

# CarriersEdge Course Catalog

Spring 2026



Level up your driver training™

## *Greetings from CarriersEdge!*

As someone committed to building and running a strong safety program, you know the important role comprehensive driver training plays in helping trucking companies keep their drivers and assets safe, and keep freight moving.

If it's done badly, you can alienate drivers with low-value courses, sink a ton of time and effort into creating your own content, create administrative nightmares trying to manage it all, and see few positive results.

But when you do it right, you improve compliance, boost driver satisfaction, lower training costs, and create a program that meaningfully contributes to a positive company culture. Without a complex structure that requires a full-time admin. That's what you get with CarriersEdge.

Our system and all our content is custom-built for trucking. In fact, we've been solely focused on trucking since we started 20 years ago. Today, more than 3,500 fleets across North America trust CarriersEdge to run a better training program that delivers real results.

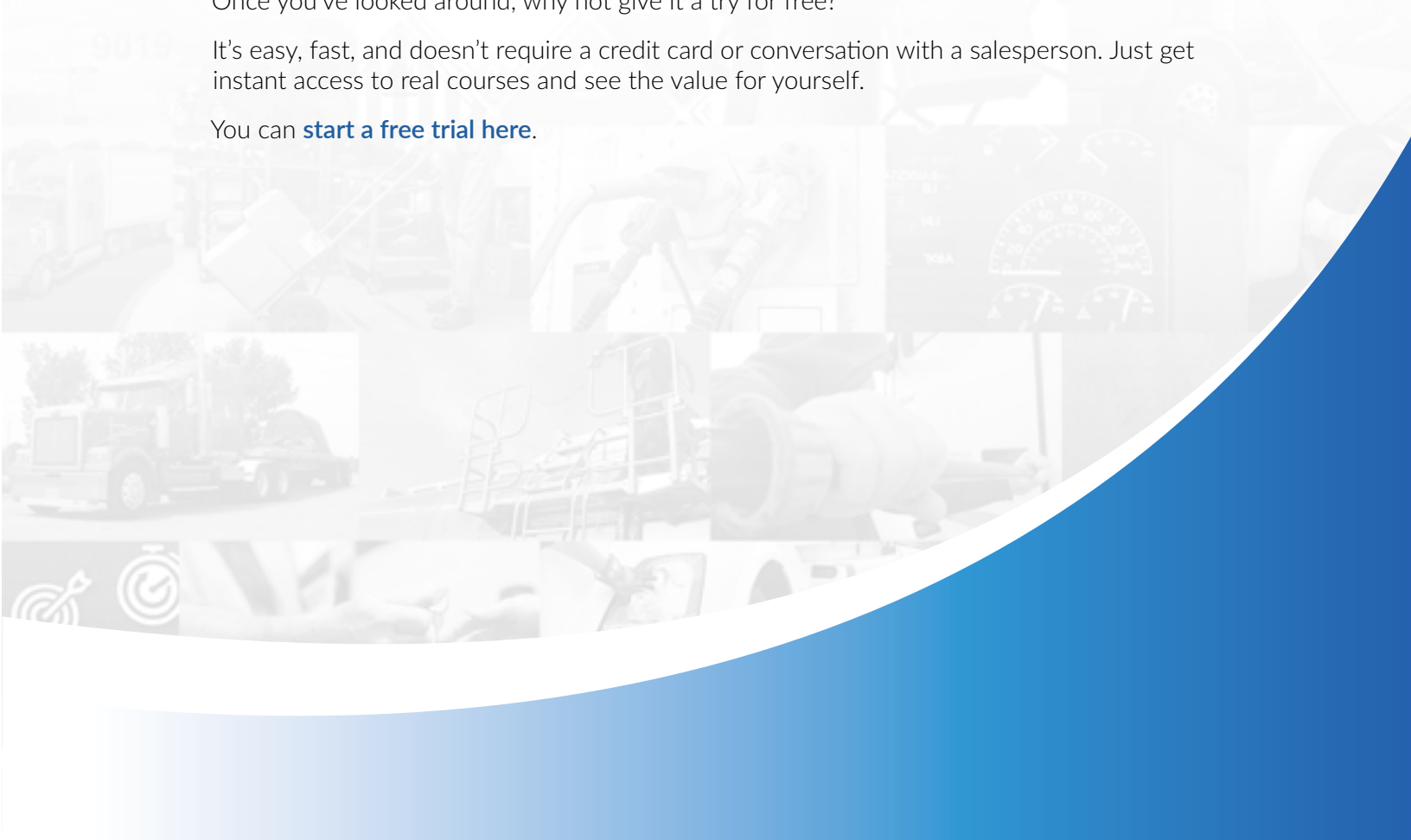
In this catalog, you'll find a comprehensive list of all our courses with detailed descriptions. You can search by subject or by equipment type. On the next page, you'll see how to find exactly what you're looking for quickly and easily.

In addition to the courses, you'll also find information about the support resources we provide to help you get more value from the courses.

Once you've looked around, why not give it a try for free?

It's easy, fast, and doesn't require a credit card or conversation with a salesperson. Just get instant access to real courses and see the value for yourself.

You can [start a free trial here](#).



# Finding information in the catalog

Browse the CarriersEdge catalog by vehicle type, subject area, or by an alphabetical list. Switch your view using the shortcuts at the bottom of the page. Click [Back to previous](#) at any time to return to the previous page.

## Equipment Type or Audience

Many CarriersEdge courses are designed to apply to a wide range of participants, no matter the type of vehicle or cargo. Others are specifically designed for particular truck and trailer types. To find all the courses applicable to your drivers and staff, browse by equipment type or audience.

[Browse by equipment type or audience](#) .....6

## Alphabetical List of Titles

Just need a quick link to a specific title? The alphabetical makes it easy to find a course fast.

[Browse alphabetically](#).....76

## Subject Area

Each CarriersEdge course is categorized into a subject area based on the type of content it contains. Browse the subject areas to see the full list of courses, including descriptions and objectives, in each subject area.

[Browse by subject area](#) ..... 91

## Course Classifications

Each course title is classed as gold, silver or bronze based on the type of material covered.

- **Gold**                    On-road safety course (directly driving-related)
- **Silver**                    Safety-related, but not directly on the road
- **Bronze**                    Not directly related to safety

## Compilation Courses

Throughout the catalog, you'll see references to Compilations. These are longer titles made up of smaller courses on the same subject. Designed for more intense, deeper-dive training requirements, they're appropriate for new entrant programs, driver orientation, or any time you want to build an extended understanding of the subject area. Note that while these courses are longer, CarriersEdge automatically bookmarks a driver's place in every course, so they can complete these titles in multiple sessions without ever losing their place.

## Other Training Tools

In addition to course content, CarriersEdge provides other training tools to help safety and training personnel provide a full safety and education program, including Baseline Tests, Driver Surveys, and Put it into Practice (PiiP™) resources.

[See a list of training tools](#) .....171

### Pre-Populated Surveys

You can create custom surveys (for drivers and non-drivers alike) in the CarriersEdge system, but we also provide templates with pre-populated questions you can modify or remove as you need. A Best Fleets to Drive For® driver survey template is included so you can take the temperature at any time!

[See a list of our surveys](#).....173

### Baseline Tests

Baseline tests are standalone tests that cover the same content as the CarriersEdge content library. When you want to assess driver knowledge, but don't want them to go through an entire course, baseline tests can give you an accurate picture of what they know and where they have gaps.

[See the subject areas with a baseline test](#).....174

### Put it into Practice (PiiP™)

Based on best practices uncovered through the Best Fleets to Drive For® program, each PiiP™ provides a wealth of ideas for additional activities to supplement online training. Driver recognition, social media, surveys, hands-on practice - PiiPs are full of ways to keep drivers engaged after the online courses are done.

[See the subject areas with PiiPs](#).....174

# Equipment Type or Audience



# Course List by Equipment Type or Audience

Many CarriersEdge courses are designed to apply to a wide range of participants, no matter the type of vehicle or cargo. Others are specifically designed for particular truck and trailer types. To find all the courses applicable to your drivers and staff, browse by equipment type or audience.

## Equipment types

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## Course Classifications

Each course title is classed as gold, silver or bronze based on the type of material covered.

- **Gold**      On-road safety course (directly driving-related)
- **Silver**      Safety-related, but not directly on the road
- **Bronze**      Not directly related to safety

## Other Training Tools

**BT**      Indicates the course has an accompanying baseline (standalone) knowledge test

**PiiP**      Indicates the course has a PiiP with additional training activities

# Cargo / Dry Van



Course Name	Duration	Subject	Language	BT	PiiP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Air Brakes: Air Brake Fundamentals	20 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Supply Subsystem	18 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Service Brake Subsystem	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Spring Brake Subsystem	15 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Trailer Brake Subsystem	23 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Visual Brake Inspections	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Conducting Functional Tests	21 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: S-Cam Brake Adjustment	22 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes <i>Compilation</i>	156 mins	<a href="#">Air Brakes</a>	EN		•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: <i>(see CTPAT Successful Border Crossing)</i>					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
Cargo Securement <i>(see Practical™ Cargo Securement)</i>					
● CSA for Drivers: The BASICS	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: Interventions	13 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: The Safety Measurement System	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers <i>Compilation</i>	49 mins	<a href="#">Driving Skills</a>	EN • ES	•	

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

Course Name	Duration	Subject	Language	BT	PiiP
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	Security/Threat Awareness	EN	•	
● Customer Service for Drivers	~25 mins	Business & Communication	EN	•	
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES		•
Delivery Safety ( <i>see Trip Planning, Parking and Deliveries</i> )					
● Defensive Driving: Managing the Driving Experience	25 mins	Driving Skills	EN • ES	•	
● Defensive Driving: The Space Around You	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving: No Need for Speed	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Navigating Turns and Intersections	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Safe Backing and Parking	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Dangerous Driving Conditions	28 mins	Driving Skills	EN • ES	•	
● Defensive Driving - Tractor-Trailer <i>Compilation</i>	154 mins	Driving Skills	EN • ES	•	•
Diet ( <i>see Healthy Eating</i> )					

Course Name	Duration	Subject	Language	BT	PiiP
● The Delivery ( <i>Delivery Safety</i> )	27 mins	<a href="#">Trip Safety</a>	EN • ES		•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	<a href="#">Business &amp; Communication</a>	EN		
● Difficult Conversations: Conversation Strategies	24 mins	<a href="#">Business &amp; Communication</a>	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	<a href="#">Business &amp; Communication</a>	EN		
● Distracted Driving	33 mins	<a href="#">Driving Skills</a>	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	<a href="#">Injury Prevention</a>	EN		
● Driver Ergonomics: Ergonomics Inside the Cab	15 mins	<a href="#">Injury Prevention</a>	EN		
● Driver Ergonomics: Ergonomics Outside the Cab	19 mins	<a href="#">Injury Prevention</a>	EN		
● Driver Ergonomics <i>Compilation</i>	45 mins	<a href="#">Injury Prevention</a>	EN	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Testing: After the Test	24 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	<a href="#">Drug &amp; Alcohol</a>	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	<a href="#">Drug &amp; Alcohol</a>	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	<a href="#">Business &amp; Communication</a>	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	<a href="#">Business &amp; Communication</a>	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	<a href="#">Business &amp; Communication</a>	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics ( <i>see Driver Ergonomics</i> )					
● Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN		
● Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN		
● Extreme Heat <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN	•	
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN		
Fixed Object ( <i>see Enroute Safety</i> )					
● Food Safety for Drivers	41 mins	Trip Safety	EN • ES	•	

Course Name	Duration	Subject	Language	BT	PiiP
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing ( <i>see Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT-H.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Heat ( <i>see Extreme Heat</i> )					
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	Hours of Service	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): The Rules	35 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	31 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	Hours of Service	EN • ES	•	
Illness ( <i>see Preventing Illness</i> )					
Ladder Safety ( <i>see Fall Protection</i> )					
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	Dock & Warehouse	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	Dock & Warehouse	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	Dock & Warehouse	EN		•
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
<b>Parking (see Enroute Safety and Trip Planning)</b>					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Practical Cargo Securement (Cargo Van): Basic Principles	45 mins	Cargo Securement	EN • ES		
● Practical Cargo Securement (Cargo Van): Strategies	42 mins	Cargo Securement	EN • ES		
● Practical Cargo Securement: (Cargo Van) Inspections	20 mins	Cargo Securement	EN • ES		
● Practical Cargo Securement for Drivers (Cargo Van) <i>Compilation</i>	107 mins	Cargo Securement	EN • ES	•	•
● Practical Cargo Securement Requirements for Metal Coils (Cargo Van)	21 mins	Cargo Securement	EN	•	
● Practical Cargo Securement: Requirements For Paper Rolls (Cargo Van)	36 mins	Cargo Securement	EN	•	
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers ( <i>see CTPAT/PIP</i> )					
Hazardous Materials Security Awareness ( <i>see HAZMAT</i> )					
Personal Security/Personal Safety ( <i>see Personal Security</i> )					
Security Inspections ( <i>see CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects ( <i>see Fall Protection</i> )					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Vehicle Inspections (Cargo Van): Inspection Regulations and the DVIR	20 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Inspection Practices	21 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Inspecting the Truck	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Inspecting the Trailer	17 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Conducting the Inspection	34 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Tractor Trailer Compilation	104 mins	Vehicle Inspection	EN • ES	•	
● Weights and Dimensions: Determining Your Vehicle's Weight	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Determining Your Vehicle's Dimension	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Adjusting Weight and Dimensions	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions for Drivers	60 mins	Weights & Dimensions	EN • ES	•	•
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		



# Flatbed / Flatdeck



Course Name	Duration	Subject	Language	BT	PiiP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Air Brakes: Air Brake Fundamentals	20 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Supply Subsystem	18 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Service Brake Subsystem	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Spring Brake Subsystem	15 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Trailer Brake Subsystem	23 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Visual Brake Inspections	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Conducting Functional Tests	21 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: S-Cam Brake Adjustment	22 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes <i>Compilation</i>	156 mins	<a href="#">Air Brakes</a>	EN		•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: (see <i>CTPAT Successful Border Crossing</i> )					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
● Cargo Securement: Requirements for Heavy Vehicles, Equipment and Machinery	32 mins	<a href="#">Cargo Securement</a>	EN	•	
Cargo Securement (see <i>Practical™ Cargo Securement</i> )					
● CSA for Drivers: The BASICS	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: Interventions	13 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: The Safety Measurement System	18 mins	<a href="#">Driving Skills</a>	EN • ES		

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

Course Name	Duration	Subject	Language	BT	PiiP
● CSA for Drivers <i>Compilation</i>	49 mins	Driving Skills	EN • ES	•	
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	Security/Threat Awareness	EN	•	
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES	•	•
Delivery Safety ( <i>see Trip Planning, Parking and Deliveries</i> )					
● Defensive Driving: Managing the Driving Experience	25 mins	Driving Skills	EN • ES	•	
● Defensive Driving: The Space Around You	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving: No Need for Speed	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Navigating Turns and Intersections	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Safe Backing and Parking	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Dangerous Driving Conditions	28 mins	Driving Skills	EN • ES	•	
● Defensive Driving - Tractor-Trailer <i>Compilation</i>	154 mins	Driving Skills	EN • ES	•	•
Diet ( <i>see Healthy Eating</i> )					

Course Name	Duration	Subject	Language	BT	PiiP
● The Delivery ( <i>Delivery Safety</i> )	27 mins	<a href="#">Trip Safety</a>	EN • ES		•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	<a href="#">Business &amp; Communication</a>	EN		
● Difficult Conversations: Conversation Strategies	24 mins	<a href="#">Business &amp; Communication</a>	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	<a href="#">Business &amp; Communication</a>	EN		
● Distracted Driving	33 mins	<a href="#">Driving Skills</a>	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	<a href="#">Injury Prevention</a>	EN		
● Driver Ergonomics: Ergonomics Inside the Cab	16 mins	<a href="#">Injury Prevention</a>	EN		
● Driver Ergonomics: Ergonomics Outside the Cab	15 mins	<a href="#">Injury Prevention</a>	EN		
● Driver Ergonomics <i>Compilation</i>	15 mins	<a href="#">Injury Prevention</a>	EN	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	15 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Testing: Regulations and Testing	55 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Testing: After the Test	24 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	<a href="#">Drug &amp; Alcohol</a>	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	<a href="#">Drug &amp; Alcohol</a>	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	<a href="#">Drug &amp; Alcohol</a>	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	<a href="#">Business &amp; Communication</a>	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	<a href="#">Business &amp; Communication</a>	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	<a href="#">Business &amp; Communication</a>	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	<a href="#">Business &amp; Communication</a>	EN		•

Course Name	Duration	Subject	Language	BT	PiiP
● English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics (see Driver Ergonomics)					
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN		
● Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN		
● Extreme Heat <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN	•	
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN		
Fixed Object (see Enroute Safety)					
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing ( <i>see Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT H Endorsement theory.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Heat ( <i>see Extreme Heat</i> )					
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	<a href="#">Hours of Service</a>	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	<a href="#">Hours of Service</a>	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	<a href="#">Hours of Service</a>	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): The Rules	35 mins	<a href="#">Hours of Service</a>	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	31 mins	<a href="#">Hours of Service</a>	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	<a href="#">Hours of Service</a>	EN • ES	•	
Illness ( <i>see Preventing Illness</i> )					
Ladder Safety ( <i>see Fall Protection</i> )					
● Leadership Styles: Developing Your Leadership Styles	29 mins	<a href="#">Business &amp; Communication</a>	EN		
● Leadership Styles: Effective Leadership	24 mins	<a href="#">Business &amp; Communication</a>	EN		
● Leadership Styles <i>Compilation</i>	53 mins	<a href="#">Business &amp; Communication</a>	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	<a href="#">Dock &amp; Warehouse</a>	EN		•

Course Name	Duration	Subject	Language	BT	PiiP
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Practical™ Cargo Securement (Flatbed): Basic Principles	48 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Flatbed): Blocking and Tiedowns	44 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Flatbed): Inspections	20 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement for Drivers <i>Compilation</i>	112 mins	Cargo Securement	EN • ES	•	•
● Practical™ Cargo Securement: Requirements for Concrete Pipe (Flatbed)	22 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement Requirements for Metal Coils (Flatbed)	33 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement: Requirements For Paper Rolls (Flatbed)	36 mins	Cargo Securement	EN	•	
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers ( <i>see CTPAT/PIP</i> )					
Hazardous Materials Security Awareness ( <i>see HAZMAT</i> )					
Personal Security/Personal Safety ( <i>see Personal Security</i> )					
Security Inspections ( <i>see CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects ( <i>see Fall Protection</i> )					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Vehicle Inspections (Flatbed): Inspection Regulations and the DVIR	20 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Inspection Practices	21 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Inspecting the Truck	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Inspecting the Trailer	17 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Conducting the Inspection	34 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Tractor Trailer <i>Compilation</i>	104 mins	Vehicle Inspection	EN • ES	•	
● Weights and Dimensions: Determining Your Vehicle's Weight	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Determining Your Vehicle's Dimension	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Adjusting Weight and Dimensions	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions for Drivers	60 mins	Weights & Dimensions	EN • ES	•	•
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		



# Auto-Hauler / Stinger-Steer



Course Name	Duration	Subject	Language	BT	PiIP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Air Brakes: Air Brake Fundamentals	20 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Supply Subsystem	18 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Service Brake Subsystem	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Spring Brake Subsystem	15 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Trailer Brake Subsystem	23 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Visual Brake Inspections	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Conducting Functional Tests	21 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: S-Cam Brake Adjustment	22 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes <i>Compilation</i>	156 mins	<a href="#">Air Brakes</a>	EN		•
● Auto-Hauler Cargo Inspection: Inspection Requirements and Identifying Exceptions	29 mins	<a href="#">Vehicle Inspection</a>	EN • ES		
● Auto-Hauler Cargo Inspection: Conducting a Vehicle Inspection	23 mins	<a href="#">Vehicle Inspection</a>	EN • ES		
● Auto-Hauler Cargo Inspection <i>Compilation</i>	52 mins	<a href="#">Vehicle Inspection</a>	EN • ES	•	
● Auto-Hauler: Preparing to Load	20 mins	<a href="#">Cargo Securement</a>	EN		
● Auto-Hauler: Loading, Transporting and Unloading	20 mins	<a href="#">Cargo Securement</a>	EN		
● Auto-Hauler: Loading and Unloading <i>Compilation</i>	40 mins	<a href="#">Cargo Securement</a>	EN	•	•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: (see CTPAT Successful Border Crossing)					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

Course Name	Duration	Subject	Language	BT	PiiP
● Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	Business & Communication	EN		
● CSA for Drivers: The BASICS	18 mins	Driving Skills	EN • ES		
● CSA for Drivers: Interventions	13 mins	Driving Skills	EN • ES		
● CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • ES		
● CSA for Drivers <i>Compilation</i>	49 mins	Driving Skills	EN • ES	•	
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	Security/Threat Awareness	EN	•	
● Customer Service for Drivers	~25 mins	Business & Communication	EN	•	
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES	•	•
Delivery Safety ( <i>see Trip Planning, Parking and Deliveries</i> )					
● Defensive Driving: Managing the Driving Experience	25 mins	Driving Skills	EN • ES	•	
● Defensive Driving: The Space Around You	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving: No Need for Speed	26 mins	Driving Skills	EN • ES	•	

Course Name	Duration	Subject	Language	BT	PiiP
● Defensive Driving: Navigating Turns and Intersections	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Safe Backing and Parking	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving: Dangerous Driving Conditions	28 mins	Driving Skills	EN • ES	•	
● Defensive Driving - Tractor-Trailer <i>Compilation</i>	154 mins	Driving Skills	EN • ES	•	•
Diet ( <i>see Healthy Eating</i> )					
● The Delivery ( <i>Delivery Safety</i> )	27 mins	Trip Safety	EN • ES		•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● Distracted Driving	33 mins	Driving Skills	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Outside the Cab	19 mins	Injury Prevention	EN		
● Driver Ergonomics <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	

Course Name	Duration	Subject	Language	BT	PiiP
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics ( <i>see Driver Ergonomics</i> )					
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN		
● Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN		
● Extreme Heat <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN		
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN	•	
Fixed Object (see <i>Enroute Safety</i> )					
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing (see <i>Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT H Endorsement theory.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	Hours of Service	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	35 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): Sleeper Berth and Other Exceptions	31 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	Hours of Service	EN • ES	•	
Illness ( <i>see Preventing Illness</i> )					
Ladder Safety ( <i>see Fall Protection</i> )					
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	Dock & Warehouse	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	Dock & Warehouse	EN		•
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Practical™ Cargo Securement (Flatbed): Basic Principles	48 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Flatbed): Blocking and Tiedowns	44 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Flatbed): Inspections	20 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement for Drivers (Flatbed) <i>Compilation</i>	112 mins	Cargo Securement	EN • ES	•	•
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers (see CTPAT/PIP)					
Hazardous Materials Security Awareness (see HAZMAT)					
Personal Security/Personal Safety (see Personal Security)					
Security Inspections (see CTPAT/PIP)					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects (see Fall Protection)					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Vehicle Inspections (Stinger-Steer): Inspection Regulations and the DVIR	24 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Inspection Practices	33 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Inspecting the Truck	33 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Inspecting the Trailer	14 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Conducting the Inspection	47 mins	Vehicle Inspection	EN		
● Vehicle Inspections: Stinger Steer <i>Compilation</i>	104 mins	Vehicle Inspection	EN	•	
● Weights and Dimensions: Determining Your Vehicle's Weight	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Determining Your Vehicle's Dimension	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Adjusting Weight and Dimensions	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions for Drivers	60 mins	Weights & Dimensions	EN • ES	•	•
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		



# Cargo Tank / Tanker



Course Name	Duration	Subject	Language	BT	PiIP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Air Brakes: Air Brake Fundamentals	20 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Supply Subsystem	18 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Service Brake Subsystem	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Spring Brake Subsystem	15 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Trailer Brake Subsystem	23 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Visual Brake Inspections	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Conducting Functional Tests	21 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: S-Cam Brake Adjustment	22 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes <i>Compilation</i>	156 mins	<a href="#">Air Brakes</a>	EN		•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: <i>(see CTPAT Successful Border Crossing)</i>					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
● CSA for Drivers: The BASICS	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: Interventions	13 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: The Safety Measurement System	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers <i>Compilation</i>	49 mins	<a href="#">Driving Skills</a>	EN • ES	•	

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Course Name	Duration	Subject	Language	BT	PiiP
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	Security/Threat Awareness	EN	•	
● Customer Service for Drivers	~25 mins	Business & Communication	EN	•	
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES	•	•
<i>Delivery Safety (see Trip Planning, Parking and Deliveries)</i>					
● Defensive Driving for Highway Tankers: Managing the Driving Experience	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: The Space Around You	38 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: No Need for Speed	34 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: Navigating Turns and Intersections	37 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: Safe Backing and Parking	35 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: Dangerous Driving Conditions	35 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers <i>Compilation</i>	171 mins	Driving Skills	EN • ES	•	•
<i>Diet (see Healthy Eating)</i>					
● The Delivery ( <i>Delivery Safety</i> )	27 mins	Trip Safety	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● Distracted Driving	33 mins	Driving Skills	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Outside the Cab	19 mins	Injury Prevention	EN		
● Driver Ergonomics <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•

Course Name	Duration	Subject	Language	BT	PiiP
● English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics (see Driver Ergonomics)					
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN		
● Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN		
● Extreme Heat <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN		
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN	•	
Fixed Object (see Enroute Safety)					
● Food Safety for Bulk Tanker Drivers	34 mins	Trip Safety	EN		
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing ( <i>see Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT H Endorsement theory.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Heat ( <i>see Extreme Heat</i> )					
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	Hours of Service	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): Before Heading Out	35 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	31 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	Hours of Service	EN • ES	•	
Illness (see <i>Preventing Illness</i> )					
Ladder Safety (see <i>Fall Protection</i> )					
● Injury Prevention (Tanker)	25 min	Injury Prevention	EN	•	
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	Dock & Warehouse	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	Dock & Warehouse	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	Dock & Warehouse	EN		•
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Practical Cargo Securement (Cargo Van): Basic Principles	45 mins	Cargo Securement	EN • ES		
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers (see <i>CTPAT/PIP</i> )					
Hazardous Materials Security Awareness (see <i>HAZMAT</i> )					

Course Name	Duration	Subject	Language	BT	PiiP
Personal Security/Personal Safety (see <i>Personal Security</i> )					
Security Inspections (see <i>CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects (see <i>Injury Prevention and Fall Protection</i> )					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
Tanker Injury Prevention (See <i>Injury Prevention</i> )					
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Vehicle Inspections for Tankers: The Driver Vehicle Inspection Report	22 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspection Practices	32 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspecting the Truck	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspecting the Cargo Tank	26 mins	Vehicle Inspection	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Vehicle Inspections for Tankers: Inspecting the Truck and Cargo Tank	58 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections: Tankers <i>Compilation</i>	112 mins	Vehicle Inspection	EN • ES	•	
● Weights and Dimensions: Determining Your Vehicle's Weight	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Determining Your Vehicle's Dimension	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Adjusting Weight and Dimensions	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions for Drivers	60 mins	Weights & Dimensions	EN • ES	•	•
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		



# Straight Truck



Course Name	Duration	Subject	Language	BT	PiiP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Air Brakes: Air Brake Fundamentals	20 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Supply Subsystem	18 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Service Brake Subsystem	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Spring Brake Subsystem	15 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Trailer Brake Subsystem	23 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Visual Brake Inspections	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Conducting Functional Tests	21 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: S-Cam Brake Adjustment	22 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes <i>Compilation</i>	156 mins	<a href="#">Air Brakes</a>	EN		•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: <i>(see CTPAT Successful Border Crossing)</i>					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
● CSA for Drivers: The BASICS	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: Interventions	13 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: The Safety Measurement System	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers <i>Compilation</i>	49 mins	<a href="#">Driving Skills</a>	EN • ES	•	

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Course Name	Duration	Subject	Language	BT	PiiP
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	Security/Threat Awareness	EN	•	
● Customer Service for Drivers (Tractor-Trailer)	~25 mins	Business & Communication	EN	•	
● Customer Service for Drivers (Last Mile)	~25 mins	Business & Communication	EN	•	
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES	•	•
Delivery Safety ( <i>see Trip Planning, Parking and Deliveries</i> )					
● Defensive Driving Straight Truck: Managing the Driving Experience	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: The Space Around You	30 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: No Need for Speed	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Navigating Turns and Intersections	32 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Safe Backing and Parking	31 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Dangerous Driving Conditions	29 mins	Driving Skills	EN • ES	•	

Course Name	Duration	Subject	Language	BT	PiiP
● Defensive Driving Straight Truck: <i>Compilation</i>	169 mins	Driving Skills	EN • ES	•	•
Diet ( <i>see Healthy Eating</i> )					
● The Delivery ( <i>Delivery Safety</i> )	27 mins	Trip Safety	EN • ES		•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● Distracted Driving	33 mins	Driving Skills	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Outside the Cab	19 mins	Injury Prevention	EN		
● Driver Ergonomics <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics ( <i>see Driver Ergonomics</i> )					
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Extreme Heat (Courier Driver): Extreme Heat Dangers	22 mins	Injury Prevention	EN		
● Extreme Heat (Courier Driver): Staying Cool	18 mins	Injury Prevention	EN		
● Extreme Heat (Courier Driver) <i>Compilation</i>	40 mins	Injury Prevention	EN	•	•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN		
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN	•	
Fixed Object ( <i>see Enroute Safety</i> )					
● Food Safety for Drivers	41 mins	Trip Safety	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing ( <i>see Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT H Endorsement theory.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Heat ( <i>see Extreme Heat</i> )					
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	Hours of Service	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	35 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): Sleeper Berth and Other Exceptions	31 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	Hours of Service	EN • ES	•	
Illness ( <i>see Preventing Illness</i> )					
Ladder Safety ( <i>see Fall Protection</i> )					
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	Dock & Warehouse	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	Dock & Warehouse	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	Dock & Warehouse	EN		•
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Practical Cargo Securement (Cargo Van): Basic Principles	45 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Cargo Van): Strategies	42 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Cargo Van): Inspections	20 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Cargo Van) <i>Compilation</i>	107 mins	Cargo Securement	EN • ES	•	•
● Practical™ Cargo Securement Requirements For Metal Coils	21 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement: Requirements For Paper Rolls	36 mins	Cargo Securement	EN	•	
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers ( <i>see CTPAT/PIP</i> )					
Hazardous Materials Security Awareness ( <i>see HAZMAT</i> )					
Personal Security/Personal Safety ( <i>see Personal Security</i> )					
Security Inspections ( <i>see CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects ( <i>see Fall Protection</i> )					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Vehicle Inspections Straight Truck: The Driver Vehicle Inspection Report	19 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections Straight Truck: Inspection Practices	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections Straight Truck: Conducting the Inspection	35 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections Straight Truck <i>Compilation</i>	87 mins	Vehicle Inspection	EN • ES	•	
● Weights and Dimensions: Determining Your Vehicle's Weight	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Determining Your Vehicle's Dimension	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Adjusting Weight and Dimensions	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions for Drivers	60 mins	Weights & Dimensions	EN • ES	•	•
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills h	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		



# Sprinter Van / Light Duty



Course Name	Duration	Subject	Language	BT	PiIP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: <i>(see CTPAT Successful Border Crossing)</i>					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
● CSA for Drivers: The BASICS	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: Interventions	13 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: The Safety Measurement System	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers <i>Compilation</i>	49 mins	<a href="#">Driving Skills</a>	EN • ES	•	
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	<a href="#">Security/Threat Awareness</a>	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	<a href="#">Security/Threat Awareness</a>	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	<a href="#">Security/Threat Awareness</a>	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	<a href="#">Security/Threat Awareness</a>	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	<a href="#">Security/Threat Awareness</a>	EN	•	

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

Course Name	Duration	Subject	Language	BT	PiiP
● Customer Service for Drivers (Last Mile)	~25 mins	Business & Communication	EN	•	
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES	•	•
Delivery Safety ( <i>see Trip Planning, Parking and Deliveries</i> )					
● Defensive Driving Straight Truck: Managing the Driving Experience	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: The Space Around You	30 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: No Need for Speed	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Navigating Turns and Intersections	32 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Safe Backing and Parking	31 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Dangerous Driving Conditions	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: <i>Compilation</i>	169 mins	Driving Skills	EN • ES	•	•
Diet ( <i>see Healthy Eating</i> )					
● The Delivery ( <i>Delivery Safety</i> )	27 mins	Trip Safety	EN • ES		•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● Distracted Driving	33 mins	Driving Skills	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	Injury Prevention	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN		
● Driver Ergonomics: Ergonomics Outside the Cab	19 mins	Injury Prevention	EN		
● Driver Ergonomics <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics (see <i>Driver Ergonomics</i> )					
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Extreme Heat (Courier Driver): Extreme Heat Dangers	22 mins	Injury Prevention	EN		
● Extreme Heat (Courier Driver): Staying Cool	18 mins	Injury Prevention	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Extreme Heat (Courier Driver) <i>Compilation</i>	40 mins	Injury Prevention	EN	•	•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN		
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN	•	
Fixed Object ( <i>see Enroute Safety</i> )					
● Food Safety for Drivers	41 mins	Trip Safety	EN • ES		
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing ( <i>see Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT H Endorsement theory.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Heat (see Extreme Heat)					
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	Hours of Service	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): The Rules	35 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	31 mins	Hours of Service	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	Hours of Service	EN • ES	•	
Illness (see Preventing Illness)					
Ladder Safety (see Fall Protection)					
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	Dock & Warehouse	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	Dock & Warehouse	EN		•
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•

Course Name	Duration	Subject	Language	BT	PiiP
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers (see <i>CTPAT/PIP</i> )					
Hazardous Materials Security Awareness (see <i>HAZMAT</i> )					
Personal Security/Personal Safety (see <i>Personal Security</i> )					
Security Inspections (see <i>CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects ( <i>see Fall Protection</i> )					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Whistleblower Protection for Drivers	21 mins	Human Resources	EN	•	
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		

# Warehouse / Dock



Course Name	Duration	Subject	Language	BT	PiiP
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	<a href="#">Security/Threat Awareness</a>	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	<a href="#">Security/Threat Awareness</a>	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	<a href="#">Security/Threat Awareness</a>	EN		
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	<a href="#">Security/Threat Awareness</a>	EN	•	
● Cybersecurity: The Value of Data	20 mins	<a href="#">Business &amp; Communication</a>	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	<a href="#">Business &amp; Communication</a>	EN • ES		
● Customer Service: The Importance of Customer Service	~20 mins	<a href="#">Business &amp; Communication</a>	EN		
● Customer Service: Responding to Unhappy Customers	~20 mins	<a href="#">Business &amp; Communication</a>	EN		
● Customer Service <i>Compilation</i>	~40 mins	<a href="#">Business &amp; Communication</a>	EN	•	•
● Cybersecurity: Password and Email Security	20 mins	<a href="#">Business &amp; Communication</a>	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	<a href="#">Business &amp; Communication</a>	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	<a href="#">Business &amp; Communication</a>	EN • ES	•	•

[List by equipment type](#)

[List by subject area](#)

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Course Name	Duration	Subject	Language	BT	PiiP
Delivery Safety (see Trip Planning, Parking and Deliveries)					
Diet (see Healthy Eating)					
● The Delivery (Delivery Safety)	27 mins	Trip Safety	EN • ES		•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● Distracted Driving	33 mins	Driving Skills	EN • ES	•	•
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	~20 mins	Injury Prevention	EN		
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics (see Driver Ergonomics)					

Course Name	Duration	Subject	Language	BT	PiiP
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN		
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN	•	
● Food Safety for Drivers	41 mins	Trip Safety	EN • ES		
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		

Note: CarriersEdge is a registered training provider for ELDT H Endorsement theory.

Course Name	Duration	Subject	Language	BT	PiiP
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Illness (see <i>Preventing Illness</i> )					
Ladder Safety (see <i>Fall Protection</i> )					
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	Dock & Warehouse	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	Dock & Warehouse	EN • ES		•
● Manual Materials Handling for Dock and Warehouse Workers: The Basics	21 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Dock and Warehouse Workers: Lifting and Carrying	20 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Dock and Warehouse Workers: Pulling and Pushing	16 mins	Dock & Warehouse	EN		
● Manual Materials Handling for Dock and Warehouse Workers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN		
● Manual Materials Handling: Dock and Warehouse Workers <i>Compilation</i>	60 mins	Dock & Warehouse	EN		
● Mental Health and Mental Illness	34 mins	Wellness	EN		
● Improving Mental Health	24 mins	Wellness	EN		
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers (see <i>CTPAT/PIP</i> )					
Hazardous Materials Security Awareness (see <i>HAZMAT</i> )					
Personal Security/Personal Safety (see <i>Personal Security</i> )					
Security Inspections (see <i>CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects ( <i>see Fall Protection</i> )					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		

# Office



Course Name	Duration	Subject	Language	BT	PiiP
● Bloodborne Pathogen Safety Awareness	24 mins	Dock & Warehouse	EN • ES	•	•
● Customer Service: The Importance of Customer Service	~20 mins	Business & Communication	EN		
● Customer Service: Responding to Unhappy Customers	~20 mins	Business & Communication	EN		
● Customer Service <i>Compilation</i>	~40 mins	Business & Communication	EN	•	•
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES	•	•
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● DOT Urine Drug Collector Training: Urine Specimen Collection Essentials	~21 mins	Drug & Alcohol	EN		
● DOT Urine Drug Collector Training: The Collection Process	~25 mins	Drug & Alcohol	EN		
● DOT Urine Drug Collector Training: Urine Specimen Collection Essentials	~25 mins	Drug & Alcohol	EN		
● DOT Urine Drug Collector Training <i>Compilation</i>	~65 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		

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Course Name	Duration	Subject	Language	BT	PiiP
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: The Signs	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN		
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN	•	
● Food Safety for Drivers	41 mins	Trip Safety	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
Handwashing (see Preventing Illness)					
● Hazard Communication Standard (HazCom)	76 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		•
● Hazardous Materials Security Awareness	37 mins	<a href="#">HAZMAT</a>	EN • ES		
● Healthy Eating: Developing Healthy Eating Skills	33 mins	<a href="#">Wellness</a>	EN		
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	<a href="#">Wellness</a>	EN		
● Healthy Eating <i>Compilation</i>	72 mins	<a href="#">Wellness</a>	EN		•
Illness (see Preventing Illness)					
Ladder Safety (see Fall Protection)					
● Leadership Styles: Developing Your Leadership Styles	29 mins	<a href="#">Business &amp; Communication</a>	EN		
● Leadership Styles: Effective Leadership	24 mins	<a href="#">Business &amp; Communication</a>	EN		
● Leadership Styles <i>Compilation</i>	53 mins	<a href="#">Business &amp; Communication</a>	EN		•
● Lift Truck Operator Skills: The Basics	30 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		•
● Manual Materials Handling for Office Workers: The Basics	21 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Office Workers: Lifting and Carrying	20 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Office Workers: Pulling and Pushing	15 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling: Office Workers <i>Compilation</i>	47 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Mental Health and Mental Illness	34 mins	<a href="#">Wellness</a>	EN		
● Improving Mental Health	24 mins	<a href="#">Wellness</a>	EN		
● Mental Health <i>Compilation</i>	58 mins	<a href="#">Wellness</a>	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	<a href="#">Dock &amp; Warehouse</a>	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
Parking (see <i>Enroute Safety and Trip Planning</i> )					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers (see <i>CTPAT/PIP</i> )					
Hazardous Materials Security Awareness (see <i>HAZMAT</i> )					
Personal Security/Personal Safety (see <i>Personal Security</i> )					
Security Inspections (see <i>CTPAT/PIP</i> )					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		

Course Name	Duration	Subject	Language	BT	PiiP
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
<i>Slips, Trips and Falling Objects (see Fall Protection)</i>					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	
<i>Workplace Safety Committees (see Safety Committee)</i>					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		

# Alphabetical Course List






# Alphabetical List



The CarriersEdge library includes more than 320 titles, comprising over 220 hours of content, with more being added all the time. Here's the current list, in alphabetical order.

## Course Classifications

Each course title is classed as gold, silver or bronze based on the type of material covered.

-  **Gold** On-road safety course (directly driving-related)
-  **Silver** Safety-related, but not directly on the road
-  **Bronze** Not directly related to safety

## Other Training Tools

- BT** Indicates the course has an accompanying baseline (standalone) knowledge test
- PiiP** Indicates the course has a PiiP with additional training activities

Course Name	Duration	Subject	Language	BT	PiiP
● Accident Reporting for Drivers	47 mins	<a href="#">Trip Safety</a>	EN	•	•
● Air Brakes: Air Brake Fundamentals	20 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Supply Subsystem	18 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Service Brake Subsystem	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Spring Brake Subsystem	15 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: The Trailer Brake Subsystem	23 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Visual Brake Inspections	17 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: Conducting Functional Tests	21 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes: S-Cam Brake Adjustment	22 mins	<a href="#">Air Brakes</a>	EN	•	
● Air Brakes <i>Compilation</i>	156 mins	<a href="#">Air Brakes</a>	EN		•
● Auto-Hauler Cargo Inspection: Inspection Requirements and Identifying Exceptions	29 mins	<a href="#">Vehicle Inspection</a>	EN • ES		
● Auto-Hauler Cargo Inspection: Conducting a Vehicle Inspection	23 mins	<a href="#">Vehicle Inspection</a>	EN • ES		
● Auto-Hauler Cargo Inspection <i>Compilation</i>	52 mins	<a href="#">Vehicle Inspection</a>	EN • ES	•	
● Auto-Hauler: Preparing to Load	20 mins	<a href="#">Cargo Securement</a>	EN		
● Auto-Hauler: Loading, Transporting and Unloading	20 mins	<a href="#">Cargo Securement</a>	EN		
● Auto-Hauler: Loading and Unloading <i>Compilation</i>	40 mins	<a href="#">Cargo Securement</a>	EN	•	•
● Bloodborne Pathogen Safety Awareness	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES	•	•
Border Crossing: (see CTPAT Successful Border Crossing)					
● Business Skills for Owner Operators: Setting Up Your Business	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Getting Started	27 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators: Daily Management	28 mins	<a href="#">Business &amp; Communication</a>	EN		
● Business Skills for Owner Operators <i>Compilation</i>	80 mins	<a href="#">Business &amp; Communication</a>	EN		
● Cargo Securement: Requirements for Heavy Vehicles, Equipment and Machinery	32 mins	<a href="#">Cargo Securement</a>	EN	•	
● CSA for Drivers: The BASICS	18 mins	<a href="#">Driving Skills</a>	EN • ES		
● CSA for Drivers: Interventions	13 mins	<a href="#">Driving Skills</a>	EN • ES		

Course Name	Duration	Subject	Language	BT	PiIP
● CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • ES		
● CSA for Drivers <i>Compilation</i>	49 mins	Driving Skills	EN • ES	•	
● CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN		
● CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN	•	
● CTPAT/PIP Security Inspections for Drivers <i>Compilation</i>	52 mins	Security/Threat Awareness	EN	•	
● Customer Service for Drivers (Tractor-Trailer)	~25 mins	Business & Communication	EN	•	
● Customer Service for Drivers (Last Mile)	~25 mins	Business & Communication	EN	•	
● Customer Service: The Importance of Customer Service	~20 mins	Business & Communication	EN		
● Customer Service: Responding to Unhappy Customers	~20 mins	Business & Communication	EN		
● Customer Service <i>Compilation</i>	~40 mins	Business & Communication	EN	•	•
● Cybersecurity: The Value of Data	20 mins	Business & Communication	EN • ES		
● Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • ES		
● Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • ES		
● Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • ES		•
● Cybersecurity: Protecting Your Data <i>Compilation</i>	91 mins	Business & Communication	EN • ES		•
Delivery Safety ( <i>see Trip Planning, Parking and Deliveries</i> )					
● Defensive Driving for Highway Tankers: Managing the Driving Experience	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: The Space Around You	38 mins	Driving Skills	EN • ES	•	

Course Name	Duration	Subject	Language	BT	PiiP
● Defensive Driving for Highway Tankers: No Need for Speed	34 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: Navigating Turns and Intersections	37 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: Safe Backing and Parking	35 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers: Dangerous Driving Conditions	35 mins	Driving Skills	EN • ES	•	
● Defensive Driving for Highway Tankers <i>Compilation</i>	171 mins	Driving Skills	EN • ES	•	•
● Defensive Driving Straight Truck: Managing the Driving Experience	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: The Space Around You	30 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: No Need for Speed	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Navigating Turns and Intersections	32 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Safe Backing and Parking	31 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: Dangerous Driving Conditions	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving Straight Truck: <i>Compilation</i>	169 mins	Driving Skills	EN • ES	•	•
● Defensive Driving Tractor-Trailer: Managing the Driving Experience	25 mins	Driving Skills	EN • ES	•	
● Defensive Driving Tractor-Trailer: The Space Around You	29 mins	Driving Skills	EN • ES	•	
● Defensive Driving Tractor-Trailer: No Need for Speed	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving Tractor-Trailer: Navigating Turns and Intersections	27 mins	Driving Skills	EN • ES	•	
● Defensive Driving Tractor-Trailer: Safe Backing and Parking	26 mins	Driving Skills	EN • ES	•	
● Defensive Driving Tractor-Trailer: Dangerous Driving Conditions	28 mins	Driving Skills	EN • ES	•	
● Defensive Driving - Tractor-Trailer <i>Compilation</i>	154 mins	Driving Skills	EN • ES	•	•
Diet ( <i>see Healthy Eating</i> )					
● The Delivery ( <i>Delivery Safety</i> )	27 mins	Trip Safety	EN • ES		•

Course Name	Duration	Subject	Language	BT	PiiP
● Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN		
● Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN		
● Difficult Conversations <i>Compilation</i>	49 mins	Business & Communication	EN		
● Distracted Driving	33 mins	Driving Skills	EN • ES	•	•
● DOT Urine Drug Collector Training: Urine Specimen Collection Essentials	~21 mins	Drug & Alcohol	EN		
● DOT Urine Drug Collector Training: The Collection Process	~25 mins	Drug & Alcohol	EN		
● DOT Urine Drug Collector Training: Urine Specimen Collection Essentials	~25 mins	Drug & Alcohol	EN		
● DOT Urine Drug Collector Training <i>Compilation</i>	~65 mins	Drug & Alcohol	EN		
● Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	16 mins	Injury Prevention	EN • FR		
● Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
● Driver Ergonomics: Ergonomics Outside the Cab	15 mins	Injury Prevention	EN • FR		
● Driver Ergonomics: Flatbed Tarping Ergonomics	15 mins	Injury Prevention	EN • FR		
● Driver Ergonomics <i>Compilation</i>	55 mins	Injury Prevention	EN • FR	•	•
● Drug and Alcohol Testing: About Drugs and Alcohol	43 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: Regulations and Testing	36 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing: After the Test	24 mins	Drug & Alcohol	EN		
● Drug and Alcohol Testing <i>Compilation</i>	103 mins	Drug & Alcohol	EN	•	
● Drug and Alcohol Reasonable Suspicion: cargo	39 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion: The Process	38 mins	Drug & Alcohol	EN		
● Drug and Alcohol Reasonable Suspicion <i>Compilation</i>	77 mins	Drug & Alcohol	EN	•	

Course Name	Duration	Subject	Language	BT	PiIP
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion <i>compilations</i> .					
● Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN		
● Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN		
● Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN		
● Emotional Intelligence <i>Compilation</i>	51 mins	Business & Communication	EN		•
● English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
● Enroute Safety (Parking)	25 mins	Trip Safety	EN • ES		•
Ergonomics ( <i>see Driver Ergonomics</i> )					
● Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN		
● Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN		
● Exercise for Drivers <i>Compilation</i>	65 mins	Wellness	EN		
● Extreme Heat (Tractor-Trailer): Extreme Heat Dangers	23 mins	Injury Prevention	EN		
● Extreme Heat (Tractor-Trailer): Staying Cool	20 mins	Injury Prevention	EN		
● Extreme Heat Tractor-Trailer <i>Compilation</i>	45 mins	Injury Prevention	EN	•	•
● Extreme Heat (Last Mile): Extreme Heat Dangers	22 mins	Injury Prevention	EN		
● Extreme Heat (Last Mile): Staying Cool	18 mins	Injury Prevention	EN		
● Extreme Heat (Last Mile) <i>Compilation</i>	40 mins	Injury Prevention	EN	•	•
● Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN		
● Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN		
● Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN		
● Fall Protection for Drivers <i>Compilation</i>	76 mins	Injury Prevention	EN	•	•
● Fatigue: Recognizing Fatigue	35 mins	Wellness	EN		
● Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Fatigue: Recognizing and Managing Fatigue <i>Compilation</i>	70 mins	Wellness	EN		•
● Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN		
● Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN		
● Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN	•	
● Fire Safety <i>Compilation</i>	69 mins	Dock & Warehouse	EN		
Fixed Object (see <i>Enroute Safety</i> )					
● Food Safety for Bulk Tanker Drivers	34 mins	Trip Safety	EN		
● Food Safety for Drivers (Reefer)	41 mins	Trip Safety	EN • ES	•	
● Fuel Efficiency: Driver Behavior	24 mins	Driving Skills	EN • ES		
● Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • ES		
● Fuel Efficiency <i>Compilation</i>	53 mins	Driving Skills	EN • ES		
Handwashing (see <i>Preventing Illness</i> )					
● Hazard Communication Standard (HazCom)	76 mins	Dock & Warehouse	EN • ES		•
● Hazardous Materials Security Awareness	37 mins	HAZMAT	EN • ES		
● HAZMAT: Introduction to Hazardous Materials	23 mins	HAZMAT	EN • ES		
● HAZMAT: What Are Hazardous Materials?	20 mins	HAZMAT	EN • ES		
● HAZMAT: Finding Information in the Hazardous Materials Table	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Shipping Papers Accurate?	24 mins	HAZMAT	EN • ES		
● HAZMAT: Are the Proper Marks, Labels and Placards in Place?	30 mins	HAZMAT	EN • ES		
● HAZMAT: Have the Materials Been Handled and Loaded Properly?	21 mins	HAZMAT	EN • ES		
● HAZMAT: What Do I Do in an Emergency?	26 mins	HAZMAT	EN • ES		
● HAZMAT: Transporting Hazardous Materials <i>Compilation</i>	144 mins	HAZMAT	EN • ES		•
● HAZMAT: ELDT H Endorsement	155 mins	HAZMAT	EN • ES		
NOTE: CarriersEdge is a registered training provider for ELDT-H.					
● Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN		
● Healthy Eating <i>Compilation</i>	72 mins	Wellness	EN		•
Heat (see <i>Extreme Heat</i> )					
● Hours of Service and Logbooks: Before Heading Out	23 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Rules	27 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: The Record of Duty Status	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions	22 mins	Hours of Service	EN • ES		
● Hours of Service and Logbooks <i>Compilation</i>	94 mins	Hours of Service	EN • ES		•
● Hours of Service and Logbooks: Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Rules (Cross-Border)	31 mins	Hours of Service	EN		
● Hours of Service and Logbooks: The Record of Duty Status (Cross-Border)	33 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Sleeper Berth and Other Exceptions (Cross-Border)	30 mins	Hours of Service	EN		
● Hours of Service and Logbooks: Canadian and US Regulations <i>Compilation</i>	117 mins	Hours of Service	EN	•	•
● HOS Within 150 Air-Miles (Federal Regulations): The Rules	35 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations): The Record of Duty Status	31 mins	Hours of Service	EN • ES		
● HOS Within 150 Air-Miles (Federal Regulations) <i>Compilation</i>	61 mins	Hours of Service	EN • ES	•	
Illness (see <i>Preventing Illness</i> )					
● Injury Prevention (Tanker)	25 min	Injury Prevention	EN	•	
Ladder Safety (see <i>Fall Protection</i> )					
● Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN		
● Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN		
● Leadership Styles <i>Compilation</i>	53 mins	Business & Communication	EN		•

Course Name	Duration	Subject	Language	BT	PiiP
● Lift Truck Operator Skills: The Basics	30 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Hazards and Regulations	15 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Operating a Lift Truck	25 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills: Lift Truck Maintenance	20 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		
● Lift Truck Operator Skills <i>Compilation</i>	90 mins	<a href="#">Dock &amp; Warehouse</a>	EN • ES		•
● Manual Materials Handling for Drivers: The Basics	24 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Drivers: Pulling and Pushing	11 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling: Drivers <i>Compilation</i>	64 mins	<a href="#">Dock &amp; Warehouse</a>	EN		•
● Manual Materials Handling for Office Workers: The Basics	21 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Office Workers: Lifting and Carrying	20 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Office Workers: Pulling and Pushing	15 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling: Office Workers <i>Compilation</i>	47 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Dock and Warehouse Workers: The Basics	21 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Dock and Warehouse Workers: Lifting and Carrying	20 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Dock and Warehouse Workers: Pulling and Pushing	16 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling for Dock and Warehouse Workers: Handling Irregular Loads	18 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Manual Materials Handling: Dock and Warehouse Workers <i>Compilation</i>	60 mins	<a href="#">Dock &amp; Warehouse</a>	EN		
● Mental Health and Mental Illness	34 mins	<a href="#">Wellness</a>	EN		
● Improving Mental Health	24 mins	<a href="#">Wellness</a>	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Mental Health <i>Compilation</i>	58 mins	Wellness	EN	•	•
● Pallet Trucks: Components and Controls	25 mins	Dock & Warehouse	EN		
● Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN		
● Pallet Trucks (Walkies and Riders) <i>Compilation</i>	48 mins	Dock & Warehouse	EN	•	•
<i>Parking (see Enroute Safety and Trip Planning)</i>					
● Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN		
● Personal Security: Precautions and Best Practices for Personal Security	23 mins	Security/Threat Awareness	EN		
● Personal Security <i>Compilation</i>	50 mins	Security/Threat Awareness	EN	•	•
● Practical™ Cargo Securement (Cargo Van): Basic Principles	45 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Cargo Van): Strategies	42 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement: (Cargo Van) Inspections	20 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement for Drivers (Cargo Van) <i>Compilation</i>	107 mins	Cargo Securement	EN • ES	•	•
● Practical™ Cargo Securement Requirements for Metal Coils (Cargo Van)	21 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement: Requirements For Paper Rolls (Cargo Van)	36 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement (Flatbed): Basic Principles	48 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Flatbed): Blocking and Tiedowns	44 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement (Flatbed): Inspections	20 mins	Cargo Securement	EN • ES		
● Practical™ Cargo Securement for Drivers <i>Compilation</i>	112 mins	Cargo Securement	EN • ES	•	•
● Practical™ Cargo Securement: Requirements for Concrete Pipe (Flatbed)	22 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement Requirements for Metal Coils (Flatbed)	33 mins	Cargo Securement	EN	•	
● Practical™ Cargo Securement: Requirements For Paper Rolls (Flatbed)	36 mins	Cargo Securement	EN	•	

Course Name	Duration	Subject	Language	BT	PiiP
● Preventing Illness: What Causes Illness?	31 mins	Wellness	EN		
● Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN		
● Preventing Illness: Viruses and Vaccines	39 mins	Wellness	EN		
● Preventing Illness <i>Compilation</i>	88 mins	Wellness	EN	•	
● Road Rage	36 mins	Driving Skills	EN • ES		•
● Safety Committees: Structure and Responsibilities	40 mins	Human Resources	EN		
● Safety Committees: Best Practices	27 mins	Human Resources	EN		
● Workplace Safety Committees <i>Compilation</i>	67 mins	Human Resources	EN		
● Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • ES	•	
CTPAT/PIP Security and Threat Awareness for Drivers (see CTPAT/PIP)					
Hazardous Materials Security Awareness (see HAZMAT)					
Personal Security/Personal Safety (see Personal Security)					
Security Inspections (see CTPAT/PIP)					
● Sexual Harassment Prevention: Sexual Harassment and the Law	24 mins	Human Resources	EN		
● Sexual Harassment Prevention: Illegal Behavior	19 mins	Human Resources	EN		
● Sexual Harassment Prevention: Sexual Prevention and Remedies	22 mins	Human Resources	EN		
● Sexual Harassment Prevention <i>Compilation</i>	65 mins	Human Resources	EN	•	
● Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • ES		
● Sexual Harassment Prevention (California) <i>Compilation</i>	66 mins	Human Resources	EN • ES		
Slips, Trips and Falling Objects (see Fall Protection)					
● Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • ES	•	

Course Name	Duration	Subject	Language	BT	PiiP
Tanker Slips and Trips (see <i>Injury Prevention (Tanker)</i> )					
● Transporting Non-Placarded Hazardous Materials	36 mins	HAZMAT	EN		
● Trip Planning	31 mins	Trip Safety	EN • ES		
● Trip Planning, Parking and Deliveries <i>Compilation</i>	80 mins	Trip Safety	EN	•	•
● Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Local Drivers	25 mins	Security/Threat Awareness	EN		
● Truckers Against Trafficking: Movers and In-Home Delivery	25 mins	Security/Threat Awareness	EN		
Urine Drug Collections (see <i>DOT Urine Drug Collector Training</i> )					
● Vehicle Inspections (Cargo Van): Inspection Regulations and the DVIR	20 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Inspection Practices	21 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Inspecting the Truck	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Inspecting the Trailer	17 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Conducting the Inspection	34 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Cargo Van): Tractor Trailer <i>Compilation</i>	104 mins	Vehicle Inspection	EN • ES	•	
● Vehicle Inspections (Flatbed): Inspection Regulations and the DVIR	20 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Inspection Practices	21 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Inspecting the Truck	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Inspecting the Trailer	17 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Conducting the Inspection	34 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections (Flatbed): Tractor Trailer <i>Compilation</i>	104 mins	Vehicle Inspection	EN • ES	•	
● Vehicle Inspections (Stinger-Steer): Inspection Regulations and the DVIR	24 mins	Vehicle Inspection	EN		

Course Name	Duration	Subject	Language	BT	PiiP
● Vehicle Inspections (Stinger-Steer): Inspection Practices	33 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Inspecting the Truck	33 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Inspecting the Trailer	14 mins	Vehicle Inspection	EN		
● Vehicle Inspections (Stinger-Steer): Conducting the Inspection	47 mins	Vehicle Inspection	EN		
● Vehicle Inspections: Stinger Steer <i>Compilation</i>	104 mins	Vehicle Inspection	EN	•	
● Vehicle Inspections Straight Truck: The Driver Vehicle Inspection Report	19 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections Straight Truck: Inspection Practices	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections Straight Truck: Conducting the Inspection	35 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections Straight Truck <i>Compilation</i>	87 mins	Vehicle Inspection	EN • ES	•	
● Vehicle Inspections for Tankers: The Driver Vehicle Inspection Report	22 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspection Practices	32 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspecting the Truck	33 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspecting the Cargo Tank	26 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections for Tankers: Inspecting the Truck and Cargo Tank	58 mins	Vehicle Inspection	EN • ES		
● Vehicle Inspections: Tankers <i>Compilation</i>	112 mins	Vehicle Inspection	EN • ES	•	
● Weights and Dimensions: Determining Your Vehicle's Weight	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Determining Your Vehicle's Dimension	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions: Adjusting Weight and Dimensions	20 mins	Weights & Dimensions	EN • ES		
● Weights and Dimensions for Drivers	60 mins	Weights & Dimensions	EN • ES	•	•
● Whistleblower Protection for Drivers	30 mins	Human Resources	EN	•	

Course Name	Duration	Subject	Language	BT	PiiP
● Winter Driving: Preparing for Winter	28 mins	Driving Skills	EN • ES		
● Winter Driving: Maximizing Your Visibility	28 mins	Driving Skills	EN • ES		
● Winter Driving: Adjusting for the Conditions	36 mins	Driving Skills	EN • ES		
● Winter Driving <i>Compilation</i>	89 mins	Driving Skills	EN • ES	•	•
Workplace Safety Committees ( <i>see Safety Committee</i> )					
● Workplace Violence and Harassment	54 mins	Human Resources	EN		

# Subject Areas



# Courses by Subject Area

Each subject area includes training for a variety of trailer types including dry van, flatbed, tanker, auto-hauler and straight trucks. Click a link to jump to the section.

## Course Classifications

Each course title is classed as gold, silver or bronze based on the type of material covered.

- **Gold**                      On-road safety course (directly driving-related)
- **Silver**                        Safety-related, but not directly on the road
- **Bronze**                        Not directly related to safety

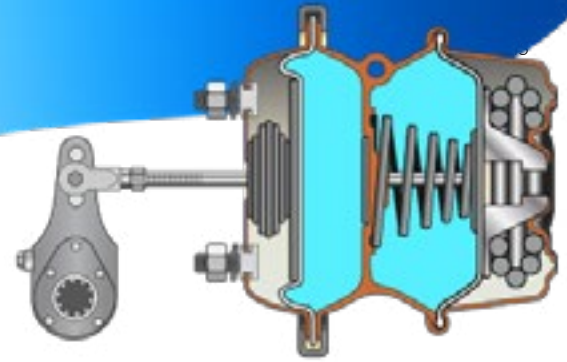
## Compilation Courses

Throughout the catalog, you'll see references to Compilations. These are longer titles made up of smaller courses on the same subject. Designed for more intense, deeper-dive training requirements, they're appropriate for new entrant programs, driver orientation, or any time you want to build an extended understanding of the subject area. Note that while these courses are longer, CarriersEdge automatically bookmarks a driver's place in every course, so they can complete these titles in multiple sessions without ever losing their place.

<a href="#">Air Brakes</a> .....	94
<i>Based on the Practical™ Air Brakes handbook from Techni-Com, these modules cover foundation brakes, each air-brake subsystem, as well as how to inspect and identify defects.</i>	
<a href="#">Business and Communication</a> .....	97
<i>Training relating to customer service, cybersecurity, business skills, English language proficiency, effective communication and leadership skills. Appropriate for owner operators, driver trainers, office staff.</i>	
<a href="#">Cargo Securement</a> .....	104
<i>Based on the Practical™ Cargo Securement handbook from Techni-Com, these modules cover the general principles of cargo securement for both dry van and flatbed, along with special commodities and loading and unloading for auto-haulers.</i>	
<a href="#">Dock and Warehouse</a> .....	135
<i>Training related to manual materials handling, lift truck safety, slips and trips prevention, ladder safety, fall protection, fire safety, bloodborne pathogens and HazCom. These modules are suitable for office staff, drivers, dock and warehouse workers.</i>	
<a href="#">Driving Skills</a> .....	117
<i>Training relating to driving defensively, distracted driving, winter driving, trip planning, fuel efficient driving and CSA compliance.</i>	

<b>Drug and Alcohol</b> .....	127
<i>Training relating to DOT Drug and Alcohol regulations for both supervisors and drivers, including Reasonable Suspicion training as per 49 CFR 382.603</i>	
<b>HAZMAT</b> .....	130
<i>Training related to the transportation of hazardous materials (HAZMAT) for both tractor-trailers and tankers (coming soon).</i>	
<b>Hours of Service</b> .....	136
<i>Training related to the Hours of Service regulations in both the United States and Canada, including 150 Air-Mile.</i>	
<b>Human Resources</b> .....	140
<i>Training related to whistleblower protection, harassment prevention and workplace safety committees, suitable for drivers and office staff.</i>	
<b>Injury Prevention and Trip Safety</b> .....	149
<i>Training related to safety practices during a trip that are not directly related to driving. Titles include accident scene procedures, driver ergonomics, food transportation safety, and extreme heat precautions.</i>	
<b>Security and Threat Awareness</b> .....	152
<i>Training related to threat awareness, Truckers Against Trafficking, preventing cargo theft, CTPAT/PIP and HAZMAT security requirements, preventing Spotted Lanternfly, as well as personal security practices for drivers.</i>	
<b>Vehicle Inspection</b> .....	157
<i>Training related to vehicle inspections for all vehicle types and cargo inspection for auto-haulers as well as air brakes training based on Techni-Com's Practical Air Brakes handbook.</i>	
<b>Weights and Dimensions</b> .....	164
<i>Training related to determining a driver's compliance with federal and state regulations with regards to weights and dimensions.</i>	
<b>Wellness</b> .....	166
<i>Training related to driver health, including fatigue, illness prevention, diet, exercise and mental health.</i>	

# Air Brakes



## Air Brake Series

8 titles • 8 baseline tests • 1 PiiP™ • 1 compilation

The Air Brakes courses are based on Techni-Com's Practical Air Brakes™ handbook and classroom content. These titles are appropriate for professional drivers who need air brake refreshers or entry-level candidates.

### **Air Brake Fundamentals** English 20 mins

This module provides an overview of air brake systems, including how they work and their main components. Factors affecting stopping distance will be covered, as well as the function of antilock braking systems (ABS).

After completion, participants will be able to:

- Describe the difference between hydraulic and air brake systems
- List the two main types of foundation brakes and their main components
- Explain how vehicle speed, weight and heat affect stopping with air brakes
- Describe the purpose of ABS

### **Air Brakes: The Supply Subsystem** English 18 mins

This module describes how compressed air is produced and stored in the supply subsystem and the main vehicle components involved. It also outlines vehicle safety features for regulating and monitoring air pressure, and the air pressure safety standards vehicles must meet.

After completion, participants will be able to:

- List each major component of the supply subsystem and describe its function
- Monitor air pressure and identify abnormalities in the air brake system
- Describe vehicle safety features that respond to air pressure abnormalities

### **Air Brakes: The Service Brake Subsystem** English 17 mins

This module covers the operation and function of the service brake subsystem. It explains the journey that compressed air takes from the brake pedal to the brake chambers and how it is converted into mechanical braking force. The importance of brake adjustment is also covered.

After completion, participants will be able to:

- Explain what happens when they press the brake pedal
- List brake valves that assist in the smooth operation of the vehicle
- Describe how brake chambers produce mechanical braking force
- Explain the importance of brake adjustment

**Air Brakes: The Spring Brake Subsystem** *English* 15 mins

This module describes how the spring brakes operate as parking and emergency brakes, and the main vehicle components involved. Manual and automatic application of the spring brakes will be covered, as well as precautions to take when parking and working around spring brake chambers.

After completion, participants will be able to:

- Explain how air pressure operates the spring brakes
- Describe how to manually apply the spring brakes
- List factors to be aware of when driving and parking a vehicle with spring brakes
- Identify a manually disabled spring brake

**Air Brakes: The Trailer Brake Subsystem** *English* 23 mins

This module provides an overview of the main vehicle components involved in the trailer brake subsystem and describes how to control the service and spring brakes on the trailer. Trailer priority systems and safety considerations for trailer brake systems will also be covered.

After completion, participants will be able to:

- Explain how to identify air lines and connect them to the trailer(s)
- Explain how to apply the service and spring brakes on the trailer using different control valves
- Describe the function and operation of the tractor protection system
- List steps to test trailer brakes and determine a trailer's priority system

**Air Brakes: Visual Brake Inspections** *English* 17 mins

This module outlines the components to check during a visual inspection of the brakes, including what to look for at each step. Safety standards and best practices for inspection will also be covered.

After completion, participants will be able to:

- List their responsibilities for conducting a vehicle inspection
- Describe best practices for conducting an inspection
- List the components to check during a visual brake inspection
- Identify brake defects

**Air Brakes: Conducting Functional Tests** *English* 21 mins

This module describes how to perform functional tests to ensure all air brake system components are operating properly.

After completion, participants will be able to:

- List the functional tests they should perform regularly
- Describe how to conduct each functional test
- Determine if the vehicle complies with safety regulations

**Air Brakes: S-Cam Brake Adjustment** English 22 mins

Inspecting brake adjustment with a reliable inspection method is critical to the safe operation of a vehicle. This module explains how to carry out an inspection of brake adjustment on S-cam drum brakes, including how to identify brake chamber size, type and adjustment limit, and measure pushrod stroke.

After completion, participants will be able to:

- Explain the importance of proper brake adjustment
- Identify a brake chamber's type, size and adjustment limit
- Describe how to measure pushrod stroke
- List general indicators of brake adjustment

**Air Brakes** *Compilation* 8 lessons 156 mins

This course is a compilation of the modules listed above, including:

- Air Brake Fundamentals
- The Supply Subsystem
- The Service Brake Subsystem
- The Spring Brake Subsystem
- The Trailer Brake Subsystem
- Visual Brake Inspections
- Conducting Functional Tests
- S-Cam Brake Adjustment

# Business and Communication



Business Skills • Customer Service • Cybersecurity • English Proficiency Assessment  
Emotional Intelligence • Leadership Skills • Driver Professionalism

## Business Skills for Owner Operators Series

3 titles • 1 compilation

This series is designed for new owner operators, the office team that supports them or for company drivers looking to purchase their first truck.

### ● Business Skills for OO's: Setting Up Your Business English 27 mins

Preparation is key when becoming an owner-operator. This course explains the information needed to run a business, including potential business structures, start-up costs, budgeting, and preparing a business plan.

After completion, participants will be able to:

- Explain the different options to choose from when starting a business
- List the costs to consider when starting a business
- Explain how to prepare a business plan and budget

### ● Business Skills for OO's: Getting Started English 27 mins

This course helps participants make practical decisions about their business and explains the factors to consider when purchasing a vehicle and choosing a carrier. Licenses, permits, and other operational requirements are also covered.

After completion, participants will be able to:

- Explain the difference between leasing and financing a vehicle
- Describe how to choose a carrier
- List the permits and licenses necessary to operate

### ● Business Skills for OO's: Daily Management English 28 mins

This course explains how to calculate and track operating costs and where participants can reduce expenses to increase profit. Managing taxes and cybersecurity are also covered.

After completion, participants will be able to:

- Explain how to calculate cost per mile

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

- List ways to track and minimize costs
- Describe the importance of cybersecurity for the business

**Business Skills for Owner Operators Compilation** 3 lessons      80 mins

This course is a compilation of the modules listed above, including:

- Setting Up Your Business
- Getting Started
- Daily Management

## Customer Service Series *(coming soon!)*

3 titles • 2 baseline tests • 1 compilation

*This series discusses how to provide a great customer experience when handling customer questions and concerns, as well as how to handle difficult situations. A separate module for drivers provides an overview of professional behavior and communication.*

**Customer Service for Drivers** English      ~25 mins

This module explains a driver's role in providing good customer service including professional behavior and strategies for communicating with customers and co-workers.

After completion, participants will be able to:

- Describe a driver's role in providing good customer service
- List the elements of being professional
- Describe strategies for communicating with customers

**Customer Service (Office):  
The Importance of Customer Service** English      ~20 mins

This module explains how good customer service benefits both the organization and its employees, and describes the elements of a great customer experience.

After completion, participants will be able to:

- Explain why providing good customer service is important
- List obstacles to a great customer experience
- Describe how to provide an exceptional customer experience

**Customer Service (Office):  
Responding to Unhappy Customers** English      ~20 mins

This module explains the issues that lead to customer complaints and describes communication strategies for responding to unhappy customers. How to escalate complaints and manage conflict are also covered.

After completion, participants will be able to:

- Explain why providing good customer service is important
- List obstacles to a great customer experience

- Describe how to provide an exceptional customer experience

**Customer Service (Office) Compilation** English ~40 mins

This course is a compilation of the modules listed above, including:

- The Importance of Customer Service
- Responding to Unhappy Customers

## Cybersecurity Series

4 titles • 1 baseline test • 1 compilation

*This series provides information to protect against ransomware or other cyberattacks caused by users falling prey to phishing or other form of cybercrime. This series is suitable for office workers, drivers, warehouse staff and anyone who uses a device (whether or not they have access to your internal network).*

**Cybersecurity: The Value of Data** English / Spanish 20 mins

This module explains what data is and why it is valuable, how your data can be targeted by cybercriminals, and the importance of protecting data from a cyberattack.

After completion, participants will be able to:

- Explain the importance of cybersecurity
- Identify personal, corporate, and shared data
- List the three classifications of data
- Identify where data is stored

**Cybersecurity: How Data is Stolen** English / Spanish 26 mins

This module outlines common tactics that cybercriminals use to access, steal, or destroy data. By staying aware of these strategies, participants will be able to better prevent a cyberattack from occurring. This module will also cover how to respond to a cybersecurity threat.

After completion, participants will be able to:

- List common forms of malware and how they are used
- Describe common psychological tactics used by cybercriminals
- Recognize suspicious email, communication and behavior
- List the steps to take if they believe their cybersecurity is at risk

**Cybersecurity: Password and Email Security** English / Spanish 20 mins

This module outlines potential vulnerabilities in your password and email security, as well as how to create stronger passwords and manage email safely. This module also covers how to respond to a cybersecurity threat.

After completion, participants will be able to:

- Describe the requirements of a strong password
- List the tools that you can use to create stronger passwords

- Explain how to identify suspicious links in email
- Describe best practices for sending and receiving email safely
- List the steps to take if you believe your cybersecurity is at risk

**Cybersecurity: Social Media, Internet, and Device Security** English / Spanish 25 mins

This module explains the risks that social media, public WiFi, and malicious websites pose to your cybersecurity. Participants will discover best practices for using social media and the internet safely, as well as how to protect their device from hacking and theft. This module will also cover how to respond to a cybersecurity threat.

After completion, participants will be able to:

- Identify the cybersecurity risks involved in using social media
- Identify safe and malicious websites
- List the steps to protect your device from cybercriminals
- Explain how your data can be accessed by connecting to public WiFi
- List the steps to take if you believe your cybersecurity is at risk

**Cybersecurity Compilation** 4 lessons 91 mins

This course is a compilation of the modules listed above, including:

- The Value of Data
- How Data is Stolen
- Password and Email Security
- Social Media, Internet, and Device Security

## Emotional Intelligence Series

3 titles • 1 PiiP™ • 1 compilation

*This series provides an understanding of how emotions can impact daily activities and how to recognize the impact they have on interactions with others. These courses are suitable for anyone who interacts with others including drivers, office staff, driver trainers or management.*

**Emotional Intelligence: Understanding Emotional Intelligence** English 15 mins

This module explains what emotions are and why they are important. It describes the concept of emotional intelligence, how it can positively impact life, and also why it's important in the workplace and in leadership.

After completion, participants will be able to:

- Explain the importance of emotions and their role in human development
- Describe how complex emotions develop
- Describe how emotional intelligence benefits the workplace

**Emotional Intelligence: Characteristics of Emotional Intelligence** English 16 mins

This module explains the 4 characteristics of emotional intelligence and their importance in leadership skills. It also examines the importance of non-verbal cues in effective communication and provide tools for recognizing these signs.

After completion, participants will be able to:

- List the 4 characteristics of emotional intelligence
- Describe how each of the 4 characteristics contribute to emotional intelligence
- Explain how non-verbal cues can convey important messages

**Emotional Intelligence: Improving Your Emotional Intelligence** English 20 mins

This module explores the concept of emotional quotient (EQ) as a measure of emotional intelligence. It provides tips for improving EQ and leadership skills, as well as for managing conflict and conducting difficult conversations.

After completion, participants will be able to:

- Describe the difference between emotional quotient (EQ) and intelligence quotient (IQ)
- Explain the importance of continuously improving emotional intelligence
- List methods to improve emotional intelligence
- Explain techniques for managing conflict and difficult conversations

**Emotional Intelligence** *Compilation* 3 lessons 51 mins

This course is a compilation of the modules listed above, including:

- Understanding Emotional Intelligence
- Characteristics of Emotional Intelligence
- Improving Your Emotional Intelligence

## Difficult Conversations Series

2 titles • 1 compilation

*These titles build on Emotional Intelligence and Leadership Styles modules to provide leaders an effective approach to performance or conflict in the workplace. These titles are suitable for supervisors, managers, safety or operations staff who may have to conduct a conversation of this nature.*

**Difficult Conversations: Emotional Intelligence in Difficult Conversations** English 25 mins

This module discusses how to use emotional intelligence to improve communication in a difficult conversation.

After completion, participants will be able to:

- List the four key qualities of emotional intelligence used to resolve difficult conversations
- Describe how to improve communication by managing emotions
- Explain the role of bias in communication

**Difficult Conversations: Conversation Strategies** English 24 mins

This module discusses how to prepare for and resolve a difficult conversation, including strategies for communicating effectively.

After completion, participants will be able to:

- List strategies to prepare for a difficult conversation
- Describe the steps to resolve a difficult conversation

**Difficult Conversations** *Compilation* 2 lessons 49 mins

This course is a compilation of the modules listed above, including:

- Emotional Intelligence in Difficult Conversations
- Conversation Strategies

## English Proficiency Assessment

*This assessment is a tool designed to give carriers an estimation of the English proficiency of a driver or group of drivers.*

**English Language Proficiency Assessment** English 15 mins

The purpose of the assessment is to determine whether drivers can understand English signs and directions from roadside enforcement. To complete the test, drivers need:

- A device with audio enabled.
- To listen to audio and select the correct answer in the form of an image or audio file.

**Important!** CarriersEdge does not guarantee that a driver who passes this test will pass the CVSA's driver interview and highway sign assessment. Drivers may still be found in violation of 49 CFR § 391.11(b)(2), depending on the circumstances at the time of the interaction with enforcement.

## Leadership Series

*2 titles • 1 PiiP™ • 1 compilation*

*These modules are designed for supervisors, managers, driver trainers or driver committee members who coach, mentor or work with other members of a team in a leadership position.*

**Leadership Styles: Developing Your Leadership Styles** English 29 mins

This module describes how developing self-awareness makes leaders more effective. Practical tools to increase self-awareness will be covered, as well as steps to take to practice each of the six emotionally intelligent leadership styles.

After completion, participants will be able to:

- List tools to improve self-awareness
- Describe strategies to develop leadership styles

**Leadership Styles: Effective Leadership** *English* *24 mins*

This module explains how emotional intelligence contributes to effective leadership. The six emotionally intelligent leadership styles will be covered, as well as factors to consider when using each one.

After completion, participants will be able to:

- Describe the characteristics of effective leadership
- Explain the considerations for using each emotionally intelligent leadership style

**Leadership Styles** *Compilation* *2 lessons* *53 mins*

This course is a compilation of the modules listed above, including:

- Effective Leadership
- Developing your Leadership Styles

# Cargo Securement



Practical™ Cargo Securement • Special Commodities • Auto-hauler Loading/Unloading

## Auto-Hauler Loading / Unloading Series

2 titles • 1 baseline test • 1 PiiP™ • 1 compilation

*This series focuses on the loading and unloading of auto-hauler / stinger-steer trailers.*

- |   |           |         |
|---|-----------|---------|
| <b>Auto-Hauler: Preparing to Load</b>   | English   | 20 mins |
| <p>Safety is key when loading an auto-hauler, and strict weight and dimension regulations apply once the vehicle is loaded. This module describes the pre-loading process, including how to plan load order and handle cargo vehicles safely.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"><li>• Recognize best practices for safety when working on and operating an auto-hauler</li><li>• Identify weight and dimension limitations for an auto-hauler</li><li>• Explain how to determine load order</li><li>• List best practices for inspecting and handling cargo vehicles</li></ul> |           |         |
| <b>Auto-Hauler: Loading, Transporting and Unloading</b>   | English   | 20 mins |
| <p>This module covers best practices for a successful delivery, including how to minimize the risk of damage and theft when loading, transporting and unloading cargo vehicles.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"><li>• List the steps to safely load and unload cargo vehicles</li><li>• Explain how to minimize the risk of cargo damage and theft during loading, unloading and transport</li><li>• Describe applicable cargo securement requirements</li></ul>   |           |         |
| <b>Auto-Hauler: Loading and Unloading</b> <i>Compilation</i>  | 2 lessons | 40 mins |
| <p>This course is a compilation of the modules listed above, including:</p> <ul style="list-style-type: none"><li>• Preparing to Load</li><li>• Loading, Transporting and Unloading</li></ul>   |           |         |

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

## Practical Cargo Securement™ Cargo/Dry Van Series

3 titles • 1 baseline test • 1 PiiP™ • 1 compilation

This series includes courses adapted from Techni-Com's Practical Cargo Securement™ handbook specifically for cargo / dry van trailers.

### ● Practical Cargo Securement (Cargo Van): Basic Principles English / Spanish 45 mins

This module provides an overview of the basic cargo securement principles covered by the North American Cargo Securement Standard, and is based on Techni-Com's Practical Cargo Securement manual.

After completion, participants will be able to:

- Explain the purpose of the cargo securement regulations
- Explain the performance criteria that a cargo securement system must meet
- Describe the forces that cause rollovers and tipping
- Describe vehicle features that contribute to cargo securement
- Explain the purpose of wrapping and banding cargo
- Describe how cargo weight should be distributed

### ● Practical Cargo Securement (Cargo Van): Strategies English / Spanish 42 mins

This module explains how to calculate cube-weight, and provides specific information on securing items with different weight ranges within a cargo van. It also explains each of the elements that make up an effective securement system.

After completion, participants will be able to:

- Effectively block and brace heavyweight cargo
- Describe the securement equipment used to secure heavyweight cargo within a cargo van
- Explain the difference between a direct and an indirect tiedown
- Provide examples of how to correctly use a front-end structure
- Provide examples of how to secure cargo without a front-end structure

### ● Practical Cargo Securement (Cargo Van): Inspections English / Spanish 20 mins

This module discusses the cargo securement regulations regarding inspections, including how often inspections should be completed, the common types of defects, and the actions that a driver can expect enforcement officials to take in the event of an infraction.

After completion, participants will be able to:

- Explain the importance of cargo securement inspections
- List the points where cargo securement inspections are required
- Define an insecure load and explain how to avoid this situation
- List common problems to look for when inspecting tiedowns, anchor points, fittings and attachments

**Practical Cargo Securement for Drivers (Cargo Van) Compilation** 5 lessons 107 mins

This course is a compilation of the modules listed above, including:

- Preparing to Load
- Transporting and Unloading

## Practical Cargo Securement™ Flatbed Series

3 titles • 1 baseline test • 1 PiiP™ • 1 compilation

*This series includes courses adapted from Techni-Com's Practical Cargo Securement™ handbook specifically for flatbed / flatdeck trailers.*

**Practical Cargo Securement (Flatbed): Basic Principles** English / Spanish 48 mins

This module discusses the purpose of the North American Cargo Securement Standard, explains how the forces that affect a vehicle are measured, using the vehicle to secure freight, and the importance of packaging.

After completion, participants will be able to:

- Explain the performance criteria that a cargo securement system must meet
- Describe the forces that cause rollovers and tipping
- Describe vehicle features that contribute to cargo securement
- Explain the purpose of wrapping and banding cargo
- Describe how cargo weight should be distributed

**Practical Cargo Securement (Flatbed): Blocking and Tiedowns** English / Spanish 44 mins

This module outlines the basic requirements of a cargo securement system and explain each of the elements making it effective. It also discusses direct and indirect tiedowns, along with how to calculate working load limit and aggregate working load limit.

After completion, participants will be able to:

- Explain the difference between a direct and an indirect tiedown
- Provide examples of how to correctly use a front-end structure
- Describe how to restrain round articles
- Describe how to position both indirect and direct tiedowns to get better angles
- List the minimum number of tiedowns to use with blocked and unblocked articles of different lengths
- Determine the aggregate working load limit required for a load and whether there are enough securement devices to be compliant

**Practical Cargo Securement (Flatbed): Inspections** English / Spanish 20mins

This module discusses the cargo securement regulations regarding inspections, including how often inspections should be completed, the common types of defects, and the actions that a driver can expect enforcement officials to take in the event of an infraction.

After completion, participants will be able to:

- Explain the importance of cargo securement inspections
- List the points where cargo securement inspections are required
- Define an insecure load and explain how to avoid this situation
- List common problems to look for when inspecting tiedowns, anchor points, fittings and attachments

**Practical Cargo Securement for Drivers (Flatbed) Compilation** *5 lessons* *112 mins*

This course is a compilation of the modules listed above, including:

- Basic Principles
- Blocking and Tiedowns
- Inspections

## Cargo Securement Special Commodity Series

*5 titles • 5 baseline tests*

*This series includes content from Techni-Com's Practical Cargo Securement™ handbook regarding concrete pipe, paper rolls and metal coils. Requirements for heavy vehicles, equipment and machinery are also included.*

**Cargo Securement: Requirements for Heavy Vehicles, Equipment and Machinery** *English* *32 mins*

This module details the special requirements needed to transport and secure heavy vehicles, equipment and machinery (heavy equipment) according to part 393.130 of the DOT's cargo securement regulations.

After completion, participants will be able to:

- List the elements to consider before loading heavy equipment onto a trailer
- Describe best practices to follow when loading, securing and unloading heavy equipment and accessory equipment
- Explain safe practices to follow when using a load binder
- Explain the tiedown requirements for securing heavy equipment

**Practical Cargo Securement: Concrete Pipe** *English* *22 mins*

This module details the special requirements needed to transport one or more concrete pipes loaded onto a flatbed trailer with eyes crosswise.

After completion, participants will be able to:

- Explain the importance of correctly restraining concrete pipe
- Describe the common cargo securing devices used for concrete pipe
- List things to consider before loading and placing concrete pipe
- Explain how to correctly secure concrete pipe on a flatbed trailer

**Practical Cargo Securement: Requirements for Metal Coils (Cargo Van)** *English* *21 mins*

This module details the special requirements needed to transport one or more metal coils with a combined weight of 5000 lb. (2268 kg) or more in a cargo van.

After completion, participants will be able to:

- Explain when metal coils must be secured using the Special Requirement
- Describe common cargo securing devices used in securing metal coils
- List things to consider before loading and placing metal coils
- Explain how to use blocking to transport metal coils in a cargo van

**Practical Cargo Securement: Requirements for Metal Coils (Flatbed)** *English* 33 mins

This module details the special requirements needed to transport one or more metal coils with a combined weight of 5000 lb. (2268 kg) or more on a flatbed trailer.

After completion, participants will be able to:

- Describe the common cargo securing devices used for coils
- Explain how to correctly secure a single coil or row of metal coils with eyes vertical and eyes crosswise
- Describe the three methods of securing single coils in a lengthwise orientation
- Describe how to correctly secure a row of metal coils with eyes lengthwise

**Practical Cargo Securement: Requirements for Paper Rolls** *English* 36 mins

This course details the special requirements needed to transport one or more paper rolls with a combined weight of 5000 lb. (2268 kg) or more.

After completion, participants will be able to:

- Explain the importance of correctly restraining paper rolls
- Describe the common cargo securing devices used for paper rolls
- Explain how to correctly secure paper rolls with different orientations

# Dock and Warehouse



Fire Safety • Lift and Pallet Truck Operation • Manual Materials Handling  
HazCom • Workplace Hazards • Bloodborne Pathogens

## Fire Safety Series

3 titles • 1 baseline test • 1 compilation

*This series discusses fire safety prevention and handling practices suitable for warehouse staff, office staff and drivers.*

**Fire Safety: Getting Familiar with Fire** English 24 mins

This module explains the basic elements required for fire, and how to remove elements to prevent a fire from occurring. Flammable and combustible materials will also be discussed.

After completion, participants will be able to:

- List the elements of the Fire Triangle
- Explain how the Fire Triangle can be used to prevent and fight fire
- Explain the difference between flammable and combustible
- List examples of the elements of the Fire Triangle
- Explain the risks associated with fuel vapors and the flashpoint of a flammable liquid

**Fire Safety: Fire Prevention** English 22 mins

This module explains work habits that help with fire prevention and the importance of determining an exit strategy in case of fire. Both fire prevention in a warehouse or office setting and while operating a commercial vehicle will be covered.

After completion, participants will be able to: Explain the three habits that contribute to fire safety

- Describe the three housekeeping tips that help to prevent fires
- Explain the purpose of an exit strategy
- Explain three electrical safety tips that help prevent fires
- List safety precautions to take around fuel
- Describe common areas where fire occurs on a vehicle

**Fire Safety: In Case of Fire** English 23 mins

This module explains what to do when a fire breaks out and how to determine whether it's safe to try and extinguish the fire. The PASS method of using a fire extinguisher will also be covered.

After completion, participants will be able to:

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

- List the questions to consider before fighting a fire
- Explain the three steps to take in the event of a fire
- Describe the four-step PASS method of using a fire extinguisher
- List considerations for specific types of fire
- List steps to take once a fire has been extinguished

### ● **Fire Safety Compilation**

3 lessons

69 mins

This course is a compilation of the modules listed above, including:

- Getting Familiar with Fire
- Fire Prevention
- In Case of Fire

## Lift Truck Series

4 titles • 1 baseline test • 1 compilation

*This series provides the theoretical training content required for lift truck certification and is suitable for dock and warehouse workers as well as drivers.*

### ● **Lift Truck Operator Skills: Hazards and Regulations**

English / Spanish

15 mins

This module discusses the dangers of using a lift truck and how lift truck operators can protect themselves. The operator's rights and responsibilities under safety regulations will also be covered.

After completion, participants will be able to:

- List common causes of lift truck injuries
- List the personal protective and emergency equipment that should be used when operating a lift truck
- Explain the regulations keeping an operator safe when working on a lift truck
- Explain the employee right to work in a safe environment
- List responsibilities in helping to maintain a safe workplace

### ● **Lift Truck Operator Skills: The Basics**

English / Spanish

30 mins

This module describes the components and different types of lift trucks. How the stability triangle and load center affect a truck's balance and inspection practices is discussed.

After completion, participants will be able to:

- List different lift truck types and explain how they are classified
- Identify the main components of a counterbalanced lift truck
- Describe a truck's stability triangle and load center
- Describe what to do if a tipover occurs
- Explain how different lift truck attachments can affect stability
- Use an inspection form to complete a proper lift truck inspection before operation

**Lift Truck Operator Skills: Operating a Lift Truck** English / Spanish 25 mins

This module looks at the safe operation of a lift truck, including how to properly get in, start up and shut down. In addition, how to pick up and place a load will be covered as well as safely controlling the load while travelling.

After completion, participants will be able to:

- List the general safety guidelines for operating a lift truck
- Explain how to properly get into, start up and shut down a lift truck
- Describe how to safely select a load for transport, pick it up and place it
- List ways of controlling the load while traveling
- List considerations when loading or unloading another vehicle

**Lift Truck Operator Skills: Lift Truck Maintenance** English / Spanish 20 mins

This module discusses the hazards surrounding lift truck maintenance as well as the safety precautions to take when refueling a lift truck or charging a lift truck battery.

After completion, participants will be able to:

- Explain the safety guidelines surrounding lift truck maintenance
- List the steps in safely refueling gasoline or diesel lift trucks
- Describe how to safely handle a propane cylinder
- Explain the hazards of charging a lift truck battery
- Describe the parts of a lift truck battery
- List the steps in correctly charging a lift truck battery

**Lift Truck Operator Skills** *Compilation* 4 lessons 90 mins

This course is a compilation of the modules listed above, including:

- Hazards and Regulations
- The Basics
- Operating a Lift Truck
- Lift Truck Maintenance

## Pallet Truck Series

2 titles • 1 PiiP™ • 1 compilation

*This series focuses on the pallet truck safety, also known as pallet jacks, walkies and riders, and discusses basic use of the pallet truck as well as safe operation. It is suitable for warehouse staff and drivers.*

**Pallet Trucks: Components and Controls** English 25 mins

This module describes employee rights to a safe workplace, a pallet truck's basic components and controls, and how to perform a pre-operational inspection.

After completion, participants will be able to:

- Explain everyone's responsibility to maintain a safe workplace
- List the personal protective equipment to use when operating an electric pallet truck
- Describe the basic components and controls of an electric pallet truck
- Explain how to perform a pre-operational inspection

**Pallet Trucks: Operating a Pallet Truck** English 23 mins

This module explains how to operate an electric pallet truck to pick up, transport and place a load in various situations. Parking and procedures for charging a battery are also covered.

After completion, participants will be able to:

- List the general safety guidelines for operating an electric pallet truck
- Describe how to safely pick up, transport and place a load in a variety of situations
- Describe the procedure for charging an electric pallet truck battery

**Pallet Trucks (Walkies and Riders) Compilation** 2 lessons 48 mins

This course is a compilation of the modules listed above, including:

- Components and Controls
- Operating a Pallet Truck

## Manual Materials Handling Series (Drivers)

4 titles • 1 baseline test • 1

*compilation*

*This series discusses best practices for manual materials handling, with content specifically for drivers.*

**Manual Materials Handling: The Basics for Drivers** English 24 mins

This module describes the risks associated with manual materials handling (MMH) and the responsibility of both workers and employers to reduce the risk of workplace injury. Best practices for handling materials and preventing injuries are also covered.

After completion, participants will be able to:

- List risk factors that can lead to MMH injuries
- Explain the difference between acute and chronic injuries
- List the responsibilities for the safe handling of materials
- Describe best practices for preventing MMH injuries

**Manual Materials Handling: Pushing and Pulling for Drivers** English 11 mins

This module describes the risks involved when pushing and pulling materials and provides steps to help prepare properly and use handling equipment to push and pull materials safely.

After completion, participants will be able to:

- Identify hazards associated with pushing and pulling

- List the 5 Rs of preparation
- Describe how to safely push and pull materials using handling equipment

**Manual Materials Handling: Lifting and Carrying for Drivers** English 22 mins

This module describes the risks of lifting and carrying materials and outlines best practices to minimize the risk of injury. Proper preparation, techniques for lifting and how to safely set materials down will be covered.

After completion, participants will be able to:

- Identify hazards associated with lifting and carrying
- List best practices for lifting and carrying, including correct grip techniques
- Describe what is meant by red, yellow and green lifting zones

**Manual Materials Handling: Handling Irregular Loads for Drivers** English 18 mins

Handling irregularly shaped loads, such as bulky sacks or sheet material, poses additional safety challenges. This module addresses special techniques and equipment to use to safely lift and carry a variety of irregular loads.

After completion, participants will be able to:

- Explain why irregular loads are more dangerous to handle
- Select appropriate mechanical aids to handle a variety of irregular loads
- List the steps to safely handle bags, sacks, drums, barrels, cylinders, sheet material and other similar objects

**Manual Materials Handling: Drivers** *Compilation* 4 lessons 64 mins

This course is a compilation of the modules listed above, including:

- The Basics for Drivers
- Pushing and Pulling for Drivers
- Lifting and Carrying for Drivers
- Handling Irregular Loads for Drivers

## Manual Materials Handling Series (Office)

3 titles • 1 baseline test • 1

*compilation*

*This series discusses best practices for manual materials handling, with content specifically for office staff.*

**Manual Materials Handling: The Basics for Office Workers** English 21 mins

This module describes the risks associated with manual materials handling (MMH) and the responsibilities of workers and employers to reduce the risk of workplace injuries. Best practices for handling materials and preventing injuries are also covered.

After completion, participants will be able to:

- List risk factors that can lead to MMH injuries
- Explain the difference between acute and chronic injuries
- List responsibilities for the safe handling of materials
- Describe best practices for preventing MMH injuries

### Manual Materials Handling: Pushing and Pulling for Office Workers

English

15 mins

This module describes the risks involved when pushing and pulling materials and provides steps to help prepare properly and use handling equipment to push and pull materials safely.

After completion, participants will be able to:

- Identify hazards associated with pushing and pulling
- List the 5 Rs of preparation
- Describe how to safely push and pull materials using handling equipment

### Manual Materials Handling: Lifting and Carrying for Office Workers

English

20 mins

This module describes the risks of lifting and carrying materials and outlines best practices to minimize the risk of injury. Proper preparation, techniques for lifting and how to safely set materials down will be covered.

After completion, participants will be able to:

- Identify hazards associated with lifting and carrying
- List best practices for lifting and carrying, including correct grip techniques
- Describe what is meant by red, yellow and green lifting zones

### Manual Materials Handling: Office Workers *Compilation*

3 lessons

47 mins

This course is a compilation of the modules listed above, including:

- The Basics for Office Workers
- Pushing and Pulling for Office Workers
- Lifting and Carrying for Office Workers

## Manual Materials Handling Series (Warehouse)

4 titles • 1 baseline test • 1

*compilation*

*This series discusses best practices for manual materials handling, with content specifically for warehouse staff.*

### Manual Materials Handling: The Basics for Dock & Warehouse

English

21 mins

This module describes the risks associated with manual materials handling (MMH) and the responsibilities of both workers and employers to reduce the risk of workplace injuries. Best practices for handling materials and preventing injuries are also covered.

After completion, participants will be able to:

- List risk factors that can lead to MMH injuries

- Explain the difference between acute and chronic injuries
- List responsibilities for the safe handling of materials
- Describe best practices for preventing MMH injuries

**Manual Materials Handling: Pushing and Pulling for Dock & Warehouse** English 16 mins

This module describes the risks involved when pushing and pulling materials and provides steps to help prepare properly and use handling equipment to push and pull materials safely.

After completion, participants will be able to:

- Identify hazards associated with pushing and pulling
- List the 5 Rs of preparation
- Describe how to safely push and pull materials using handling equipment

**Manual Materials Handling: Lifting and Carrying for Dock & Warehouse** English 20 mins

This module describes the risks of lifting and carrying materials and outlines best practices to minimize the risk of injury. Proper preparation, techniques for lifting and how to safely set materials down will be covered.

After completion, participants will be able to:

- Identify hazards associated with lifting and carrying
- List best practices for lifting and carrying, including correct grip techniques
- Describe what is meant by red, yellow and green lifting zones

**Manual Materials Handling: Handling Irregular Loads for Dock & Warehouse** English 18 mins

Handling irregularly shaped loads, such as bulky sacks or sheet material, poses additional safety challenges. This module addresses special techniques and equipment to use to safely lift and carry a variety of irregular loads.

After completion, participants will be able to:

- Explain why irregular loads are more dangerous to handle
- Select appropriate mechanical aids to handle a variety of irregular loads
- List the steps to safely handle bags, sacks, drums, barrels, cylinders, sheet material and other similar objects

**Manual Materials Handling: Dock and Warehouse Workers** *Compilation* 4 lessons 60 mins

This course is a compilation of the modules listed above, including:

- The Basics for Dock and Warehouse
- Pushing and Pulling for Dock and Warehouse
- Lifting and Carrying for Dock and Warehouse
- Handling Irregular Loads for Dock & Warehouse

## Workplace Hazards Series

2 titles • 1 baseline test • 2 PiiPs™

*This series provides an overview of regulations covering protection from pathogens, chemicals and other hazards.*

### **Bloodborne Pathogen Safety Awareness** English / Spanish 24 mins

This module examines the hazards associated with bloodborne pathogens and provides guidance on how to keep safe in potential exposure situations.

After completion, participants will be able to:

- Identify the major bloodborne pathogens and describe how they are transmitted
- Explain the government regulations associated with exposure to bloodborne pathogens
- List the requirements of an Exposure Control Plan
- Identify preventive controls used to minimize the spread of infection
- Describe what to do when exposed to bloodborne pathogens in an incident
- Explain how to correctly dispose of contaminated materials

### **Hazard Communication Standard (HazCom)** English / Spanish 76 mins

This module explains the pictograms, labels and safety data sheets used by the Hazard Communication Standard (HazCom) and the Globally Harmonized System of Classification and Labeling of Chemicals. It also outlines where to find information about protection and emergency response.

After completion, participants will be able to:

- Indicate the rights and responsibilities of employees, employers and suppliers
- Identify the hazard pictograms used in HazCom
- Explain how hazardous chemicals are classified
- Identify the seven requirements of a supplier label
- Indicate the requirements of a workplace label
- Use a safety data sheet to locate information about hazards, personal protective equipment and emergency measures

# Driving Skills



CSA Regulations • Defensive Driving • Road Rage • Distraction  
Enroute Safety • Fuel Efficiency • Adverse Conditions

## CSA Series

3 titles • 1 baseline test • 1 compilation

This series explains how the CSA regulations and the Safety Measurement System works for both drivers and general office staff.

### ● **CSA for Drivers: The BASICS** English / Spanish 18 mins

This module discusses the components of the CSA program and how the seven BASICS are measured during roadside enforcement activities.

After completion, participants will be able to:

- Describe the components of CSA
- Describe the seven BASICS and the type of violations that fall under them

### ● **CSA for Drivers: The Safety Measurement System** English / Spanish 18 mins

This module discusses the Safety Measurement System for drivers and carriers and discusses how BASICS are calculated. Weighting, severity and threshold levels will be discussed.

After completion, participants will be able to:

- Describe how time weighting affects a BASIC measure
- List the elements that affect the weight of the Crash Indicator
- Explain the purpose of Safety Event groups and threshold values in the Safety Measurement System.

### ● **CSA for Drivers: Interventions** English / Spanish 13 mins

This module explains the different interventions that may occur as a result of a carrier's CSA measure. Investigation types and follow-on actions will also be discussed.

After completion, participants will be able to:

- Describe the three types of interventions
- List acute and critical violations
- Explain the follow-on actions that can occur after a carrier investigation
- Describe the purpose of the Pre-Employment Screening (PSP) program

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

**CSA for Drivers Compilation** 3 lessons 49 mins

This course is a compilation of the modules listed above, including:

- The BASiCs
- The Safety Measurement System
- Interventions

## Defensive Driving Fundamentals Series

3 titles • 1 baseline tests • 2 PiiPs™

*This series addresses distraction, road rage and enroute safety practices and is suitable for all vehicle types.*

**Distacted Driving** English / Spanish 33 mins

Distraction increases the chance of a collision by 2 to 23 times. This module describes how drivers can protect themselves and other road users by identifying their biggest sources of distraction and learning strategies to overcome them.

After completion, participants will be able to:

- Describe the sources and types of distraction
- Explain the difference between conscious and unconscious distractions
- Describe how cognitive workload affects the ability to focus
- Explain the dangers associated with using a mobile device while driving
- Describe the four strategies to improve a driver's distraction profile
- Explain how to identify and respond to distracted drivers

**Enroute Safety (Parking Safety)** English / Spanish 25 mins

This module describes the precautions to take while a driver is enroute to a destination, including trailer inspections, making turns and dealing with pedestrians. Entering and exiting smaller areas such as fuel stops or parking lots will also be covered.

After completion, participants will be able to:

- Explain how to properly inspect and connect a trailer
- Explain how distraction and complacency contribute to fixed object strikes and collisions
- Describe how to take precautions when making turns and dealing with pedestrians
- List the steps to enter and exit a fueling area or parking lot

**Road Rage** English / Spanish 36 mins

First coined in the late 1980s, "road rage" is defined as the violent anger caused by the stress and frustration involved in difficult driving conditions. This module explains common road rage triggers and consequences, as well as strategies to manage both your own emotions and the aggressive behavior of other drivers.

After completion, participants will be able to:

- Describe four ways of expressing road rage

- Explain the consequences of road rage for drivers and carriers
- List common road rage triggers
- Explain strategies to prevent road rage
- List strategies to minimize road rage when it occurs

## Defensive Driving for Straight Trucks Series

6 titles • 6 baseline tests • 1 PiiP™ • 1 compilation

*This series addresses the basics of defensive driving for non-combination vehicles. Specific topics include space management, speed management, turns and intersections, parking and backing methods as well as handling adverse road and weather conditions.*

### **Defensive Driving for Straight Trucks: Managing the Driving Experience** English / Spanish 27 mins

This module introduces how to save time and reduce risk by taking responsibility for the legal, mechanical, environmental and human factors that impact the driving experience.

After completion, participants will be able to:

- List the five principles of defensive driving
- Describe the four factors that affect their driving
- List strategies to manage their emotional, physical and mental states
- Explain how to mitigate factors outside their control

### **Defensive Driving for Straight Trucks: The Space Around You** English / Spanish 30 mins

This module introduces the importance of spatial awareness, providing strategies for managing the spaces around a vehicle and techniques for maneuvering through them.

After completion, participants will be able to:

- Identify how to communicate with other road users
- Describe strategies to manage the space around the vehicle
- List steps to safely change lanes, merge and exit

### **Defensive Driving for Straight Trucks: No Need for Speed** English / Spanish 29 mins

This module describes how speed affects the forces that act on a vehicle while driving and how controlling speed works to prevent skidding, collision and rollovers.

After completion, participants will be able to:

- Describe the impact of the forces acting on the vehicle as you drive
- Describe how reaction time, speed and weight affect the vehicle's stopping distance
- List basic techniques for safe braking, evasive steering, preventing skids and negotiating curves

**Defensive Driving for Straight Trucks: Navigating Turns and Intersections** English / Spanish 32 mins

This module describes basic practices for turning and proceeding through different types of intersections. Off-tracking will also be covered as it applies to turns and curves.

After completion, participants will be able to:

- Explain how off-tracking affects the vehicle around turns and curves
- List steps to safely make left and right turns
- Explain how to proceed through intersections and roundabouts

**Defensive Driving for Straight Trucks: Safe Backing and Parking** English / Spanish 31 mins

This module details steps for safe parking, including best practices for minimizing risk. How to perform straight backing, offset backing, alley-dock backing and parallel parking will be covered.

After completion, participants will be able to:

- List best practices for parking safely
- Describe how to straight back, offset back, alley-dock back and parallel park the vehicle
- List steps to take to back safely from the blind side of the vehicle

**Defensive Driving for Straight Trucks Dangerous Driving Conditions** English / Spanish 29 mins

This module describes conditions that require extra care and attention to safely navigate, as well as how to handle each situation.

After completion, participants will be able to:

- List steps to prepare for any dangerous driving situation
- Describe strategies for handling common dangerous driving conditions

**Defensive Driving for Straight Trucks** *Compilation* 6 lessons 169 mins

This course is a compilation of the modules listed above, including:

- Managing the Driving Experience
- The Space Around You
- No Need for Speed
- Navigating Turns and Intersections
- Safe Backing and Parking
- Dangerous Driving Conditions

## Defensive Driving for Tankers Series

6 titles • 6 baseline tests • 1 PiiP™ • 1 compilation

This series of courses addresses the basics of defensive driving for vehicles hauling tanker trailers. Specific topics include space management, speed management, turns and intersections, parking and backing methods as well as handling adverse road and weather conditions.

### Defensive Driving for Highway Tankers Managing the Driving Experience English / Spanish 29 mins

This module introduces how to save time and reduce risk by taking responsibility for the legal, mechanical, environmental and human factors that impact the driving experience.

After completion, participants will be able to:

- List the five principles of defensive driving
- Describe the four factors that affect their driving
- List strategies to manage their emotional, physical and mental states
- Explain how to mitigate factors outside their control

### Defensive Driving for Highway Tankers: The Space Around You English / Spanish 38 mins

This module introduces the importance of spatial awareness, providing strategies for managing the spaces around the vehicle and techniques for maneuvering through them.

After completion, participants will be able to:

- Explain how slosh and surge affect the way a tanker handles
- Identify how to communicate with other road users
- Describe strategies to manage the space around the vehicle
- List steps to safely change lanes, merge and exit

### Defensive Driving for Highway Tankers: No Need for Speed English / Spanish 34 mins

This module describes how speed affects the forces that act on the vehicle while driving and how controlling speed works to prevent skidding, collision and rollovers.

After completion, participants will be able to:

- Explain how slosh and surge affect the way the vehicle handles
- Describe the impact of the forces acting on the vehicle as it moves
- Describe how reaction time, speed and weight affect the vehicle's stopping distance
- List basic techniques for safe braking, preventing skids and negotiating curves

### Defensive Driving for Highway Tankers Navigating Turns and Intersections English / Spanish 37 mins

This module describes basic practices for turning and proceeding through different types of intersections. Off-tracking will also be covered as it applies to turns and curves.

After completion, participants will be able to:

- Explain how slosh and surge affect the way the vehicle handles

- Explain how off-tracking affects your vehicle around turns and curves
- List steps to safely make left and right turns
- Explain how to proceed through intersections and roundabouts.

**Defensive Driving for Highway Tankers  
Safe Backing and Parking** English / Spanish 35 mins

This module details steps for safe parking, including best practices for minimizing risk. How to perform straight backing, offset backing and alley-dock backing will be covered.

After completion, participants will be able to:

- Explain how slosh and surge affect the way the vehicle handles
- List best practices for parking safely
- Describe the dangers of backing in a highway tanker
- Describe how to straight back, offset back, and alley-dock back the vehicle
- List steps to back safely from your blind side

**Defensive Driving for Highway Tankers  
Dangerous Driving Conditions** English / Spanish 35 mins

This module describes conditions that require extra care and attention to safely navigate, as well as how to handle each situation.

After completion, participants will be able to:

- Explain how slosh and surge affect the way the vehicle handles
- List steps to prepare for any dangerous driving situation
- Describe strategies for handling common dangerous driving conditions

**Defensive Driving for Highway Tankers *Compilation*** 6 lessons 171 mins

This course is a compilation of the modules listed above, including:

- Managing the Driving Experience
- The Space Around You
- No Need for Speed
- Navigating Turns and Intersections
- Safe Backing and Parking
- Dangerous Driving Conditions

## Defensive Driving for Tractor-Trailer Series

*6 titles • 6 baseline tests • 1 PiiP™ • 1 compilation*

*This series of courses addresses the basics of defensive driving for tractor-trailers. Specific topics include space management, speed management, turns and intersections, parking and backing methods as well as handling adverse road and weather conditions.*

**Defensive Driving for Tractor-Trailers: Managing the Driving Experience** English / Spanish 25 mins

This module introduces how to save time and reduce risk by taking responsibility for the legal, mechanical, environmental and human factors that impact the driving experience.

After completion, participants will be able to:

- List the five principles of defensive driving
- Describe the four factors that affect their driving
- List strategies to manage their emotional, physical and mental states
- Explain how to mitigate factors outside their control

**Defensive Driving for Tractor-Trailers: The Space Around You** English / Spanish 29 mins

This module introduces the importance of spatial awareness, providing strategies for managing the spaces around the vehicle and techniques for maneuvering through them.

After completion, participants will be able to:

- Identify how to communicate with other road users
- Describe strategies to manage the space around the vehicle
- List steps to safely change lanes, merge and exit

**Defensive Driving for Tractor-Trailers: No Need for Speed** English / Spanish 26 mins

This module describes how speed affects the forces acting on the vehicle while driving and how controlling speed works to prevent skidding, collision and rollovers.

After completion, participants will be able to:

- Describe the impact of the forces acting on the vehicle while driving
- Describe how reaction time, speed and weight affect the vehicle's stopping distance
- List basic techniques for safe braking, evasive steering, preventing skids and negotiating curves

**Defensive Driving for Tractor-Trailers: Navigating Turns and Intersections** English / Spanish 27 mins

This module describes basic practices for turning and proceeding through different types of intersections. Off-tracking will also be covered as it applies to turns and curves.

After completion, participants will be able to:

- Explain how off-tracking affects the vehicle around turns and curves
- List steps to safely make left and right turns
- Explain how to proceed through intersections and roundabouts.

**Defensive Driving for Tractor-Trailers: Safe Backing and Parking** English / Spanish 26 mins

This module details steps for safe parking, including best practices for minimizing risk. How to perform straight backing, offset backing, alley-dock backing and parallel parking will be covered.

After completion, participants will be able to:

- List best practices for parking safely

- Describe how to straight back, offset back, alley-dock back and parallel park the vehicle
- List steps to take to back safely from the blind side of the vehicle

**Defensive Driving for Tractor-Trailers: Dangerous Driving Conditions** English / Spanish 28 mins

This module describes conditions that require extra care and attention to safely navigate, as well as how to handle each situation.

After completion, participants will be able to:

- List steps to prepare for any dangerous driving situation
- Describe strategies for handling common dangerous driving conditions

**Defensive Driving for Tractor-Trailers *Compilation*** 6 lessons 154 mins

This course is a compilation of the modules listed above, including:

- Managing the Driving Experience
- The Space Around You
- No Need for Speed
- Navigating Turns and Intersections
- Safe Backing and Parking
- Dangerous Driving Conditions

## Fuel Efficiency Series

*2 titles • 1 baseline test • 1 compilation*

*These titles provide an overview of how to maximize a vehicle's fuel efficiency through planning, awareness of the environment and using more effective driving strategies on the road.*

**Fuel Efficiency: The Environment and Your Vehicle** English / Spanish 29 mins

This module discusses how a vehicle's fuel consumption affects both the environment and the bottom line. In addition, the external factors affecting fuel usage and strategies to counteract them will also be covered.

After completion, participants will be able to:

- Describe the three types of resistance that affect fuel usage
- Explain how wind and temperature affect fuel efficiency
- Explain how to minimize rolling resistance
- List vehicle devices that reduce the effects of resistance and improve fuel efficiency

**Fuel Efficiency: Driver Behavior** English / Spanish 24 mins

This module covers how to manage fuel consumption and reduce both costs and emissions through route planning, inspections and driving strategies that save on fuel and keep drivers safe.

After completion, participants will be able to:

- Describe how to plan your route to save fuel
- Explain how pre-trip inspections help with fuel efficiency
- List day-to-day driving strategies to maximize fuel usage
- Explain the effects of idling on fuel consumption

**Fuel Efficiency Compilation** **2 lessons**      **53 mins**

This course is a compilation of the modules listed above, including:

- The Environment and Your Vehicle
- Driver Behavior

## Winter Driving Series

*3 titles • 1 baseline test • 1 PiiP™ • 1 compilation*

*This series focuses on preparing for the winter months, the effects that winter has on both the human body and commercial vehicles, as well as how to mitigate winter driving hazards, such as reduced visibility and slippery conditions.*

**Winter Driving: Preparing for Winter** *English / Spanish*      *30 mins*

This module outlines the importance of planning ahead for winter weather, including the equipment and supplies needed to prepare the vehicle for cold conditions, and how drivers can keep themselves safe on the road.

After completion, participants will be able to:

- Explain the ways to prepare for winter driving
- Explain the importance of checking tires in cold weather
- Describe the importance of winter grade fluids and fuel

**Winter Driving: Maximizing Your Visibility** *English / Spanish*      *28 mins*

This module covers how to maintain optimal visibility in winter conditions as well as the types of vehicles and obstacles to watch out for on the road. How to stay safe and visible when stranded in the vehicle will also be discussed.

After completion, participants will be able to:

- Describe how to see and be seen while driving in the winter
- Explain how to compensate for increased stopping time in the winter
- List obstacles to watch out for in the winter season
- Describe ways to stay safe during a breakdown

**Winter Driving: Adjusting for the Conditions** *English / Spanish*      *36 mins*

This module covers how to adjust your winter driving in different scenarios and conditions, including on curves and steep grades.

After completion, participants will be able to:

- Describe how to drive safely on curves in the winter
- Describe the features of black ice, freezing rain and snow squalls
- Explain how to prepare the vehicle for mountain driving
- Explain how to safely navigate steep grades in winter

 **Winter Driving** *Compilation*

3 lessons

89 mins

This course is a compilation of the modules listed above, including:

- Preparing for Winter
- Maximizing Your Visibility
- Adjusting for the Conditions

# Drug and Alcohol



General Overview • Drug and Alcohol Testing • Reasonable Suspicion

## DOT Urine Drug Collector Training Series

3 titles • 1 compilation

*This series provides training for employees who will be collecting samples from drivers for DOT Drug and Alcohol Testing. Note: To be certified for urine collection for drug testing, participants must complete the Compilation course and a series of mock collections. Details on scheduling mock collections can be obtained from [Nordrux](#).*

● **DOT Urine Drug Collector Training: Urine Specimen Collection Essentials** English ~21 mins

This module provides an overview of the urine specimen collection process, including an introduction to the Custody and Control Form. It also explains training requirements for collectors.

After completion, participants will be able to:

- List the training requirements for collectors
- Explain the purpose of the Custody and Control Form
- List the methods drivers may use to alter urine samples

● **DOT Urine Drug Collector Training: The Collection Process** English ~25 mins

This module explains the step-by-step urine specimen collection process, including securing the collection area, instructing the driver and completing the Custody and Control Form.

After completion, participants will be able to:

- Describe how to secure the collection area
- List the basic steps in urine specimen collection
- Explain how to complete the Custody and Control Form

● **DOT Urine Drug Collector Training: Collection Scenarios and Problems** English ~25 mins

This module discusses a variety of collection scenarios, including procedures for shy bladder and monitored and directly observed collections. Refusals and flaws will also be explained..

After completion, participants will be able to:

- Explain when to conduct monitored and directly observed collections
- Explain shy bladder procedures

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

- Describe the difference between correctable and fatal flaws

**DOT Urine Drug Collector Training** *Compilation* English ~65 mins

This course is a compilation of the modules listed above, including:

- Urine Specimen Collection Essentials
- The Collection Process
- Collection Scenarios and Problems

## Drug and Alcohol Testing Series

*3 titles • 1 baseline test • 1 compilation*

*This series focuses on the effects of drugs and alcohol as well as providing an overview of the testing process for drivers and other safety-sensitive personnel. This course is suitable for anyone involved with drug and alcohol testing.*

**Drug and Alcohol Testing: About Drugs and Alcohol** English 43 mins

This module discusses the signs and symptoms of substance abuse and explains the effects of drugs and alcohol on a person's health, work and personal life.

After completion, participants will be able to:

- Explain how blood alcohol level affects driving
- Explain how drug impairment affects the ability to drive
- List precautions to take when using prescription and over-the-counter drugs
- List the long-term effects of alcohol and drug use

**Drug and Alcohol Testing: Regulations and Testing** English 36 mins

This module includes an overview of the DOT's drug and alcohol regulations, as well as driver and carrier responsibilities, testing requirements, and the purpose of the FMCSA's Drug and Alcohol Clearinghouse.

After completion, participants will be able to:

- List the responsibilities of the carrier, the supervisor and the driver under drug and alcohol regulations
- Explain the purpose of the FMCSA's Drug and Alcohol Clearinghouse
- Explain the DOT testing processes for drugs and alcohol

**Drug and Alcohol Testing: After the Test** English 24 mins

This module outlines what happens after you complete a DOT drug or alcohol test. It explains how the test results are reported, the consequences of a positive or refusal to test result, the return-to-duty process, and how test records may be used.

After completion, participants will be able to:

- Explain how the Medical Review Officer reports final test results
- Explain the consequences of a positive or a refusal to test result
- Describe the return-to-duty process

- Explain the role of the Substance Abuse Professional (SAP).

**Drug and Alcohol Testing** *Compilation* 3 lessons      103 mins

This course is a compilation of the modules listed above, including:

- About Drugs and Alcohol
- Regulations and Testing
- After the Test

## Reasonable Suspicion Series

*2 titles • 1 baseline test • 1 compilation*

*This series focuses on the responsibilities of supervisors in the Reasonable Suspicion testing process.*

NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.

**Drug and Alcohol Reasonable Suspicion: The Signs** *English*      39 mins

This module describes the physical, behavioral, speech and performance indicators of alcohol misuse and drug abuse and how to use these indicators to determine reasonable suspicion.

After completion, participants will be able to:

- Describe signs of job performance deterioration
- Explain how drugs and alcohol can affect speech
- List physical and behavioral indicators of alcohol misuse
- List physical and behavioral indicators of drug abuse

**Drug and Alcohol Reasonable Suspicion: The Process** *English*      38 mins

This module explains your responsibilities as a supervisor when you suspect that one of your drivers is using drugs or alcohol illegally on the job. This module also includes an overview of the reasonable suspicion testing regulations and your obligations under them..

After completion, participants will be able to:

- Explain the supervisor and carrier's role in reasonable suspicion testing
- Explain how to document reasonable suspicion observations
- Describe effective ways to confront drivers about reasonable suspicion
- Explain how to handle negative, positive and refusal to test results

**Drug and Alcohol Reasonable Suspicion** *Compilation* 2 lessons      77 mins

This course is a compilation of the modules listed above, including:

- The Signs
- The Process

# HAZMAT



HAZMAT • HAZMAT ELDT • HAZMAT for Fuel Haulers  
Non-placarded HAZMAT • HAZMAT Security Awareness

## HAZMAT ELDT Series

1 title

*CarriersEdge is a registered ELDT-H training provider. This series is for carriers who wish to help new drivers obtain their HAZMAT endorsement and is only available as a complete course.*

**ELDT: H Endorsement** *English / Spanish* *7 lessons* *155 mins*

This course covers the general training requirements mandated under 49 CFR subchapter C, Hazardous Materials Regulations, and part 386 of the FMCSA Regulations.

After completion, participants will be able to:

- Identify safe driving, parking and inspection practices while transporting hazardous materials
- Locate information in the Hazardous Materials Table
- Determine the accuracy of shipping papers
- Identify suitable markings and package labels
- Determine and properly place required placards
- Identify safe handling, loading and driving procedures
- Describe how to handle unintentional releases
- Find information in the Emergency Response Guidebook

## HAZMAT Series

9 titles • 1 baseline test • 3 PiiPs™ • 1 compilation

*This series covers the information required to safely transport hazardous materials, including security awareness, and transporting non-placarded hazardous materials. This series is designed for drivers who already have their designation as refresher training. Note: [HAZMAT for Fuel Haulers Series](#) is a separate series.*

**Hazardous Materials Security Awareness** *English / Spanish* *37 mins*

This module discusses the impact that hazardous materials can have when in the wrong hands, and provides an overview of how drivers can protect the vehicle from potential hijacking or theft when hauling these materials.

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

After completion, participants will be able to:

- Explain how security awareness increases personal safety, and keeps hazardous materials out of the hands of thieves and potential terrorists
- List the four steps to keeping the vehicle secure at any time
- List the six security points when transporting hazardous materials
- Explain the actions to take at each security point to stay secure
- Describe how to properly handle a hijacking if it occurs

**HAZMAT: Introduction to Hazardous Materials** *English / Spanish*      23 mins

This module discusses the purpose of the Hazardous Materials Regulations, its training requirements and describes the driving practices while transporting HAZMAT. Parking and routing restrictions will also be covered.

After completion, participants will be able to:

- Explain the training required to transport hazardous materials
- Describe the required parking and routing restrictions
- List the rules related to open flame and tires

**HAZMAT: What are Hazardous Materials?** *English / Spanish*      20 mins

This module will focus on the nine different classes of hazardous materials, how they are classified and the dangers they each represent. Other labels commonly used in transporting hazardous materials will also be covered. Reference will be made to Subpart E: Labeling of the Hazardous Materials Regulations.

After completion, participants will be able to:

- List the 9 different classes of hazardous materials
- Describe the hazards of each class and provide examples of these materials
- Identify other labels that indicate specific hazards

**HAZMAT: Finding Information in the Hazardous Materials Table** *English / Spanish*      24 mins

This module focuses on the Hazardous Materials Table found in §172, Subpart B of the HMR and its two appendixes, the List of Hazardous Substances and Reportable Quantities, and the List of Marine Pollutants.

After completion, participants will be able to:

- Identify information about a hazardous material in the Hazardous Materials Table
- Locate information in the Special Provisions and Packaging Requirements columns
- Explain how to use the two appendixes to the Table

**HAZMAT: Are the Shipping Papers Accurate?** *English / Spanish*      24 mins

This module explains the importance of shipping papers and the required information, including the basic description, quantities, shipper certification and emergency reference numbers. Examples will be provided for different materials to demonstrate how they are properly documented.

After completion, participants will be able to:

- List the requirements of the basic description on a shipping paper

- Describe how emergency response information should be displayed
- Explain how information besides the basic description is recorded
- Explain where to keep the shipping papers while in transit

**HAZMAT: Are the Proper Marks, Labels and Placards in Place?** *English / Spanish* 30 mins

This module describes the different marks and labels that should be present on both bulk and non-bulk hazardous materials packagings. This module also covers how to determine the correct placards to use in a variety of situations.

After completion, participants will be able to:

- Describe the marking and labeling requirements for bulk and non-bulk packagings
- Explain the importance of checking the shipping document against labels and marks
- List the questions to ask when determining the correct placards for a shipment
- Explain how to determine how to use identification numbers when placarding

**HAZMAT: Have the Materials Been Handled and Loaded Properly?** *English / Spanish* 21 mins

This module discusses the general requirements for loading and unloading, and also looks at specific requirements for certain hazardous materials. The Segregation table and compatibility will also be covered.

After completion, participants will be able to:

- Describe safe practices for loading and unloading any hazardous material
- Explain the rules about hazardous materials and the driver's compartment
- Summarize the rules to follow for specific hazardous materials

**HAZMAT: What do I do in an Emergency?** *English / Spanish* 26 mins

This module will explain how to respond in an emergency when transporting hazardous materials, including when to report an unintentional release.

After completion, participants will be able to:

- Explain the steps to take when the vehicle's cargo is leaking or on fire
- List precautions to take to when cargo is leaking or on fire
- List the information required when reporting an unintentional release
- Find information about the hazardous material using the Emergency Response Guide

**Transporting Non-Placarded Hazardous Materials** *English* 36 mins

This course covers training requirements listed in 49 CFR subchapter C, Hazardous Materials Regulations, and part 386 of the FMCSA Regulations for employees who transport *small quantities* of non-placarded hazardous materials. These requirements include general awareness, function-specific, safety precautions, security awareness and driving practices.

After completion, participants will be able to:

- Identify hazardous materials and the quantity contained in a shipment
- Determine the accuracy of shipping papers
- Locate information in the hazardous materials table

- Identify markings and package labels
- Identify safe handling, loading and driving procedures
- Find information in the Emergency Response Guidebook

**Transporting Hazardous Materials (HAZMAT) Compilation** 7 lessons 144 mins

This course is a compilation of the modules listed above, including:

- Introduction to Hazardous Materials
- What are Hazardous Materials?
- Finding Information in the Hazardous Materials Table
- Are the Shipping Papers Accurate?
- Are the Proper Marks, Labels and Placards in Place?
- Have the Materials Been Handled and Loaded Properly?
- What do I do in an Emergency?

## HAZMAT for Fuel Haulers Series

*This series covers the information required to safely transport fuel. This series is designed for drivers who already have a HAZMAT endorsement and require specific training on operating a tanker.*

**HAZMAT for Fuel Haulers: Hazmat Regulations and Training Requirements** English 15 mins

This module introduces the Hazardous Materials Regulations, including training requirements and responsibilities of drivers, carriers and shippers.

After completion, participants will be able to:

- Describe the role of the Hazardous Materials Regulations in protecting public safety
- Explain the responsibilities of carriers, shippers and drivers
- Explain the training requirements for transporting fuel

**HAZMAT for Fuel Haulers: Identifying and Classifying Hazardous Materials** English 15 mins

This module discusses responsibilities for classification and introduces the nine hazard classes, including Class 3, which is most relevant to fuel products.

After completion, participants will be able to:

- Describe the difference between hazardous materials, substances and waste
- Explain how hazardous materials are classified
- List common fuel products in hazard class 3

**HAZMAT for Fuel Haulers: Finding Information in the Regulations** English 25 mins

This module discusses finding information in the Hazardous Materials Table, the special provisions and Appendices A and B.

After completion, participants will be able to:

- Demonstrate how to use the Hazardous Materials Table

- Explain the purpose of the special provisions and Appendices A and B

**HAZMAT for Fuel Haulers: Is the Shipping Paper Accurate?** *English* 20 mins

This module discusses how to verify a hazardous material shipping paper and where it should be stored during transport.

After completion, participants will be able to:

- Identify where to store the shipping paper
- Describe basic shipper and carrier responsibilities for documentation
- Verify the shipping paper matches the hazardous material in transport

**HAZMAT for Fuel Haulers: Is the Packaging Suitable?** *English* 15 mins

This module explains how to determine if a cargo tank meets the requirements for safe packaging and discusses maximum fill limits.

After completion, participants will be able to:

- Distinguish between bulk and non-bulk packaging
- List responsibilities for inspecting the cargo tank
- Determine if a cargo tank meets the requirements for safe packaging

**HAZMAT for Fuel Haulers: Are the Proper Placards and Marks in Place?** *English* 15 mins

This module discusses how to determine the correct placards and identification numbers to display on your vehicle.

After completion, participants will be able to:

- Recognize the different types of placards and marks
- Explain responsibilities for displaying placards and marks
- Determine the correct identification number to display on the vehicle

**HAZMAT for Fuel Haulers: Loading, Unloading and Transporting Fuel** *English* 23 mins

This module discusses best practices for safely loading, unloading and transporting fuel, including defensive driving practices and security precautions.

After completion, participants will be able to:

- Record changes in the quantity of hazardous materials on the shipping paper
- Describe how to safely load and unload fuel
- List steps to minimize hazards and prevent incidents
- List security precautions to take when hauling hazardous material

**HAZMAT for Fuel Haulers: What Happens in an Emergency?** *English* 25 mins

This lesson discusses the steps to take when there is a fuel release and the reports that are required.

After completion, participants will be able to:

- Use the Emergency Response Guidebook to find information on handling an emergency involving fuel
- Explain when an immediate telephone report and 30-day incident report are required

- List steps to take when an incident occurs

**● Transporting Hazardous Materials for Fuel Haulers** *Compilation*

8 lessons

~200 mins

This course is a compilation of the modules listed above, including:

- Hazmat Regulations and Training Requirements
- Identifying and Classifying Hazardous Materials
- Finding Information in the Regulations
- Is the Shipping Paper Accurate?
- Is the Packaging Suitable?
- Are the Proper Placards and Marks in Place?
- Loading, Unloading and Transporting Fuel
- What Happens in an Emergency?

# Hours of Service



US Regulations • Canadian Regulations • Trip Planning • HOS 150 Air-Miles

## Hours of Service Series

5 titles • 1 baseline test • 1 compilation

*This series discusses how the Hours of Service regulations work, the exceptions and how to make sure Records of Duty Status are accurate.*

### ● **Hours of Service: Before Heading Out** English / Spanish 23 mins

This module covers how to effectively plan ahead for any trip and maximize driving time as well as explaining the signs of fatigue. In addition, it reviews requirements for inspections under Part 396: Inspection, Repair and Maintenance.

After completion, participants will be able to:

- List ways to plan for a trip
- Explain how drivers are protected from harassment and coercion
- Explain the responsibilities of the driver and carrier regarding pre-trip inspections
- Identify the information that must be included in an inspection report
- Describe the reporting requirements for the driver, carrier and others involved in pre-trip inspections

### ● **Hours of Service: The Rules** English / Spanish 27 mins

This module introduces the Hours of Service Regulations, explains duty statuses and the rules around the 30-minute break. Carrier and driver responsibilities in complying with these regulations will also be outlined.

After completion, participants will be able to:

- Describe the basic limits outlined in the Hours of Service Regulations
- Explain the responsibilities in following the Hours of Service Regulations
- Explain the rules regarding the 30-minute break.

### ● **Hours of Service: The Record of Duty Status** English / Spanish 22 mins

This module demonstrates how to correctly complete a record of duty status, explains the two duty periods and how the 34-hour restart is used. How to use Remarks, edits and annotations will also be covered.

After completion, participants will be able to:

- Record daily duty status as per the Hours of Service regulations
- Explain how Remarks should be used

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

- Define the two duty limits and the 34-hour restart
- Explain how to use edits and annotations.

**Hours of Service: Sleeper Berth and Other Exceptions** English / Spanish 22 mins

This module describes the exceptions to the Hours of Service regulations. Examples of daily logs will show the different methods of entering off-duty time and the exceptions that apply.

After completion, participants will be able to:

- Explain the requirements of the sleeper berth exception for single and team drivers
- Describe when it is appropriate to exceed on-duty and driving limits.

**Hours of Service and Logbooks** *Compilation* 4 lessons 94 mins

This course is a compilation of the modules listed above, including:

- Before Heading Out
- The Rules
- The Record of Duty Status
- Sleeper Berth and Other Exceptions.

**Trip Planning** English / Spanish 31 mins

This module explains how drivers can plan their trips in order to minimize the chance of a collision or fixed object strike. How to prepare for each trip as well as correctly setting the vehicle's mirrors will also be covered.

After completion, participants will be able to:

- List the ways to anticipate and plan for problems in advance
- Explain ways to avoid dangerous maneuvers
- Explain how to adjust the mirrors for maximum visibility
- Describe the best use of a GPS

## Cross Border Series

4 titles • 1 PiiP™ • 1 compilation

*This series discusses both the US and Canadian HOS regulations, covering the differences in duty status, off-duty requirements and sleeper berth exemptions.*

**Hours of Service: Before Heading Out** English 23 mins

This module covers how to effectively plan ahead for any trip and maximize driving time as well as explaining the signs of fatigue. In addition, the requirements for inspections under Part 396: Inspection, Repair and Maintenance will be reviewed.

After completion, participants will be able to:

- List ways to plan for a trip
- Explain how drivers are protected from harassment and coercion

- Explain the responsibilities of the driver and carrier regarding pre-trip inspections
- Identify the information that must be included in an inspection report
- Describe the reporting requirements for the driver, carrier and others involved in pre-trip inspections

### Hours of Service: The Rules

English

31 mins

This module introduces the Hours of Service Regulations, defines duty statuses and provides more details about what constitutes on-duty time as well as the rules around required off-duty time

After completion, participants will be able to:

- Describe the basic limits outlined in the Hours of Service Regulations for both Canada and the United States
- Explain your responsibilities in following the Hours of Service regulations
- Explain how off-duty time works in both Canada and the United States.

### Hours of Service: The Record of Duty Status

English

33 mins

This module demonstrates how to correctly complete a record of duty status, explains the duty periods in Canada and the United States and how to reset your cycle or duty period. How to use Remarks, edits and annotations will also be covered.

After completion, participants will be able to:

- Define the duty limits in both Canada and the United States
- Explain how Remarks should be used
- Explain how to reset cycle in Canada and duty periods in the United States
- Explain how to use edits and annotations.

### Hours of Service: Sleeper Berth and Other Exceptions

English

30 mins

This module describes the sleeper berth exceptions and how they apply in Canada and the United States. Examples of daily logs will show the different methods of entering off-duty time and the exceptions that apply.

After completion, participants will be able to:

- Explain the requirements of the sleeper berth exception for single and team drivers in Canada and the United States
- Describe when it is appropriate to exceed on-duty and driving limits

### Hours of Service Canadian and US Regulations *Compilation*

4 lessons

117 mins

This course is a compilation of the modules listed above, including:

- Before Heading Out
- The Rules
- The Record of Duty Status
- Sleeper Berth and Other Exceptions

## 150 Air-Mile (Federal Regulations) Series

2 titles • 1 baseline test • 1 compilation

*This series discusses the Hours of Service federal regulations for drivers who stay within a 150-Air Mile Radius.*

### ● HOS 150 Air-Miles: The Rules English / Spanish 39 mins

This module outlines the federal Hours of Service regulations, the criteria that exempts drivers from keeping a record of duty status, as well as the steps to take when operating outside of the 150 air-mile radius.

After completion, participants will be able to:

- List the criteria that exempt drivers from using an ELD
- Describe driver responsibilities under the 150 air-mile radius exemption
- List steps to take when drivers no longer qualify for the exemption

### ● HOS 150 Air-Miles: Logging Duty Information English / Spanish 38 mins

This module demonstrates how to correctly log duty periods, including when exceeding duty status limits and when using the CMV for personal conveyance. The two duty limits will be explained, as well as the 34-hour restart.

After completion, participants will be able to:

- Record daily duty status as per the Hours of Service regulations and use Remarks, edits and annotations when appropriate
- Define the two duty limits and the 34-hour restart
- Describe when it is appropriate to exceed on-duty and driving limits.

### ● HOS Within 150 Air-Miles *Compilation* 2 lessons 61 mins

This course is a compilation of the modules listed above, including:

- The Rules
- Logging Duty Information

# Human Resources



Safety Committees • Sexual Harassment Prevention •  
Whistleblower Protection • Workplace Violence and Harassment Prevention

## Safety Committee Series

3 titles • 1 baseline test • 1 compilation

*This series provides training for members of workplace safety committees including structure, duties and best practices. It is suitable for anyone who is involved in their company safety committee, including drivers, office workers and warehouse staff.*

### ● **Workplace Safety Committees: Structure and Responsibilities** English 40 mins

This module explains the state-specific regulations that govern workplace safety committees, their organization and structure, and the selection process for safety committee members. It also explains the specific responsibilities of safety committee members and the duties that the committee is responsible for in the workplace.

After completion, participants will be able to:

- Explain the purpose of workplace safety committees
- Explain how workplace safety committees are regulated
- Describe the makeup of a typical safety committee
- List the benefits of having a workplace safety committee
- Explain how workplace committee meetings are conducted
- Explain the responsibilities of safety committees in the workplace
- List the steps involved in an incident investigation

### ● **Workplace Safety Committees: Workplace Committee Best Practices** English 27 minutes

This module lists and explains the best practices that workplace safety committees can apply to make sure the work they do is productive and effective. These include best practices for safety committee training, communication, meeting organization and management, and strategic planning and evaluation.

After completion, participants will be able to:

- Explain the importance of proper training for safety committee members
- Describe methods for communicating effectively
- Describe effective meeting organization and management techniques
- Define and explain consensus building

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

- Describe how to create a workplace safety committee strategic plan

**Workplace Safety Committees** *Compilation* 3 lessons      67 minutes

This course is a compilation of the modules listed above, including:

- Structure and Responsibilities
- Workplace Committee Best Practices

## Sexual Harassment Prevention Series

3 titles • 1 baseline test • 1 compilations

*This series discusses how to prevent harassment based on sex in the workplace. This content is suitable for office workers, dock and warehouse personnel and drivers.*

**Sexual Harassment Prevention: Sexual Harassment and the Law** English      24 mins

This module covers the employee right to a harassment-free workplace and the effects of workplace sexual harassment on victims and employers.

After completion, participants will be able to:

- Describe the effects of workplace and sexual harassment
- Explain common myths around workplace sexual harassment
- Explain the purpose of workplace harassment prevention laws

**Sexual Harassment Prevention: Illegal Behavior** English      19 mins

This module outlines the two main categories of sexual harassment as well as examples of illegal behavior.

After completion, participants will be able to:

- List the two main types of illegal workplace sexual harassment
- Describe the elements of a hostile work environment
- Describe the types of behavior that are considered sexual harassment

**Sexual Harassment Prevention: Prevention and Remedies** English      22 mins

This module outlines how to prevent workplace sexual harassment through strategies such as a harassment prevention policy and workplace monitoring. The options for making a complaint and the steps employees can take when they are harassed or accused of harassment will also be covered.

After completion, participants will be able to:

- Describe the ways employees and employers can prevent workplace sexual harassment
- Describe the elements of a typical workplace harassment prevention policy
- Explain how to respond to workplace sexual harassment

**Sexual Harassment Prevention** *Compilation* 3 lessons      65 mins

This course is a compilation of the modules listed above, including:

- Sexual Harassment and the Law
- Illegal Behavior
- Prevention and Remedies

## Sexual Harassment Prevention (California) Series

3 titles • 1 compilation

This series explains California's rules for sexual harassment prevention, required by anyone engaging in commerce in the state. This content is suitable for office workers, dock and warehouse personnel and drivers.

### ● Sexual Harassment Prevention (California): Sexual Harassment and the Law English / Spanish 23 mins

This module covers the employee right to a harassment-free workplace and the effects of workplace sexual harassment on victims and employers.

After completion, participants will be able to:

- Describe the effects of workplace and sexual harassment
- List the objectives of workplace anti-harassment laws
- Describe workplace sexual harassment as defined by federal and state law
- Explain the key components of California's workplace sexual harassment law.

### ● Sexual Harassment Prevention (California): Illegal Behavior English / Spanish 21 mins

This module outlines the two main categories of sexual harassment as well as examples of illegal behavior.

After completion, participants will be able to:

- List the two main types of illegal workplace sexual harassment
- Describe the elements of a hostile work environment
- Explain the meaning of "abusive conduct"
- Describe the behaviors considered to be sexual harassment

### ● Sexual Harassment Prevention (California): Prevention and Remedies English / Spanish 22 mins

This module outlines how to prevent workplace sexual harassment through strategies such as a harassment prevention policy and workplace monitoring. The options for making a complaint and the steps employees can take when they are harassed or accused of harassment will also be covered.

After completion, participants will be able to:

- Describe the ways employers and employees can prevent workplace sexual harassment
- Describe the elements of a typical workplace harassment prevention policy
- Explain how to respond to workplace sexual harassment
- Explain the options for filing a workplace sexual harassment complaint

**Sexual Harassment Prevention (California) Compilation** 3 lessons 66 mins

This course is a compilation of the modules listed above, including:

- Sexual Harassment and the Law
- Illegal Behavior
- Prevention and Remedies

## Workplace Violence and Harassment Prevention Series

2 titles • 1 baseline test

*This series discusses how to prevent harassment and violence in the workplace, and includes whistleblower protection. This content is suitable for office workers, dock and warehouse personnel and drivers.*

**Whistleblower Protection for Drivers** English 30 mins

Under the Occupational Safety and Health (OSH) Act, employers are responsible for providing a safe workplace, and you have the right to working conditions that don't pose a risk of serious harm. But what do you do when your employer retaliates against you for exercising those rights? That's where whistleblower protection comes in.

After completion, participants will be able to:

- Explain what is meant by whistleblower, retaliation and whistleblower protection statute
- Describe the whistleblower protections under the Surface Transportation Assistance Act and the Occupational Safety and Health Act
- Describe the protections that harassment and coercion regulations provide for commercial drivers
- Explain the difference between FMCSA and OSHA enforcement options in a case of employer retaliation
- List the types of documentation to collect to support a whistleblower protection claim
- Explain how to file complaints and what happens during the investigation process for both OSHA and the FMCSA

**Workplace Violence and Harassment** English 54 mins

Unsafe workplace conditions such as poorly maintained equipment or hazard exposure can be dangerous to your health. In the same way, negative workplace behaviors such as violence, harassment and bullying can also lead to damage to both the individuals and to the entire organization. However, by learning how to recognize these behaviors and respond appropriately, you can protect yourself and help prevent further incidents.

After completion, participants will be able to:

- Identify the characteristics of negative workplace behaviors
- Describe four forms of workplace violence and how domestic violence can affect the workplace
- Describe the four types of workplace harassment and how each of them occur
- Describe the difference between harassment and bullying
- Describe the laws that protect you from workplace violence and harassment
- List the risk factors for violence and harassment and indicators that someone may be violent

- Explain the roles and responsibilities you and your carrier have in handling workplace violence and harassment
- List the steps in handling negative behavior when you are a witness, a victim or the accused

# Injury Prevention & Trip Safety



Driver Ergonomics • Fall Protection • Injury Prevention •  
Manual Materials Handling • Fire Safety • Lift Trucks • Trip Safety

## Driver Ergonomics

2 vehicle types • 5 titles • 1 PiiP™ • 2 compilations

This series provides information about preventing injuries by making ergonomic adjustments to every day activities. These titles are suitable for drivers operating any type of vehicle, and includes content specific to flatbed trailers.

- Driver Ergonomics: Musculoskeletal Injuries and Ergonomics** English 20 mins

This module defines “ergonomics” and explains the risk factors for musculoskeletal injuries. It also covers neutral posture and the proper techniques for safely entering and exiting the cab.

After completion, participants will be able to:

  - Explain the importance of workplace ergonomics
  - List risk factors for musculoskeletal injuries
  - Describe neutral posture
- Driver Ergonomics: Ergonomics Inside the Cab** English 20 mins

This module explains how to properly adjust your seat, steering wheel, mirrors and mounts to protect your body and reduce ergonomic risks. It also addresses the impact of whole-body vibration.

After completion, participants will be able to:

  - Explain how to reduce ergonomic risks inside the cab
  - Explain how to prevent tech neck
  - Describe the effects of whole-body vibration
- Driver Ergonomics: Ergonomics Outside the Cab - Cargo Van** English 15 mins

This module explains ergonomic risks and common injuries that occur outside a cargo van as well as proper form and technique to use when completing tasks.

After completion, participants will be able to:

  - Describe ergonomic risks outside the cab

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

- Explain proper form and technique for completing tasks outside the cab
- List tools that make completing tasks outside the vehicle safer

### Driver Ergonomics: Ergonomics Outside the Cab - Flatbed

English

20 mins

This module explains ergonomic risks and common injuries that occur outside a flatbed trailer as well as proper form and technique to use when completing tasks.

After completion, participants will be able to:

- Explain how to reduce ergonomic risks inside the cab
- Explain how to prevent tech neck
- Describe the effects of whole-body vibration

### Driver Ergonomics: Tarping Ergonomics - Flatbed

English

20 mins

This module explains ergonomic risks specific to tarping and securement as well as ways to reduce the chance of injury.

After completion, participants will be able to:

- Describe ergonomic risks related to tarping
- Demonstrate proper technique for tarping and strapping the load
- Demonstrate proper technique for using winch bars and load binders

### Driver Ergonomics - Cargo Van *Compilation*

3 lessons

50 mins

This course is a compilation of the modules listed above, including:

- Musculoskeletal Injuries and Ergonomics
- Ergonomics Inside the Cab
- Ergonomics Outside the Cab - Cargo Van

### Driver Ergonomics - Flatbed *Compilation*

4 lessons

70 mins

This course is a compilation of the modules listed above, including:

- Musculoskeletal Injuries and Ergonomics
- Ergonomics Inside the Cab
- Ergonomics Outside the Cab - Flatbed
- Tarping Ergonomics - Flatbed

## Extreme Heat

2 vehicle types • 2 titles • 2 baseline tests • 2 PiiPs • 2 compilations

This series provides drivers with information about how to protect themselves in extreme heat conditions during the summer months. Separate titles are available for tractor-trailers and last mile delivery vehicles.

**Extreme Heat (Tractor Trailer): Extreme Heat Dangers** *English* ~23 mins

This module demonstrates the dangers that extreme heat events and sun exposure pose to health and safety, and describes how to recognize and respond to heat illness. The effects of heat on a commercial motor vehicle will also be covered.

After completion, participants will be able to:

- Describe how extreme heat can affect your safety at work
- Recognize the signs of common heat illnesses
- Identify your risk factors for developing a heat illness
- Describe the dangers of sun exposure

**Extreme Heat (Tractor Trailer): Staying Cool** *English* ~21 mins

This module describes how to stay safe while working in the heat and sun. It provides strategies to help keep you cool at each point of your journey, as well as practices to keep your vehicle operating efficiently in the heat.

After completion, participants will be able to:

- List best practices for staying hydrated and sun-safe
- Identify techniques to keep cool during different points of your shift
- Describe how to prevent heat-related breakdowns and workplace injuries

**Extreme Heat (Tractor Trailer) Compilation** *English* ~45 mins

This course is a compilation of the modules listed above, including:

- Extreme Heat Dangers
- Staying Cool

**Extreme Heat (Last Mile): Extreme Heat Dangers** *English* ~23 mins

This module demonstrates the dangers that extreme heat events and sun exposure pose to health and safety, and describes how to recognize and respond to heat illness. The effects of heat on a delivery vehicle will also be covered..

After completion, participants will be able to:

- Describe how extreme heat can affect your safety at work
- Recognize the signs of common heat illnesses
- Identify your risk factors for developing a heat illness
- Describe the dangers of sun exposure

**Extreme Heat (Last Mile): Staying Cool** *English* ~21 mins

This module describes how to stay safe while working in the heat and sun. It provides strategies to help keep you cool throughout the day, as well as practices to keep your vehicle operating efficiently in the heat..

After completion, participants will be able to:

- List best practices for staying hydrated and sun-safe
- Identify techniques to keep cool during different points of your shift
- Describe how to prevent heat-related breakdowns and workplace injuries

**Extreme Heat (Last Mile) Compilation** English ~45 mins

This course is a compilation of the modules listed above, including:

- Extreme Heat Dangers
- Staying Cool

## Food Safety Series

2 vehicle types • 1 title • 1 baseline test

*This series explains the importance of food safety and how to maintain the temperature and cleanliness of a load during transport and delivery.*

**Food Safety for Reefer Drivers** English / Spanish 41 mins

The Food Safety Modernization Act (FSMA) was created to proactively ensure that the food supply throughout the United States is protected from contamination. This module covers the best practices in handling and transporting food in accordance with the FSMA regulations.

After completion, participants will be able to:

- Describe the three hazards that cause food contamination and how foodborne illnesses occur
- List good hygiene practices
- Explain the four steps in preparing the trailer for a pickup
- Describe how to inspect and pre-cool a reefer unit
- List the four items to check when loading the trailer
- Explain how to monitor the cargo during the trip

**Food Safety for Bulk Tanker Drivers** English 34 mins

Food safety regulations exist to safeguard the production and transportation of food. This module outlines the driver's responsibilities according to these regulations and industry guidelines, and explains how to ensure food remains safe during transport.

After completion, participants will be able to:

- Describe the three groups of hazards that cause food contamination and how foodborne illnesses occur
- Explain shipper, carrier and driver responsibilities for the safe transport of food
- Explain the importance of wash documents
- Explain the purpose of seals and when they are used in food transport
- Describe how to inspect a tanker for the transport of food
- Describe how to correctly pick up, transport and deliver food-grade cargo to prevent contamination

## Slip, Trip and Fall Protection Series

*2 vehicle types • 4 titles • 2 baseline tests • 2 PiiPs™ • 1 compilation*

*This series covers information about preventing slips, trips and falls as well as safety practices around a commercial vehicle or during a delivery. These titles are suitable for office workers, warehouse staff and drivers.*

- |  |   |
|--|---|
| <p><b>Slips, Trips and Falling Objects</b></p> <p>This module covers how to identify and reduce slip and trip hazards, as well as how to avoid struck-by injuries while working around a vehicle.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Identify slip and trip hazards and how to prevent injuries from these hazards</li> <li>• Explain three ways to avoid struck-by injuries</li> <li>• Describe how to stay safe around a vehicle while loading and unloading</li> <li>• List driver responsibilities in preventing slip, trip and fall injuries</li> </ul>  | <p><i>English</i></p> <p><i>20 mins</i></p> |
| <p><b>Tanker Injury Prevention (Slips, Trips and Falls)</b></p> <p>Slips, trips and falls when working around a tanker are a major cause of injuries. This module provides the basics for staying safe around a tanker, whether securing cargo, loading or unloading, or just getting in and out of the cab.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"> <li>• List the main causes of injuries when working around a tanker</li> <li>• List the personal protective equipment (PPE) needed when operating a tanker</li> <li>• Explain how to use three points of contact around the vehicle</li> <li>• Describe how to avoid injuries when working with hoses</li> <li>• Describe common fall protection methods</li> </ul> | <p><i>English</i></p> <p><i>25 mins</i></p> |
| <p><b>Fall Protection: Using a Ladder</b></p> <p>This module covers the safe use of different types of ladders, including how to select the right ladder for the job, correctly setting it up and how to avoid injury while working on a ladder.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the importance of choosing the right ladder for the job</li> <li>• List the places to check a ladder during an inspection</li> <li>• Describe how to set up a ladder correctly</li> <li>• List the safe practices to follow when using a ladder</li> </ul>  | <p><i>English</i></p> <p><i>25 mins</i></p> |
| <p><b>Fall Protection: Personal Fall Arrest Systems</b></p> <p>This module describes how a fall arrest system works, explain the importance of a thorough inspection and proper care as well as how to correctly don a body harness.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the ABC's of fall arrest systems</li> </ul>  | <p><i>English</i></p> <p><i>31 mins</i></p> |

- List the steps in inspecting a full body harness
- Explain how to don a body harness
- Define suspension trauma and describe what to do after a fall occurs

**Fall Protection for Drivers** *Compilation* 3 lessons 76 mins

This course is a compilation of the modules listed above, including:

- Slips, Trips and Falling Objects
- Using a Ladder
- Personal Fall Arrest Systems

## Trip Safety Series

4 titles • 3 baseline tests • 2 PiiPs™

*This series discusses how drivers can maximize their safety and avoid fixed object collisions throughout their trips, including at docks and truck stops.*

**Accident Reporting For Drivers** English / Spanish 47 mins

This module covers how to handle the aftermath of an incident or collision. Drivers are responsible for correctly placing warning signals at an accident scene, but must also gather as much information as possible and protect others from further injury as well.

After completion, participants will be able to:

- Describe appropriate behavior at an accident scene
- Explain how to secure the vehicle with warning signals
- Explain how to assist the injured
- Explain how to report the collision and conduct interviews with law enforcement
- List the information to include in an accident report
- Explain how to collect witness information

**Trip Planning** English / Spanish 31 mins

This module explains how drivers can plan their trips in order to minimize the chance that they will be involved in a collision or fixed object strike. How to prepare for each trip as well as correctly setting the vehicle's mirrors will also be covered.

After completion, participants will be able to:

- List the ways to anticipate and plan for problems in advance
- Explain ways to avoid dangerous maneuvers
- Explain how to adjust mirrors for maximum visibility
- Describe the best use of a GPS

**● Enroute Safety** English / Spanish 25 mins

This module describes the precautions to take while a driver is enroute to a destination, including trailer inspections, making turns and dealing with pedestrians. Entering and exiting smaller areas such as fuel stops or parking lots will also be covered.

After completion, participants will be able to:

- Explain how to properly inspect and connect a trailer
- Explain how distraction and complacency contribute to fixed object strikes and collisions
- Describe how to take precautions when making turns and dealing with pedestrians
- List the steps to enter and exit a fueling area or parking lot

**● The Delivery** English / Spanish 27 mins

This module covers the importance of behaving in a safe and professional manner at a customer location or shipping dock. Avoiding common hazards and injuries while loading and unloading will also be discussed, including safety practices for using landing gear and other equipment.

After completion, participants will be able to:

- List the behaviors that demonstrate professionalism
- Describe the hazards that can be found at a customer site or shipping dock
- Explain how to prevent slips, trips and falls
- Explain how to safely unhook a trailer and prevent injury during unloading

**● Trip Planning, Parking and Deliveries** *Compilation* 3 lessons 80 mins

This course is a compilation of the modules listed above, including:

- Trip Planning
- Enroute Safety
- Delivery Safety

# Security and Threat Awareness



Security and threat awareness • CTPAT/PIP • Personal security • Truckers Against Trafficking (TAT)

## CTPAT/PIP Series

5 titles • 3 baseline tests • 1 PiiP™ • 1 compilation

This series meets the training requirements of the US Customs Trade Partnership Against Terrorism (CTPAT) and Canadian Partners in Protection (PIP). These are suitable for anyone involved in border crossing.

### ● CTPAT/PIP: Security and Threat Awareness for Drivers English 34 mins

This module discusses the importance of securing cargo during transport, especially when crossing the border, fulfilling the requirements of CTPAT. It outlines key areas where drivers must pay extra attention to security, what to watch for, and the steps to take in each situation.

After completion, participants will be able to:

- Explain how security awareness can protect the driver, vehicle and cargo
- List the four steps to keeping the vehicle secure at any time
- List the five security points where special precautions are necessary
- Describe how to properly handle a hijacking if it occurs

### ● CTPAT/PIP: The Importance of Security Inspections English 20 mins

This module explains the role that security inspections play in meeting CTPAT's minimum security requirements. An overview of the inspection points for tractors, trailers and containers will be covered as well as the importance of agricultural inspections..

After completion, participants will be able to:

- Explain the importance of completing a security inspection
- List the inspection points on a tractor, trailer or container
- Explain the hazards of agricultural contamination
- Describe the best practices for completing an inspection

### ● CTPAT/PIP: Vehicle and Container Inspections English 22 mins

This module covers the 17-points included in a security inspection for a tractor-trailer and the 8 possible points included in a container inspection. For each point, how to detect evidence of contraband, tampering or pests will be discussed.

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

After completion, participants will be able to:

- Identify the tools used at each point of the security inspection
- Explain specific inspection methods for each point
- Explain what to do when encountering suspicious activity or signs of tampering, contraband or agricultural contamination

**CTPAT/PIP: Working with High Security Seals** English 10 mins

This module looks at both carrier and driver responsibilities for tracking, inspecting and securing freight with high security seals. In addition, it covers how to affix a seal, use the VVTT inspection process and the procedure for replacing broken seals.

After completion, participants will be able to:

- List carrier and driver responsibilities for high security seals
- Explain how to affix a seal
- List the steps in inspecting a seal using the VVTT process
- Explain when and how to replace a seal

**CTPAT/PIP Successful Border Crossing** English 43 mins

Canada and the United States share the longest border in the world and crossing it is common, but it can be long and frustrating when drivers are not prepared. This module discusses the steps in preparing the driver, the cargo and the vehicle for a successful trip.

After completion, participants will be able to:

- Explain driver responsibilities when crossing the border with commercial freight
- List the personal identification and documentation required when crossing the border
- Describe the benefits of a FAST card and how to maintain it properly
- Describe the pre-clearance programs used at the border
- List the best practices to follow when approaching the border, when speaking with a border official and after clearance

**CTPAT/PIP Security Inspections for Drivers** *Compilation* 3 lessons 52 mins

This course is a compilation of the modules listed above, including:

- The Importance of Security Inspections
- Vehicle and Container Inspections
- Working with High Security Seals

## General Security Series

4 titles • 3 baseline tests • 1 PiiP™ • 1 compilation

*This series provides training on security awareness and personal security precautions to take to protect both individuals and the cargo they transport. This series is suitable for office workers, dock and warehouse personnel and drivers.*

- Hazardous Materials Security Awareness** English / Spanish 37 mins
- This module discusses the impact that hazardous materials can have when in the wrong hands, and gives drivers an overview of how they can protect their vehicle from potential hijacking or theft when hauling these materials.
- After completion, participants will be able to:
- Explain how security awareness keeps drivers safe and keeps hazardous materials cargo out of the hands of thieves and potential terrorists
  - List the four steps to keeping the vehicle secure at any time
  - List the six security points to take special precautions with hazardous materials cargo
  - Explain the actions to take at each security point to keep both drivers and cargo safe
  - Describe how to properly handle a hijacking if it occurs
- Personal Security: Threats to Personal Security** English 30 mins
- This module outlines the personal security threats professional drivers face, explains how cargo theft is executed, and where it is most likely to occur. This module also reviews general safety tips drivers can use to protect themselves on the road.
- After completion, participants will be able to:
- Describe different situations that threaten personal security
  - List general safety precautions for drivers
  - Explain why cargo theft is difficult to prevent.
- Personal Security: Precautions and Best Practices for Personal Security** English 23 mins
- This module outlines best practices to use to keep safe through each stage of a journey, including planning the route, loading, on the road, stopping, and making the delivery.
- After completion, participants will be able to:
- List best practices to keep drivers safe on the road and during a stop
  - Describe how to project confidence
  - Describe how to de-escalate a potentially threatening situation
  - Explain when to use self-defense.
- Personal Security** *Compilation* 2 lessons 50 mins
- This course is a compilation of the modules listed above, including:
- Threats to Personal Security
  - Precautions and Best Practices
- Security and Threat Awareness for Drivers** English / Spanish 30 mins
- This module discusses the importance of security awareness during transport and outlines key areas where drivers must pay extra attention to security. Enhanced security not only reduces crime such as terrorism, sabotage, drug, weapons and human trafficking, but it also helps protect drivers, vehicles and cargo.
- After completion, participants will be able to:

- Explain how security awareness can protect drivers, the vehicle and cargo
- List the four steps to keeping the vehicle secure at any time
- List the five security points where special precautions are needed
- Explain the actions to take at each security point to keep drivers and cargo safe
- Describe how to properly handle a hijacking if it occurs.

## Truckers Against Trafficking Series

3 titles

The *Truckers Against Trafficking* series is designed to help drivers recognize and respond to signs of trafficking at truck stops and other areas along their routes. A wallet card can be printed afterwards with the number to call.

### Truckers Against Trafficking English 27 mins

Two American teens are coerced by a trafficking ring and forced to prostitute at various locations, including truck stops. One trucker's call changed their lives. Hear from truckers who have seen human trafficking on their routes, the FBI, a trafficking victim rescued through the call of a trucker, and learn more information on concrete ways members of the trucking/travel plaza industry can fight this crime in the course of their daily work.

This initiative exists to educate and empower the millions of men and women of the transportation industry to be able to recognize and respond when they see human trafficking occurring at various locations across North America. Be part of this growing mobile army of Changemakers and learn the signs and actions to take should you ever suspect human trafficking is taking place.

### National Human Trafficking Hotline

United States: 1-888-373-7888

Canada: 1-833-900-1010

### Truckers Against Trafficking: Local Drivers English 25 mins

While the last decade has shown what OTR drivers can do when they know what to look for and the action steps to take to combat human trafficking, TAT has seen the need to create a film covering those same specifics for local drivers.

From package delivery and others operating straight trucks, rideshare, USPS, final mile, couriers, food delivery, waste disposal, etc., this film is for those not operating an OTR truck. In essence, any driver who is in and around neighborhoods and local businesses should be educated and equipped to spot the signs of both labor and sex trafficking.

Like all TAT films, this training features a survivor's testimony, as well as guidance from law enforcement on how to identify red flags and report to either the National Human Trafficking Hotline or local law enforcement.

Watch TAT's local drivers training video and visit <https://tatnonprofit.org/local-drivers/> to learn more.

**Truckers Against Trafficking:  
Movers and In-Home Delivery** English 25 mins

In-home delivery and moving professionals are in and out of homes and businesses and have the unique opportunity of being in neighborhoods and office parks in a way that many other commercial drivers are not. While they may see human trafficking taking place over the road (especially if they are doing cross-country moves), they may also have the ability to witness trafficking taking place in the cities and neighborhoods where they operate. Most notably, folks in the moving/in-home delivery space may literally be in homes that operate as residential brothels or homes where traffickers are keeping their victims.

To help you recognize human trafficking where it's taking place, TAT has created this instructional video specifically for you. We invite you to take this training and learn how one simple phone call can potentially save a life.

# Vehicle Inspection



Tractor-Trailer Inspection • Tanker Inspection • Straight Truck Inspection  
Auto-Hauler Cargo Inspection • Auto-Hauler/Stinger Steer Inspection

## Auto-Hauler Cargo Inspection Series

3 titles • 1 compilation

This series details how to inspect cargo vehicles before loading them onto the auto-hauler/stinger steer.

**Auto-Hauler Cargo Inspection: Inspection Requirements and Identifying Exceptions** English / Spanish 29 mins

This module outlines the importance of completing a thorough vehicle inspection and accurately recording exceptions on a DVIR before loading. The tools needed for an inspection as well as how to identify different types of defects and damage will also be covered.

After completion, participants will be able to:

- Describe the importance of conducting a thorough vehicle inspection
- List the tools needed to perform a vehicle inspection
- Identify common types of defects and damage that may be found on a vehicle

**Auto-Hauler Cargo Inspection: Conducting a Vehicle Inspection** English / Spanish 23 mins

This module covers the best practices and steps to take to conduct a vehicle inspection. Considerations for new vehicles will be outlined, as well as the process for delivering vehicles both during and after normal business hours.

After completion, participants will be able to:

- List best practices for conducting a vehicle inspection
- Describe the general flow of an inspection
- Identify common defects and damage at each inspection point
- Explain how to conduct a delivery inspection during and after normal business hours

**Auto-Hauler Cargo Inspection** *Compilation* 2 lessons 52 mins

This course is a compilation of the modules listed above, including:

- Conducting a Vehicle Inspection
- Inspection Requirements and Identifying Exceptions

[List by equipment type](#)

[List by subject area](#)

[Alphabetical list](#)

## Vehicle Inspection Auto-Hauler/ Stinger Steer Series

5 titles • 1 baseline test • 1 PiiP™ • 1 compilation

This series covers best practices for vehicle inspections specifically for vehicles with car/auto-hauler/stinger-steer trailers.

### ● Vehicle Inspections (Auto-Hauler / Stinger Steer): Inspection Regulations and the DVIR English 24 mins

This module provides an overview of the types of inspections drivers must complete. Driver Vehicle Inspection Report requirements are covered, as well as the additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List the responsibilities for inspections as a professional driver
- Describe the sections of a DVIR
- Explain how repairs are indicated on a DVIR, and how to identify defects that are not listed on the DVIR
- Describe the two types of roadside inspections and list best practices for conduct during an inspection

### ● Vehicle Inspections (Auto-Hauler / Stinger Steer): Inspection Practices English 33 mins

This module describes important inspection practices for the most common violations including air brakes, lights, tires and wheels. How to check each of these items will be covered, as well as best practices for conducting an inspection.

After completion, participants will be able to:

- List best practices to follow when conducting an inspection
- Explain how to inspect tires, wheels, rims, lights and reflectors
- List the items to look for when inspecting emergency equipment, hydraulics, decks and ramps.

### ● Vehicle Inspections (Auto-Hauler / Stinger Steer): Inspecting the Truck English 33 mins

This module covers the six inspection areas on the power unit portion of a combination vehicle, including the front of the vehicle, engine area, driver and passenger sides, rear and cab area.

After completion, participants will be able to:

- Describe how to prepare for an inspection
- Explain what to look for while approaching the vehicle and at each inspection point
- Describe how to check the condition of engine components, suspension and brakes
- Explain what to look for when inspecting the wheels, rims and tires at each axle.

### ● Vehicle Inspections (Auto-Hauler / Stinger Steer): Inspecting the Trailer English 33 mins

This module outlines the five inspection areas on the trailer portion of a stinger steer. Inspection points include the front of the trailer, the left and right sides, the rear, and the passenger area.

After completion, participants will be able to:

- Describe the five areas to inspect on a trailer
- List items to look for at each inspection point
- Describe how to inspect the hydraulics, decks, ramps, and headrack of the vehicle

**Vehicle Inspections (Auto-Hauler / Stinger Steer):  
Inspecting the Truck and Trailer** English 47 mins

This module covers the 11 inspection areas on both the tractor and trailer portions of a combination vehicle. Practices for inspecting the key components in each area are also outlined.

After completion, participants will be able to:

- Describe how to prepare for an inspection
- Explain what to look for when approaching the vehicle and at each inspection point
- Describe how to check the condition of the engine components, suspension and brakes
- Explain what to look for when inspecting the wheels, rims and tires at each axle.
- Describe how to inspect the hydraulics, decks, ramps, and headrack of the vehicle

**Vehicle Inspections: Auto-Hauler / Stinger Steer Compilation** 5 lessons 104 mins

This course is a compilation of the modules listed above, including:

- Inspection Regulations and the DVIR
- Inspection Practices
- Inspecting the Truck
- Inspecting the Trailer
- Inspecting the Truck and Trailer

## Vehicle Inspection Straight Truck Series

*3 titles • 1 baseline test • 1 compilation*

*This series covers best practices for vehicle inspections specifically for straight trucks.*

**Vehicle Inspections (Straight Truck):  
Inspection Regulations and the DVIR** English / Spanish 19 mins

This module provides an overview of the types of inspections drivers must complete. Driver Vehicle Inspection Report requirements are covered, as well as the additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List the different inspections required by professional drivers
- Describe the sections of a Driver Vehicle Inspection Report
- Explain how repairs are indicated on a DVIR
- Explain how to identify defects not listed on the DVIR

**Vehicle Inspections (Straight Truck):  
Inspection Practices** English / Spanish 33 mins

This module describes important inspection practices for the most common violations: air brakes, lights, tires and wheels. How to check each of these items will be covered in detail, as well as best practices for conducting an inspection and the importance of keeping the cab clean and organized..

After completion, participants will be able to:

- List best practices to follow when conducting an inspection
- Explain how to inspect tires, wheels, rims, lights and reflectors
- List the items to look for when inspecting lights, reflectors and emergency equipment
- Describe how to inspect the air brakes on the vehicle
- Describe the process for completing each in-cab brake test

**Vehicle Inspections (Straight Truck):  
Completing the Inspection** English / Spanish 35 mins

This module takes you through the eight inspection areas on a straight truck, including the front of the vehicle, engine area, driver and passenger doors, rear and cab area.

After completion, participants will be able to:

- Describe the areas to inspect while approaching the vehicle and in the engine area
- Explain how to check the condition of fluids, belts and hoses
- Explain what to look for when inspecting brakes, suspension, wheels and tires at each axle
- Describe what to check for at the rear of the truck and in the cab area.

**Vehicle Inspections: Straight Truck *Compilation*** 3 lessons 87 mins

This course is a compilation of the modules listed above, including:

- Inspection Regulations and the DVIR
- Inspection Practices
- Inspecting the Truck

## Vehicle Inspection Tanker Series

*5 titles • 1 PiiP™ • 1 compilation*

*This series covers best practices for vehicle inspections specifically for vehicles with tanker trailers.*

**Vehicle Inspections (Tanker):  
The Driver Vehicle Inspection Report** English / Spanish 22 mins

This module provides an overview of the types of inspections drivers must complete. Driver Vehicle Inspection Report requirements are covered, as well as the additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List the responsibilities for inspections as a professional driver

- Describe the sections of the DVIR
- Explain how repairs are indicated and how to identify defects that are not listed on the DVIR
- List best practices for driver conduct during an inspection

**Vehicle Inspections (Tanker): Inspection Practices** *English / Spanish* 32 mins  
This module describes important inspection practices for the most common violations, including cargo securement, air brakes, lights, tires and wheels.

After completion, participants will be able to:

- List best practices to follow when conducting an inspection
- List the components and equipment to inspect on the cargo tank
- Explain how to inspect the tires, wheels, rims, lights and reflectors
- Describe how to inspect air brakes and complete in-cab brake tests

**Vehicle Inspections (Tanker): Inspecting the Truck** *English / Spanish* 35 mins

This module discusses the six inspection areas on the power unit portion of a combination vehicle, including the front of the vehicle, engine area, driver and passenger sides, rear and cab area.

After completion, participants will be able to:

- Describe how to prepare for an inspection
- Explain what to look for when approaching the vehicle and at each inspection point
- Describe how to check the condition of the engine components, suspension and brakes
- Explain what to look for when inspecting the wheels, rims and tires at each axle

**Vehicle Inspections (Tanker): Inspecting the Cargo Tank** *English / Spanish* 26 mins

This module discusses the six inspection areas of a cargo tank, starting with a general check for leaks. The other areas include the front of the cargo tank, the left and right sides, the top and the rear.

After completion, participants will be able to:

- Describe how to inspect the cargo tank shell and accessory equipment for potential leaks
- Describe each area to inspect on the cargo tank
- List items to look for at each inspection point
- Describe how to inspect the ladder, catwalk and fall protection

**Vehicle Inspections (Tanker): Inspecting the Truck and Cargo Tank** *English / Spanish* 58 mins

This module details the ten inspection areas on a tractor-trailer and emphasizes the importance of inspecting brakes, lights, and tires - the most common defects. Preparing for the inspection and best practices will also be covered.

After completion, participants will be able to:

- Describe how to prepare for an inspection
- Explain what to look for as you approach the vehicle and at each inspection point
- Describe how to check the condition of your engine components and your suspension and brakes
- Explain what to look for when inspecting the wheels, rims and tires at each axle

- Describe how to inspect the cargo tank shell, ladder, catwalk, hoses and specialized equip

**Vehicle Inspections: Tanker** *Compilation* 4 lessons      112 mins

This course is a compilation of the modules listed above, including:

- Inspection Regulations and the DVIR
- Inspection Practices
- Inspecting the Truck
- Inspecting the Cargo Tank
- Inspecting the Truck and Cargo Tank

## Vehicle Inspection Tractor Trailer Series

*5 titles • 1 baseline test • 1 PiiP™ • 1 compilation*

*This series covers best practices for vehicle inspections specifically for vehicles with dry van and flatbed trailers.*

**Vehicle Inspections (Tractor-Trailer):  
Inspection Regulations and the DVIR** English / Spanish      20 mins

This module provides an overview of the types of inspections drivers must complete. Driver Vehicle Inspection Report requirements are covered, as well as the additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List the different inspections required by professional drivers
- Describe the sections of a Driver Vehicle Inspection Report
- Explain how repairs are indicated on a DVIR
- Explain how to identify defects not listed on the DVIR.

**Vehicle Inspections (Tractor-Trailer): Inspection Practices** English / Spanish      21 mins

This module describes important inspection practices for the most common violations: air brakes, lights, tires and wheels. How to check each of these items will be covered in detail, as well as best practices for conducting an inspection and the importance of keeping the cab clean and organized.

After completion, participants will be able to:

- List best practices to follow when conducting an inspection
- Explain how to inspect tires, wheels, rims, lights and reflectors
- List the items to look for when inspecting lights, reflectors and emergency equipment
- Describe how to inspect the air brakes on the truck
- Describe the process for completing each in-cab brake test.

**Vehicle Inspections (Tractor-Trailer):** *English / Spanish* 33 mins  
**Inspecting the Truck**

This module takes you through the six inspection areas on the power unit portion of a combination vehicle, including the front of the vehicle, engine area, driver and passenger sides, rear and cab area.

After completion, participants will be able to:

- Describe the areas to inspect as you approach the vehicle and in the engine area
- Explain how to check the condition of fluids, belts and hoses
- Explain what to look for when inspecting brakes, suspension, wheels and tires at each axle
- Describe what to check for at the rear of the tractor and in the cab area

**Vehicle Inspections (Tractor-Trailer):** *English / Spanish* 17 mins  
**Inspecting the Trailer**

This module details the four areas of inspection on the trailer portion of a combination vehicle. Inspection points include the front of the vehicle, the sides, and rear. The importance of inspecting the trailer from underneath will also be discussed.

After completion, participants will be able to:

- Describe the areas to inspect on each trailer you haul
- Explain how to check the front, sides and rear of the trailer
- Describe how to inspect the coupling mechanisms of the truck and trailer
- Review what to look for when inspecting brakes, suspension, wheels and tires at each axle

**Vehicle Inspections (Tractor-Trailer):** *English / Spanish* 34 mins  
**Conducting the Inspection**

This module takes drivers through the ten inspection areas on a tractor-trailer and emphasizes the importance of inspecting brakes, lights, and tires - the most common defects. Preparing for the inspection and best practices is also covered.

After completion, participants will be able to:

- Describe the safety procedures to follow when conducting an inspection
- Determine a consistent practice for conducting inspections each day
- Identify defects for each inspection area

**Vehicle Inspections: Tractor-Trailer** *Compilation* 4 lessons 104 mins

This course is a compilation of the modules listed above, including:

- Inspection Regulations and the DVIR
- Inspection Practices
- Inspecting the Truck
- Inspecting the Trailer
- Inspecting the Truck and Trailer

# Weights and Dimensions



Weigh scales • Bridge formula • Vehicle height • Overhead strikes • Sliding tandems

## Weights and Dimensions Series

3 titles • 1 baseline test • 1 PiiP™ • 1 compilation

*This series provides training on how to determine a vehicle's weight and dimensions, how to use the bridge formula, shifting weight on a vehicle and how to avoid striking bridges and other overhead obstacles.*

**Weights and Dimensions: Determining Your Vehicle's Weight** English 20 mins

This module describes how to calculate the amount of weight a vehicle combination can haul under federal regulations, and covers axle limits, tire weight ratings and calculating fuel weight.

After completion, participants will be able to:

- Explain the federal laws that regulate combination vehicles on the National Network
- Describe the difference between various weight ratings and weight limits on a vehicle
- Describe how to determine the weight ratings of the tires on a vehicle
- Explain how to determine fuel weight

**Weights and Dimensions: Determining Your Vehicle's Dimensions** English 20 mins

This module describes the different measurements that drivers must take into consideration to remain compliant, including vehicle length, kingpin to rear axle, and rear overhang measurements.

After completion, participants will be able to:

- List the different dimensions of a combination vehicle that drivers need to know
- Describe standard configurations of combination vehicles and long combination vehicles
- Explain the importance of interaxle spacing and KPRA measurement
- Explain how to calculate rear overhang as a percentage of a vehicle's wheelbase

**Weights and Dimensions: Adjusting Weight and Dimension** English 20 mins

This topic explains Bridge Gross Weight Formula and how to use the Bridge Formula table to determine the maximum weight a vehicle can carry on each axle group. How to use the sliding fifth wheel and tandem axles will also be covered as well as the importance of checking for temporary restrictions.

After completion, participants will be able to:

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

- Use the Bridge Formula table to determine the maximum weights for each axle grouping of a vehicle
- Explain when to shift the fifth wheel or tandem axles on a vehicle
- List the steps to safely shift the fifth wheel or tandem axles on a vehicle
- Explain how weather affects the weight restrictions for heavy vehicles

**Weights and Dimensions for Drivers** *Compilation* 3 lessons 60 mins

This course is a compilation of the modules listed above, including:

- Determining Your Vehicle's Weight
- Determining Your Vehicle's Dimensions
- Adjusting Weight and Dimension

# Wellness






Healthy Eating • Exercise • Mental Health • Preventing Illness • Recognizing and Managing Fatigue

## Fatigue Series

2 titles • 1 baseline test • 1 compilation

This series provides information on how drivers can take steps to improve their wellness on the road, either at the beginning of the journey or if they are already engaged.

- |   |           |         |
|---|-----------|---------|
|  <b>Recognizing Fatigue</b>  | English   | 35 mins |
| <p>This module discusses the reasons for fatigue and its immediate, short-term and long-term health effects. The physical and mental symptoms of fatigue and how it can impair your driving ability will also be covered.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"><li>• Recognize the physical and mental symptoms of fatigue</li><li>• Explain how circadian rhythm affects the wake/sleep cycle</li><li>• List the stages of quality sleep and explain how each are important</li><li>• Describe the immediate, short-term and long-term effects of fatigue.</li></ul> |           |         |
|  <b>Managing Fatigue and Improving Your Sleep</b>  | English   | 35 mins |
| <p>This module covers the choices drivers can make to avoid driving while fatigued and to improve their overall quality of sleep.</p> <p>After completion, participants will be able to:</p> <ul style="list-style-type: none"><li>• Describe the effects circadian rhythm has on the body throughout the day</li><li>• Identify healthy choices that will manage fatigue</li><li>• Identify obstacles that might be preventing enough quality sleep</li><li>• List strategies to improve your sleep</li></ul>  |           |         |
|  <b>Recognizing and Managing Fatigue</b> <i>Compilation</i>  | 2 lessons | 70 mins |
| <p>This course is a compilation of the modules listed above, including:</p> <ul style="list-style-type: none"><li>• Recognizing Fatigue</li><li>• Managing Fatigue and Improving Your Sleep</li></ul>   |           |         |

[Alphabetical list](#)

[List by subject area](#)

[List by equipment type](#)

## Healthy Eating Series

2 titles • 1 baseline test • 1 compilation

This series provides information on how drivers can take steps to improve their wellness on the road, either at the beginning of the journey or if they are already engaged.

### ● **Healthy Eating: The Recipe for a Healthy Diet** English 39 mins

This module explains the factors that make a diet truly healthy and the three steps to create a nutritious and balanced diet. Foods to avoid, strategies to avoid overeating, and the important role that water plays in your diet will also be covered.

After completion, participants will be able to:

- Explain the components of a healthy diet
- Explain the importance of proper hydration
- Describe three strategies you can use to avoid overeating
- Use screening tools to help determine a healthy weight.

### ● **Healthy Eating: Developing Healthy Eating Skills** English 33 mins

This module discusses the practical tools and strategies to develop healthy eating skills and take control of eating habits, make informed choices about food and overcome obstacles that prevent healthy eating on a regular basis.

After completion, participants will be able to:

- Identify cues for thirst, hunger and cravings
- Use a food label to make informed choices about the nutritional value of food
- Describe food marketing techniques designed to influence food choices
- List the strategies to overcome barriers to healthy living.

### ● **Healthy Eating** *Compilation* 2 lessons 72 mins

This course is a compilation of the modules listed above, including:

- Developing Healthy Eating Skills
- The Recipe for a Healthy Diet

## Mental Health Series

2 titles • 1 baseline test • 1 compilation

This series provides information on how to recognize the signs that mental health is deteriorating and steps to take to address depression, anxiety and other mental health issues.

### ● **Mental Health and Mental Illness** English 34 mins

This module explains the mental health challenges faced by professional drivers. It describes common mental illnesses, as well as how they are diagnosed and treated.

After completion, participants will be able to:

- Explain the terms 'mental health' and 'mental illness'
- List mental illnesses that commonly affect professional drivers
- Explain how common mental illnesses like depression and anxiety are diagnosed and treated.

**Improving Mental Health** English 24 mins

This module explains how lifestyle choices can affect mental health. It describes simple changes to make to a daily routine to support good mental health, or aid in recovery from mental illness.

After completion, participants will be able to:

- List the lifestyle challenges commonly faced by commercial motor vehicle drivers
- List changes to make to a daily routine to support good mental health
- Describe where to go for extra help

**Mental Health Compilation** 2 lessons 58 mins

This course is a compilation of the modules listed above, including:

- Mental Health and Mental Illness
- Improving Mental Health

## Exercise for Drivers Series

2 titles • 1 compilation

*This series provides drivers with a way to evaluate their current level of exercise and takes them through a variety of ways to start or continue getting exercise while they're on the road.*

**Exercise for Drivers: The Fitness Mindset** English 34 mins

This module explains the reasons why exercise is important and the benefits of exercise. The "fitness mindset" and strategies to help change unhealthy habits are also covered.

After completion, participants will be able to:

- Identify the characteristics of a sedentary lifestyle
- List the risks to health and career when living a sedentary lifestyle
- Describe the different stages of the fitness mindset
- Determine how to make a change in the fitness mindset

**Exercise for Drivers: Building an Exercise Routine** English 31 mins

This module explains three basic types of exercise and why they are important in physical fitness. Opportunities to fit different types of exercise throughout a trip and build a fitness routine while on the road are also discussed.

After completion, participants will be able to:

- Describe the three types of exercise

- Identify opportunities to exercise
- Determine exercises that can be completed for a specific fitness level

**Exercise for Drivers** *Compilation* 2 lessons 65 mins

This course is a compilation of the modules listed above, including:

- The Fitness Mindset
- Building an Exercise Routine

## Preventing Illness Series

3 titles • 1 baseline test • 1 compilation

*This series provides drivers with information about how illnesses spread, as well as how to prevent illness from happening and address symptoms.*

**Preventing Illness: What Causes Illness?** English 31 mins

This module discusses how illness occurs and spreads, pathogens and the types of illness they cause, as well as how the body's immune system responds to infection.

After completion, participants will be able to:

- Explain how illness occurs and describe the immune response
- List the four types of germs and common illnesses they cause
- Describe appropriate treatment and prevention methods for different illnesses

**Preventing Illness: Taking Precautions to Prevent Illness** English 26 mins

This module provides steps to take to increase the immune response to illness, as well as best practices to reduce exposure to germs.

After completion, participants will be able to:

- List ways to boost the immune system
- Describe personal hygiene and sanitation strategies to reduce the spread of pathogens

**Preventing Illness: Viruses and Vaccines** English 39 mins

This module discusses common viral infections and steps to take when you are sick, as well as how vaccines work to train your immune system. Common vaccine myths will also be addressed.

After completion, participants will be able to:

- Describe common viral infections
- List steps for the safe use and disposal of antimicrobial medication
- Explain how vaccines work to prevent illness
- List steps to take when you are ill

 **Preventing Illness** *Compilation*

3 lessons

88 mins

This course is a compilation of the modules listed above, including:

- What Causes Illness?
- Viruses and Vaccines
- Taking Precautions to Prevent Illness

# Other Training Tools



# Other Training Tools

In addition to course content, CarriersEdge provides other training tools to help safety and training personnel provide a full safety and education program, including Baseline Tests, Driver Surveys, and Put it into Practice (PiiP™) resources.

## Pre-Populated Surveys

You can create custom surveys (for drivers and non-drivers alike) in the CarriersEdge system, but we also provide templates with pre-populated questions you can modify or remove as you need. A Best Fleets to Drive For® driver survey template is included so you can take the temperature at any time!

[See a list of our surveys](#).....173

## Baseline Tests

Baseline tests are standalone tests that cover the same content as the CarriersEdge content library. When you want to assess driver knowledge, but don't want them to go through an entire course, baseline tests can give you an accurate picture of what they know and where they have gaps.

[See the subject areas with a baseline test](#).....174

## Put it into Practice (PiiP™)

Based on best practices uncovered through the Best Fleets to Drive For® program, each PiiP™ provides a wealth of ideas for additional activities to supplement online training. Driver recognition, social media, surveys, hands-on practice - PiiPs are full of ways to keep drivers engaged after the online courses are done.

[See the subject areas with PiiPs](#).....174

# Surveys



CarriersEdge has a built-in survey tool that allows you to create custom surveys or start with a template. Survey features include:

- Ability to assign surveys and track completion. Templates speed up the process of creating a new survey
- Ability to create anonymous surveys that can be done without logging into the CarriersEdge system
- Templates can be modified by adding new questions, removing questions and changing individual questions

Template	Feedback
30-Day Follow-Up Survey	Driver's impressions 30 days after starting at the company.
Best Fleets Driver Survey	A selection of the driver survey questions from the Best Fleets to Drive For program.
Communication Preferences Survey	How drivers prefer to interact with the company.
Compensation Survey	Feedback on driver compensation and home time.
Employee Engagement Survey	Indication of driver engagement throughout the company.
Employee Exit Survey	Driver feedback after giving notice.
Orientation/New Hire Survey	Driver's impressions of the orientation process.
Job Satisfaction Survey	Driver feedback on how satisfied they are with their jobs.
Rate This Customer Survey	Driver experience during loading and unloading at a shipper or customer location.
Training Session Feedback Survey	Impressions of an in-person / virtual training session.

# Baseline Tests & Put it into Practice (Piip™)



Course Name	Baseline Test	Piip™
Accident Reporting for Drivers	•	
Air Brakes		•
Air Brakes: Air Brake Fundamentals	•	
Air Brakes: The Supply Subsystem	•	
Air Brakes: The Service Brake Subsystem	•	
Air Brakes: The Spring Brake Subsystem	•	
Air Brakes: The Trailer Brake Subsystem	•	
Air Brakes: Visual Brake Inspections	•	
Air Brakes: Conducting Functional Tests	•	
Air Brakes: S-Cam Brake Adjustment	•	
Auto-Hauler Cargo Inspection	•	
Auto-Hauler: Loading and Unloading	•	•
Bloodborne Pathogen Safety Awareness	•	•
Cargo Securement (Cargo Van)	•	
Cargo Securement (Flatbed)	•	
Cargo Securement: Requirements for Heavy Vehicles, Equipment and Machinery	•	
Cargo Securement Requirements For Metal Coils (Cargo Van)	•	
Cargo Securement Requirements For Metal Coils (Flatbed)	•	
Cargo Securement: Requirements For Paper Rolls (Flatbed)	•	
CSA for Drivers	•	
CTPAT/PIP: Security and Threat Awareness for Drivers	•	
CTPAT/PIP: The Importance of Security Inspections	•	
CTPAT/PIP: Successful Border Crossing	•	
Cybersecurity: Protecting Your Data!	•	•
Defensive Driving: Managing the Driving Experience (Tractor-Trailer)	•	

Course Name	Baseline Test	PiiP™
Defensive Driving: Managing the Driving Experience (Tanker)	•	
Defensive Driving: The Space Around You	•	
Defensive Driving: The Space Around You (Tanker)	•	
Defensive Driving: No Need for Speed	•	
Defensive Driving: No Need for Speed (Tanker)	•	
Defensive Driving: Navigating Turns and Intersections	•	
Defensive Driving: Navigating Turns and Intersections (Tanker)	•	
Defensive Driving: Safe Backing and Parking	•	
Defensive Driving: Safe Backing and Parking (Tanker)	•	
Defensive Driving: Dangerous Driving Conditions	•	
Defensive Driving: Dangerous Driving Conditions (Tanker)	•	
Diet (Healthy Eating)	•	
Distracted Driving	•	•
Drug and Alcohol Testing	•	
Drug and Alcohol Reasonable Suspicion	•	
Driver Ergonomics	•	•
Emotional Intelligence		•
English Proficiency Assessment	•	
Exercise for Drivers	•	
Extreme Heat		•
Fall Protection for Drivers	•	
Fatigue (Recognizing and Managing)	•	
Fire Safety	•	
Food Safety for Drivers	•	
Hazard Communication Standard (HazCom)		•
Hazardous Materials Security Awareness	•	•
HAZMAT	•	•
HAZMAT for Fuel Haulers	•	•
Healthy Eating (Diet)	•	
Hours of Service	•	
Hours of Service (Cross-Border)	•	•
HOS Within 150 Air-Miles (Federal Regulations)	•	

Course Name	Baseline Test	PiiP™
Illness (Preventing)	•	
Injury Prevention (General)		•
Injury Prevention (Tanker)	•	•
Leadership Styles		•
Lift Truck Operator Skills	•	
Manual Materials Handling		•
Mental Health		•
Pallet Trucks (Walkies and Riders)	•	•
Personal Security	•	•
Preventing Illness	•	
Road Rage		•
Safety Committee (Workplace)	•	
Security and Threat Awareness for Drivers	•	
Sexual Harassment Prevention	•	
Spotted Lanternfly (Preventing the Spread)	•	
Injury Prevention (Tanker)	•	•
Trip Planning, Parking and Deliveries	•	•
Vehicle Inspections: Tankers	•	•
Vehicle Inspections: Stinger-Steer	•	
Vehicle Inspections: Tractor Trailer	•	
Weights and Dimensions for Drivers	•	•
Whistleblower Protection for Drivers	•	
Winter Driving	•	•
Workplace Safety Committee	•	





Level up your driver training™

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