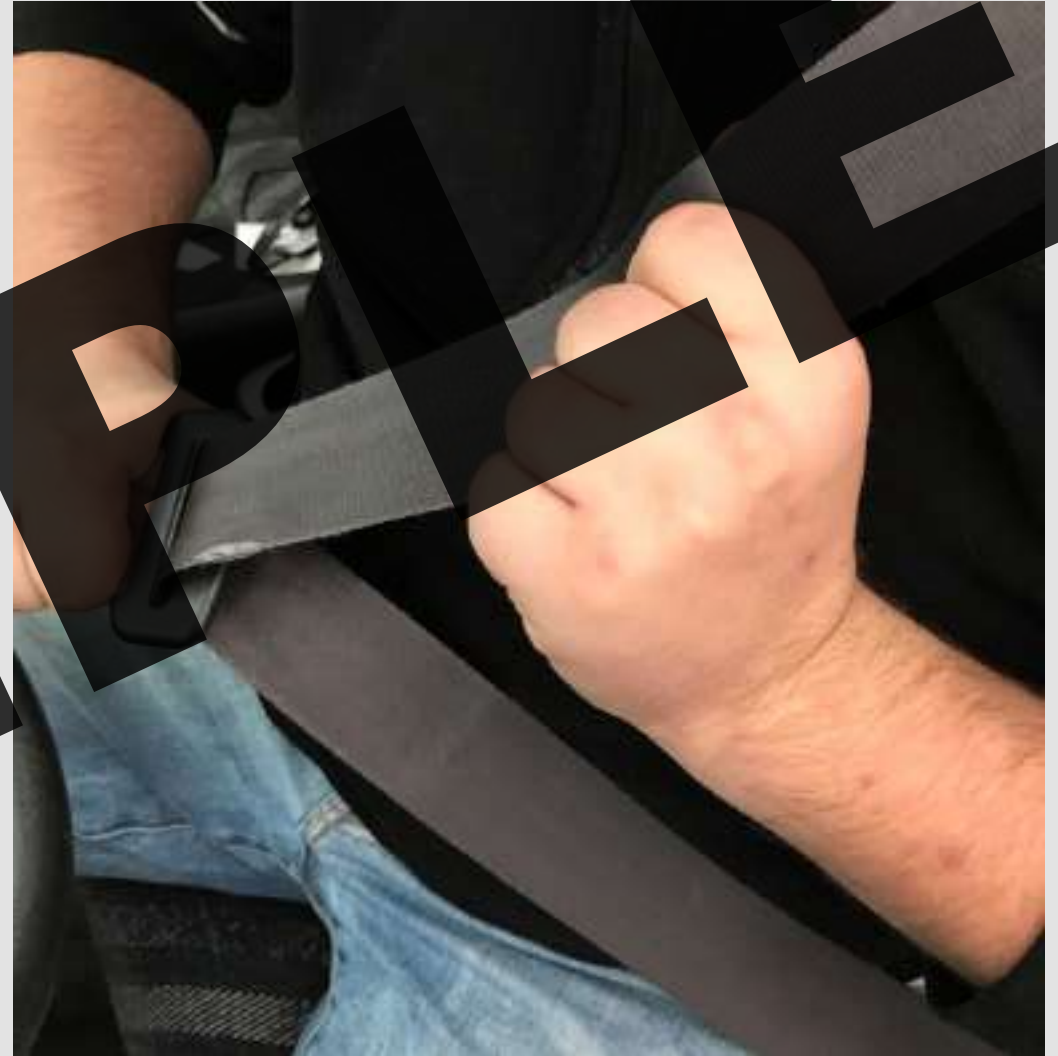
Because you may drive a variety of vehicles at your job, the goal today is to focus on general safety principles that will make you a better operator so you can protect yourself and others while driving. The general mindset you should maintain when you're driving defensively is to assume that everyone around you doesn't know what they're doing. As such, it is up to you to observe all traffic laws carefully and give your full attention to the road.





During this presentation, we will take a look at some general information that you must understand before you operate a vehicle on the job. This will include what is required of you as the driver as well as the traffic laws you must know and follow on a daily basis.

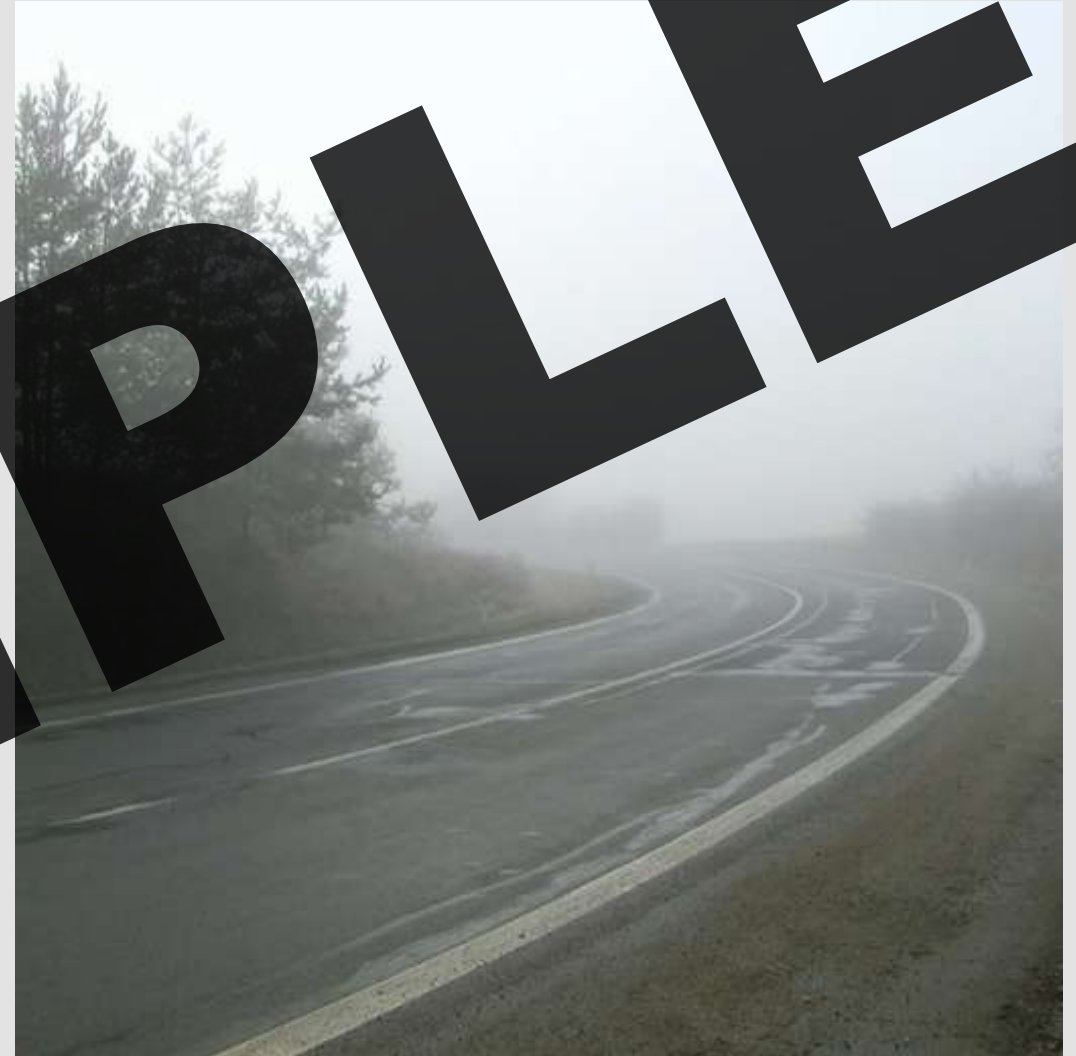
Next, we will touch on the basic anatomy of your vehicle, including the safety equipment that should be installed and functioning properly. We will teach you how to recognize when your vehicle needs repairing. This section will also cover some basic maintenance you can do to keep your vehicle running at peak performance.





We will also go over safe driving practices. Being a safe driver largely depends on behaviors that are within your control. This section will include a discussion on various situations and conditions you must consider while you're travelling, including driving around pedestrians, driving with cargo, safe following distances, and so on.

Chances are, you will encounter inclement weather or hazardous road conditions at some point on the job. We will look at how to drive safely in situations that are outside of your control, such as in rain or snow, or on poorly maintained roads.





Our final section will go into how you can prepare yourself for emergencies on the road, whether that be a flat tire, an accident, or any other compromising situation. By the time you complete this training, including the written and practical exams, you should be better prepared to safely operate both small and large vehicles.



Commercial Driving License

Before we begin, let's go over what a CDL is. Commercial Driver's Licenses (CDLs) are required for drivers who work in interstate, intrastate, or foreign commerce. These come in several different classes, and the type you need is determined in large part by the gross combination weight rating (GCWR) and gross vehicle weight rating (GVWR) of your automobile. On the following slide is a reference to better help you understand which class of CDL you will need for your load.



GCWR usually refers to vehicles that operate with more than one part (i.e. semis and other machines with trailers), while **GVWR** refers to the "power" or primary vehicle alone.



CDL REQUIRED

GCWR is 26,001 or more pounds: Class A
(must be 21 years of age)

GVWR of trailer/towed unit is 10,001 or more pounds:
Class A (must be 21 years of age)

GVWR of power unit 26,001 or more pounds: Class A
(must be 18 years of age)

Vehicle transporting hazardous materials in placardable
quantities, or listed as a select agent or toxin in 42 CFR
Part 73: Class C (must be 18 years of age)

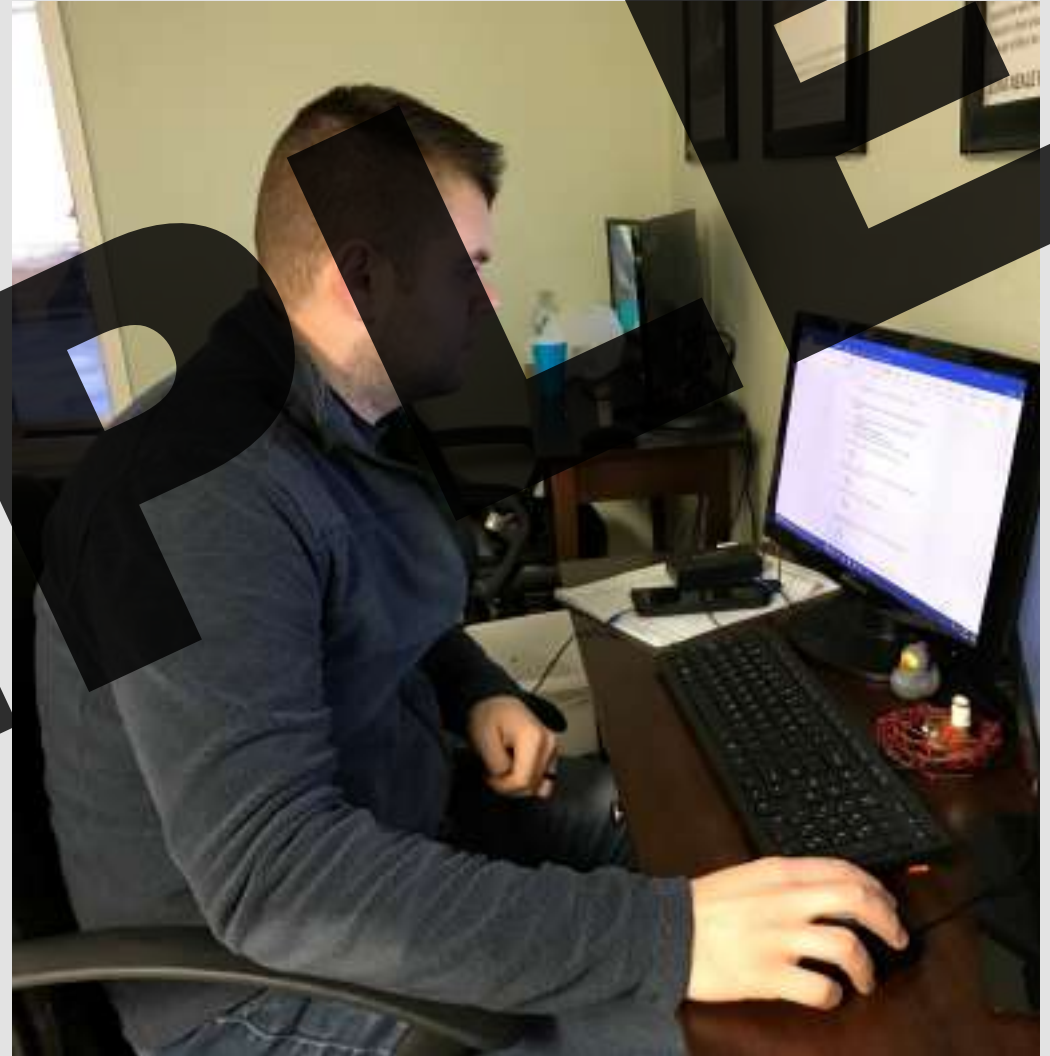
Vehicle designed to transport 16 or more passengers,
including the driver: Class C (must be 18 years of age)

If none of the conditions listed here apply to you, a CDL is not required. Age limits are applicable in most, but not all states. Before obtaining a CDL, you will be required to prove that you can perform a thorough vehicle inspection, exercise basic vehicle control, and complete a few on-road tests in various traffic situations.



Placardable: Quantity of hazardous materials in a large enough amount to be contained within tanks or drums that are fixed to the exterior surface of transport vehicles for safety reasons.

You will also need to prove your proficiency in several fields, depending on which class of license you require. All applicants take the general knowledge test, but others include passenger transport tests, air brakes tests, hazardous materials tests, a doubles/triples test (for those who haul double or triple trailers), and more.



You may lose your CDL if you are disqualified for medical, legal, or behavioral reasons. For first offenses regarding DUIs, leaving scenes of accidents involving a CMV, causing a fatality through negligent use of a CMV, or committing a felony with a CMV, you will lose your license for at least a year. If any of these offenses occur while there are placarded hazardous materials in your vehicle, your license will be suspended for at least three years.



Take Note!

You must be able to provide proof of citizenship and be able to speak proficient English in order to obtain a CDL. Applicants must be at least 18 years old. To drive interstate (that is, out of state) or with hazardous materials, you must be at least 21 years of age.



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If any of these offenses takes place a second time or if you commit a felony with a CMV involving controlled substances, you will lose your CDL indefinitely. Finally, you will be put “out of service” for 24 hours if you are found to have a blood alcohol concentration greater than 0.04 percent. Later in this presentation, we will go into more detail about what qualifies someone as an impaired driver.

There are also situations in which you will lose your CDL if you are found to be in violation of traffic laws, out-of-service orders, railroad-crossing laws, Hazcom requirements, and even if you have committed violations in your personal vehicle. For more information on these infractions, consult your supervisor, company rules, or local guidelines.



The Life & Times

Monday, September 18, 2019

Safety in the Workplace A3

Investigators looking into recent worker fatality

Federal Way – Early in the morning last Saturday, local construction workers hired to install several utility poles were involved in an accident that killed two and injured four.

The horrific chain of events started with a relatively minor accident at 7 a.m. during which a worker was struck by a pole and thrown into a wall.



Throughout this training, we will look at real investigated accident profiles. In some cases, two or three similar accidents have been combined for the purpose of illustrating key safety principles. They will show just how quickly things can go wrong if you ignore safe driving practices. Add to that a few hazardous road conditions and injuries or fatalities were the result.

The DOT

Broadly speaking, the U.S. Department of Transportation (DOT) is the government body that regulates safe driving standards. Within the DOT, there are various administrations with more specific roles. Additionally, your state or province creates the safe driving regulations for your specific area. Today's training will focus on general safety principles that you should follow, whether you're driving a car or a large CMV.



Why Training?

No matter the situation, it is common to hear workers and even employers ask, “Where does it state we need to be trained?” Can’t a worker also be deemed “qualified” based on experience? The answer is “no.” Experience helps, yes, but regulations are very clear that employees must be trained (no matter how long they’ve been on the job) and that it is the employer who is responsible for overseeing that safety training, ensuring employees have the understanding, knowledge, and skills needed to operate safely.



Initial training and refresher training, as well as any written and practical evaluations, must be documented and filed. At the very least, employers need proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, and so on.) These documents should include the name of the person who taught the class or conducted the evaluation.

WORKERS MUST RECEIVE REFRESHER TRAINING WHEN...

1. There are changes in their assigned duties.

2. There are changes regarding potential exposure to hazards, for which the employee has not received training.

3. If any deficiency has been noted in an employee's work performance that is related to the safety and health of themselves or other workers.

4. If an accident has occurred, or anytime an employee is injured or nearly injured during operations.

Note: In some areas, refresher training is required at least every three years (if not sooner).

Training is not just a one-and-done occurrence; it is on-going. In fact, training should take place whenever there is a demonstrated need for it. We have listed several instances when refresher training would be required. Can you think of any others?



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The extent of training will be determined by the employer, but at the very least it should include classroom instruction followed by a written and practical examination that prove continued competency.

Understanding Your Vehicle

SAMPLE

