



# TRAINING OUTLINE

**COURSE TITLE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **COMPANY:** \_\_\_\_\_

*Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.*

## SUMMARY OF TRAINING

### 1) Introduction

- a) Standards
- b) Why Training

### 2) Anatomy & Inspection

#### a) Exterior Check

- i. Exterior Labels
- ii. Chassis & Frame
- iii. Air Tank Lanyard
- iv. Tires & Wheels
- v. Axles
- vi. Suspension System
- vii. Hydraulic System
- viii. Hoses & Wiring
- ix. Lights
- x. Exhaust System
- xi. Fifth Wheel Lifting System
- xii. Steps & Walking Surfaces
- xiii. Cab Tilt
- xiv. Engine Compartment
- xv. Belts, Hoses, Wires
- xvi. Oil & Other Fluids
- xvii. Fuel Levels

#### b) Interior Inspection

- i. Operator's Manual
- ii. Cab Floor
- iii. Seat
- iv. Seat Belt
- v. Interior Cab Decals
- vi. Controls
- vii. Steering



# TRAINING OUTLINE

- viii. Drivability
- ix. Brake System
- x. Parking Brake
- xi. Horn
- xii. Mirrors & Glass
- xiii. Emergency Exit
- xiv. Windshield Wipers
- xv. Heat, AC, Other
- xvi. Fire Extinguisher
- xvii. Trailers
- xviii. Maintenance

## 3) Safe Operations

- a) Training
- b) Reading the Operator's Manual
- c) Mounting & Dismounting
- d) Pre-Shift Inspections
- e) Ergonomics
- f) Seat Belts
- g) Startup
- h) Fifth Wheel Operation
- i) Coupling
- j) Inspect Coupling
- k) Safe Driving
- l) Backing Up
- m) Turning
- n) Uncoupling
- o) Parking & Shutdown
- p) Towing
- q) PTO
- r) PPE
  - i. Reflective Safety Vests
  - ii. Gloves
  - iii. Slip-Resistant Footwear
  - iv. Eye Protection
  - v. Additional PPE
- s) Know Your Worksite
  - i. Right-of-Way
  - ii. Pedestrians



# TRAINING OUTLINE

- iii. Speed
- iv. Situational Awareness
- v. Travelling

## 4) Hazards

- a) Caught-in, Between
- b) Struck by Machine
- c) Skidding
- d) Transporting Cargo
- e) Air Brakes
- f) Distractions
- g) Fatigue
- h) Emotional & Physical Health

## 5) Conclusion