CarriersEdge Course Catalogue

Fall 2026

carriers EDGE®

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 2,000 fleets across North America trust CarriersEdge to run a better training program that delivers real results.

In this catalogue, 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 8

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 78

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 93

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.

Learning Bytes NEW

Not every training need calls for a full course. Learning Bytes give you a faster way to reinforce a specific skill, respond to a driver event, or refresh previous training. Each Byte can be completed in less than 10 minutes while retaining interactive learning and knowledge checks, giving fleets a short-form training option without relying on passive video.

See a list of Learning Bytes 183

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 187

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 189

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 190

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 190

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.

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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 Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Air Brakes: Air Brake Fundamentals	20 mins	Air Brakes	EN • FR	•	
Air Brakes: The Supply Subsystem	18 mins	Air Brakes	EN • FR	•	
Air Brakes: The Service Brake Subsystem	17 mins	Air Brakes	EN • FR	•	
Air Brakes: The Spring Brake Subsystem	15 mins	Air Brakes	EN • FR	•	
Air Brakes: The Trailer Brake Subsystem	23 mins	Air Brakes	EN • FR	•	
Air Brakes: Visual Brake Inspections	20 mins	Air Brakes	EN • FR	•	
Air Brakes: Conducting Functional Tests	21 mins	Air Brakes	EN • FR	•	
Air Brakes: S-Cam Brake Adjustment	22 mins	Air Brakes	EN • FR	•	
Air Brakes *Compilation*	156 mins	Air Brakes	EN • FR	•	•
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
Practical™ Cargo Securement (see *Practical™ Cargo Securement*)					
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	•
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service for Drivers (Tractor-Trailer)	30 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		•
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Defensive Driving: Managing the Driving Experience	25 mins	Driving Skills	EN • FR	•	
Defensive Driving: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving: No Need for Speed	26 mins	Driving Skills	EN • FR	•	
Defensive Driving: Navigating Turns and Intersections	23 mins	Driving Skills	EN • FR	•	
Defensive Driving: Safe Backing and Parking	26 mins	Driving Skills	EN • FR	•	
Defensive Driving: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	
Defensive Driving - Tractor-Trailer *Compilation*	156 mins	Driving Skills	EN • FR	•	•
Diet *(see Healthy Eating)*					

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Course Name	Duration	Subject	Language	BT	PiiP
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	53 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): Regulations and Testing	36 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	29 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	29 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		
Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN • FR		
Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN • FR		
Extreme Heat *Compilation*	45 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Food Safety for Drivers	39 mins	Trip Safety	EN • FR	•	
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR		
Handwashing *(see Preventing Illness)*					
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR	•	•
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: The Recipe for a Healthy Diet	40 mins	Wellness	EN • FR		
Healthy Eating: Developing Healthy Eating Skills	34 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	74 mins	Wellness	EN • FR	•	
Heat *(see Extreme Heat)*					
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN	•	
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR	•	
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	•

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Course Name	Duration	Subject	Language	BT	PiiP
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Practical Cargo Securement (Cargo Van): Basic Principles	46 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Cargo Van): Strategies	41 mins	Cargo Securement	EN • FR		
Practical Cargo Securement: (Cargo Van) Inspections	20 mins	Cargo Securement	EN • FR		
Practical Cargo Securement for Drivers (Cargo Van) *Compilation*	107 mins	Cargo Securement	EN • FR	•	•
Practical Cargo Securement Requirements for Metal Coils (Cargo Van)	21 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement: Requirements For Paper Rolls (Cargo Van)	36 mins	Cargo Securement	EN	•	
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	

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Course Name	Duration	Subject	Language	BT	PiiP
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	30 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	82 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Vehicle Inspections: Inspection Regulations and the Vehicle Inspection Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Inspecting the Truck	36 mins	Vehicle Inspection	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections: Inspecting the Trailer	16 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Tractor Trailer *Compilation*	103 mins	Vehicle Inspection	EN • FR	•	•
Vehicle Inspections (Quebec): Regulations and the Circle Check Report	21 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Inspecting the Truck	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Inspecting the Trailer	25 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Tractor Trailer *Compilation*	104 mins	Vehicle Inspection	EN • FR	•	
Weights and Dimensions (MoU): Determining Your Vehicle's Weight	33 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions (MoU): Determining Your Vehicle's Dimension	28 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions for Drivers *Compilation*	61 mins	Weights & Dimensions	EN • FR	•	•
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR	•	
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

List by equipment type List by subject area Alphabetical list Back to previous

Flatbed / Flatdeck

Course Name	Duration	Subject	Language	BT	PiiP
Accident Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Air Brakes: Air Brake Fundamentals	20 mins	Air Brakes	EN • FR	•	
Air Brakes: The Supply Subsystem	18 mins	Air Brakes	EN • FR	•	
Air Brakes: The Service Brake Subsystem	17 mins	Air Brakes	EN • FR	•	
Air Brakes: The Spring Brake Subsystem	15 mins	Air Brakes	EN • FR	•	
Air Brakes: The Trailer Brake Subsystem	23 mins	Air Brakes	EN • FR	•	
Air Brakes: Visual Brake Inspections	20 mins	Air Brakes	EN • FR	•	
Air Brakes: Conducting Functional Tests	21 mins	Air Brakes	EN • FR	•	
Air Brakes: S-Cam Brake Adjustment	22 mins	Air Brakes	EN • FR	•	
Air Brakes *Compilation*	156 mins	Air Brakes	EN • FR	•	•
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
Cargo Securement: Requirements for Heavy Vehicles	32 mins	Cargo Securement	EN • FR	•	•
Practical™ Cargo Securement (see *Practical™ Cargo Securement*)					
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service for Drivers (Tractor-Trailer)	30 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Diet *(see Healthy Eating)*					
Defensive Driving: Managing the Driving Experience	25 mins	Driving Skills	EN • FR	•	
Defensive Driving: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving: No Need for Speed	26 mins	Driving Skills	EN • FR	•	
Defensive Driving: Navigating Turns and Intersections	23 mins	Driving Skills	EN • FR	•	
Defensive Driving: Safe Backing and Parking	26 mins	Driving Skills	EN • FR	•	
Defensive Driving: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	

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Course Name	Duration	Subject	Language	BT	PiiP
Defensive Driving - Tractor-Trailer *Compilation*	156 mins	Driving Skills	EN • FR	•	•
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Flatbed Tarping Ergonomics	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	65 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): Regulations and Testing	36 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		

List by equipment type List by subject area Alphabetical list Back to previous

Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	29 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	29 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		
Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN • FR		
Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN • FR		
Extreme Heat *Compilation*	45 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		

Back to previous Alphabetical list List by subject area List by equipment type

Course Name	Duration	Subject	Language	BT	PiiP
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR	•	
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR	•	
Handwashing *(see Preventing Illness)*					
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR		
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: Developing Healthy Eating Skills	34 mins	Wellness	EN • FR		
Healthy Eating: The Recipe for a Healthy Diet	40 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	74 mins	Wellness	EN • FR	•	
Heat *(see Extreme Heat)*					
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN	•	
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR		•

List by equipment type List by subject area Alphabetical list Back to previous

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Practical Cargo Securement (Flatbed): Basic Principles	49 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Flatbed): Blocking and Tiedowns	44 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Flatbed): Inspections	20 mins	Cargo Securement	EN • FR		
Practical Cargo Securement for Drivers *Compilation*	113 mins	Cargo Securement	EN • FR	•	•
Practical Cargo Securement: Requirements for Concrete Pipe (Flatbed)	22 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement Requirements for Metal Coils (Flatbed)	33 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement: Requirements For Paper Rolls (Flatbed)	36 mins	Cargo Securement	EN	•	
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	

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Course Name	Duration	Subject	Language	BT	PiiP
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	30 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	82 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Vehicle Inspections: Inspection Regulations and the Vehicle Inspection Report	20 mins	Vehicle Inspection	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections: Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Inspecting the Truck	36 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Inspecting the Trailer	16 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Tractor Trailer *Compilation*	103 mins	Vehicle Inspection	EN • FR	•	•
Vehicle Inspections (Quebec): Regulations and the Circle Check Report	21 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Inspecting the Truck	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Inspecting the Trailer	18 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Quebec): Tractor Trailer *Compilation*	104 mins	Vehicle Inspection	EN • FR	•	
Weights and Dimensions (MoU): Determining Your Vehicle's Weight	33 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions (MoU): Determining Your Vehicle's Dimension	28 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions for Drivers *Compilation*	61 mins	Weights & Dimensions	EN • FR	•	•
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR		

List by equipment type List by subject area Alphabetical list Back to previous

Course Name	Duration	Subject	Language	BT	PiiP
Workplace Violence and Harassment Prevention	54 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

Auto-Hauler / Stinger-Steer

Course Name	Duration	Subject	Language	BT	PiiP
Accident Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Air Brakes: Air Brake Fundamentals	20 mins	Air Brakes	EN • FR	•	
Air Brakes: The Supply Subsystem	18 mins	Air Brakes	EN • FR	•	
Air Brakes: The Service Brake Subsystem	17 mins	Air Brakes	EN • FR	•	
Air Brakes: The Spring Brake Subsystem	15 mins	Air Brakes	EN • FR	•	
Air Brakes: The Trailer Brake Subsystem	23 mins	Air Brakes	EN • FR	•	
Air Brakes: Visual Brake Inspections	20 mins	Air Brakes	EN • FR	•	
Air Brakes: Conducting Functional Tests	21 mins	Air Brakes	EN • FR	•	
Air Brakes: S-Cam Brake Adjustment	22 mins	Air Brakes	EN • FR	•	
Air Brakes *Compilation*	156 mins	Air Brakes	EN • FR	•	•
Auto-Hauler Cargo Inspection: Inspection Requirements and Identifying Exceptions	29 mins	Vehicle Inspection	EN • FR		
Auto-Hauler Cargo Inspection: Conducting a Vehicle Inspection	24 mins	Vehicle Inspection	EN • FR		
Auto-Hauler Cargo Inspection *Compilation*	53 mins	Vehicle Inspection	EN • FR	•	
Auto-Hauler: Preparing to Load	21 mins	Cargo Securement	EN • FR		
Auto-Hauler: Loading, Transporting and Unloading	20 mins	Cargo Securement	EN • FR		
Auto-Hauler: Loading and Unloading *Compilation*	41 mins	Cargo Securement	EN • FR	•	•
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	•
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service for Drivers (Tractor-Trailer)	30 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Defensive Driving: Managing the Driving Experience	25 mins	Driving Skills	EN • FR	•	
Defensive Driving: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving: No Need for Speed	26 mins	Driving Skills	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
Defensive Driving: Navigating Turns and Intersections	23 mins	Driving Skills	EN • FR	•	
Defensive Driving: Safe Backing and Parking	26 mins	Driving Skills	EN • FR	•	
Defensive Driving: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	
Defensive Driving - Tractor-Trailer *Compilation*	156 mins	Driving Skills	EN • FR	•	•
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	53 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN / FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN / FR		
Drug and Alcohol Reasonable Suspicion *Compilation*	75 mins	Drug & Alcohol	EN / FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Testing (United States): Regulations and Testing	36 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	29 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	29 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		
Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN • FR		
Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN • FR		
Extreme Heat *Compilation*	45 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR	•	
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR		
Handwashing *(see Preventing Illness)*					
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR		
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: Developing Healthy Eating Skills	34 mins	Wellness	EN • FR		
Healthy Eating: The Recipe for a Healthy Diet	40 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	74 mins	Wellness	EN • FR	•	
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN	•	
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR	•	
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR		•
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	•
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	
Practical Cargo Securement (Flatbed): Basic Principles	49 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Flatbed): Blocking and Tiedowns	44 mins	Cargo Securement	EN • FR		
Practical Cargo Securement: (Flatbed) Inspections	20 mins	Cargo Securement	EN • FR		
Practical Cargo Securement for Drivers (Flatbed) *Compilation*	113 mins	Cargo Securement	EN • FR	•	•
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•

Course Name	Duration	Subject	Language	BT	PiiP
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	30 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	82 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Vehicle Inspections (Stinger-Steer): Inspection Regulations and the Vehicle Inspection Report	23 mins	Vehicle Inspection	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections (Stinger-Steer): Inspection Practices	32 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Stinger-Steer): Inspecting the Truck	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Stinger-Steer): Inspecting the Trailer	16 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Stinger-Steer *Compilation*	101 mins	Vehicle Inspection	EN • FR	•	•
Weights and Dimensions (MoU): Determining Your Vehicle's Weight	33 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions (MoU): Determining Your Vehicle's Dimension	28 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions for Drivers *Compilation*	61 mins	Weights & Dimensions	EN • FR	•	•
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR		
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

Cargo Tank / Tanker

Course Name	Duration	Subject	Language	BT	PiiP
Accident Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Air Brakes: Air Brake Fundamentals	20 mins	Air Brakes	EN • FR	•	
Air Brakes: The Supply Subsystem	18 mins	Air Brakes	EN • FR	•	
Air Brakes: The Service Brake Subsystem	17 mins	Air Brakes	EN • FR	•	
Air Brakes: The Spring Brake Subsystem	15 mins	Air Brakes	EN • FR	•	
Air Brakes: The Trailer Brake Subsystem	23 mins	Air Brakes	EN • FR	•	
Air Brakes: Visual Brake Inspections	20 mins	Air Brakes	EN • FR	•	
Air Brakes: Conducting Functional Tests	21 mins	Air Brakes	EN • FR	•	
Air Brakes: S-Cam Brake Adjustment	22 mins	Air Brakes	EN • FR	•	
Air Brakes *Compilation*	156 mins	Air Brakes	EN • FR		•
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	•
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service for Drivers (Tractor-Trailer)	30 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Defensive Driving for Highway Tankers: Managing the Driving Experience	33 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: No Need for Speed	28 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: Navigating Turns and Intersections	25 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: Safe Backing and Parking	27 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: Dangerous Driving Conditions	270 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers *Compilation*	170 mins	Driving Skills	EN • FR	•	•
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	53 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): Regulations and Testing	36 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	29 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	29 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		
Extreme Heat: Extreme Heat Dangers	23 mins	Injury Prevention	EN • FR		
Extreme Heat: Staying Cool	20 mins	Injury Prevention	EN • FR		
Extreme Heat *Compilation*	45 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	20 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	76 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Food Safety for Bulk Tanker Drivers	34 mins	Trip Safety	EN • FR		
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR	•	
Handwashing *(see Preventing Illness)*					
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR	•	•
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: The Recipe for a Healthy Diet	40 mins	Wellness	EN • FR		
Healthy Eating: Developing Healthy Eating Skills	34 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	74 mins	Wellness	EN • FR	•	
Heat *(see Extreme Heat)*					
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN	•	
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR	•	
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	27 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Injury Prevention (Tanker)	25 min	Injury Prevention	EN • FR	•	•
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	•
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	•
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Practical Cargo Securement (Cargo Van): Basic Principles	46 mins	Cargo Securement	EN • FR		
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Injury Prevention and Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
Tanker Injury Prevention *(See Injury Prevention)*					
TDG Fuel Refresher: Introduction to Dangerous Goods	32 mins	Dangerous Goods	EN • FR		
TDG Fuelefresher: TDG Schedules and Shipping Documents	38 mins	Dangerous Goods	EN • FR		
TDG Fuel Refresher: Means of Containment and Safety Marks	25 mins	Dangerous Goods	EN • FR		
TDG Fuel Refresher: Safety Practices and Handling Emergencies	57 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods for Fuel Haulers	152 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	30 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	82 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Vehicle Inspections for Tankers: Inspection Regulations and the Vehicle Inspection Report	22 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers: Inspection Practices	31 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers: Inspecting the Truck	34 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers: Inspecting the Cargo Tank	26 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Tankers *Compilation*	107 mins	Vehicle Inspection	EN • FR	•	•
Vehicle Inspections for Tankers (Quebec): The Circle Check Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections for Tankers (Quebec): Inspecting the Truck	30 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec): Inspecting the Cargo Tank	23 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec) *Compilation*	106 mins	Vehicle Inspection	EN • FR	•	•
Weights and Dimensions (MoU): Determining Your Vehicle's Weight	33 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions (MoU): Determining Your Vehicle's Dimension	28 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions for Drivers *Compilation*	61 mins	Weights & Dimensions	EN • FR	•	•
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR		
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

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Straight Truck

Course Name	Duration	Subject	Language	BT	PiiP
Accident Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Air Brakes: Air Brake Fundamentals	20 mins	Air Brakes	EN • FR	•	
Air Brakes: The Supply Subsystem	18 mins	Air Brakes	EN • FR	•	
Air Brakes: The Service Brake Subsystem	17 mins	Air Brakes	EN • FR	•	
Air Brakes: The Spring Brake Subsystem	15 mins	Air Brakes	EN • FR	•	
Air Brakes: The Trailer Brake Subsystem	23 mins	Air Brakes	EN • FR	•	
Air Brakes: Visual Brake Inspections	20 mins	Air Brakes	EN • FR	•	
Air Brakes: Conducting Functional Tests	21 mins	Air Brakes	EN • FR	•	
Air Brakes: S-Cam Brake Adjustment	22 mins	Air Brakes	EN • FR	•	
Air Brakes *Compilation*	156 mins	Air Brakes	EN • FR		•
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	•
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service for Drivers (Tractor-Trailer)	30 mins	Business & Communication	EN • FR	•	
Customer Service for Drivers (Last Mile)	26 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Defensive Driving Straight Truck: Managing the Driving Experience	27 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: No Need for Speed	29 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Navigating Turns and Intersections	28 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Safe Backing and Parking	29 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: *Compilation*	169 mins	Driving Skills	EN • FR	•	•

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Course Name	Duration	Subject	Language	BT	PiiP
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	53 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	29 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	29 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		
Extreme Heat (Courier Driver): Extreme Heat Dangers	22 mins	Injury Prevention	EN • FR		
Extreme Heat (Courier Driver): Staying Cool	18 mins	Injury Prevention	EN • FR		
Extreme Heat (Courier Driver) *Compilation*	40 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	•
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Food Safety for Drivers	39 mins	Trip Safety	EN • FR	•	
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR	•	
Handwashing *(see Preventing Illness)*					
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR		
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN • FR		
Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	72 mins	Wellness	EN • FR	•	
Heat *(see Extreme Heat)*					
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN		
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR	•	
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	•

Course Name	Duration	Subject	Language	BT	PiiP
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Practical Cargo Securement (Cargo Van): Basic Principles	46 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Cargo Van): Strategies	41 mins	Cargo Securement	EN • FR		
Practical Cargo Securement: (Cargo Van) Inspections	20 mins	Cargo Securement	EN • FR		
Practical Cargo Securement for Drivers (Cargo Van) *Compilation*	107 mins	Cargo Securement	EN • FR	•	•
Practical Cargo Securement Requirements for Metal Coils (Cargo Van)	21 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement: Requirements For Paper Rolls (Cargo Van)	36 mins	Cargo Securement	EN	•	
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	31 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	82 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Vehicle Inspections Straight Truck: Inspection Regulations and the Vehicle Inspection Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck: Inspection Practices	32 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck: Conducting the Inspection	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck *Compilation*	87 mins	Vehicle Inspection	EN • FR	•	

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Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections Straight Truck (Quebec): Regulations and the Circle Check Report	21 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck (Quebec): Inspection Practices	32 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck (Quebec): Conducting the Inspection	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck (Quebec) *Compilation*	88 mins	Vehicle Inspection	EN • FR	•	
Weights and Dimensions (MoU): Determining Your Vehicle's Weight	33 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions (MoU): Determining Your Vehicle's Dimension	28 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions for Drivers *Compilation*	61 mins	Weights & Dimensions	EN • FR	•	•
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR	•	
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

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Sprinter Van / Light Duty

Course Name	Duration	Subject	Language	BT	PiiP
Accident Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	•
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
Customer Service for Drivers (Last Mile)	26 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Defensive Driving Straight Truck: Managing the Driving Experience	27 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: No Need for Speed	29 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Navigating Turns and Intersections	28 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Safe Backing and Parking	29 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: *Compilation*	169 mins	Driving Skills	EN • FR	•	•
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	53 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•

Course Name	Duration	Subject	Language	BT	PiiP
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	29 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	29 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		
Extreme Heat (Courier Driver): Extreme Heat Dangers	22 mins	Injury Prevention	EN • FR		
Extreme Heat (Courier Driver): Staying Cool	18 mins	Injury Prevention	EN • FR		
Extreme Heat (Courier Driver) *Compilation*	40 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Food Safety for Drivers	39 mins	Trip Safety	EN • FR	•	
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR	•	
Handwashing *(see Preventing Illness)*					

Course Name	Duration	Subject	Language	BT	PiiP
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR	•	•
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN • FR		
Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	72 mins	Wellness	EN • FR	•	
Heat *(see Extreme Heat)*					
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN	•	
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR	•	
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	•
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		

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Course Name	Duration	Subject	Language	BT	PiiP
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	31 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	80 mins	Trip Safety	EN • FR	•	

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Course Name	Duration	Subject	Language	BT	PiiP
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR		
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

Warehouse / Dock

Course Name	Duration	Subject	Language	BT	PiiP
Bloodborne Pathogen Safety Awareness	23 mins	Trip Safety	EN • FR	•	•
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service: The Importance of Customer Service	16 mins	Business & Communication	EN		
Customer Service: Responding to Unhappy Customers	22 mins	Business & Communication	EN		
Customer Service *Compilation*	38 mins	Business & Communication	EN	•	•
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN	•	•
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	

Back to previous Alphabetical list List by subject area List by equipment type

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 *compilations*.					
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
Enroute Safety (Parking)	26 mins	Driving Skills	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Food Safety for Drivers	39 mins	Trip Safety	EN • FR	•	
Handwashing *(see Preventing Illness)*					
Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN • FR		
Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	72 mins	Wellness	EN • FR	•	
Illness *(see Preventing Illness)*					

List by equipment type List by subject area Alphabetical list Back to previous

Course Name	Duration	Subject	Language	BT	PiiP
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Dock and Warehouse Workers: The Basics	21 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Dock and Warehouse Workers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Dock and Warehouse Workers: Lifting and Carrying	20 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Dock and Warehouse Workers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Dock and Warehouse Workers *Compilation*	60 mins	Dock & Warehouse	EN • FR	•	•
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	31 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	80 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		

Course Name	Duration	Subject	Language	BT	PiiP
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR	•	
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

Office

Course Name	Duration	Subject	Language	BT	PiiP
Bloodborne Pathogen Safety Awareness	23 mins	Trip Safety	EN • FR	•	•
Customer Service for Drivers	30 mins	Business & Communication	EN • FR	•	
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Customer Service: The Importance of Customer Service	16 mins	Business & Communication	EN		
Customer Service: Responding to Unhappy Customers	22 mins	Business & Communication	EN		
Customer Service *Compilation*	38 mins	Business & Communication	EN	•	•
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
DOT Urine Drug Collector Training: Urine Specimen Collection Essentials	23 mins	Drug & Alcohol	EN		
DOT Urine Drug Collector Training: The Collection Process	29 mins	Drug & Alcohol	EN		
DOT Urine Drug Collector Training: Collection Scenarios and Problems	28 mins	Drug & Alcohol	EN		
DOT Urine Drug Collector Training *Compilation*	80 mins	Drug & Alcohol	EN		

Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Effective Communication: How to Be an Effective Communicator	21 mins	Business & Communication	EN • FR		
Effective Communication: How You Say It Matters	17 mins	Business & Communication	EN • FR		
Effective Communication *Compilation*	38 mins	Business & Communication	EN • FR		•
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•

Course Name	Duration	Subject	Language	BT	PiiP
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Food Safety for Drivers	39 mins	Trip Safety	EN • FR	•	
Handwashing *(see Preventing Illness)*					
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR		
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN • FR		
Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	72 mins	Wellness	EN • FR	•	
Illness *(see Preventing Illness)*					
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Office Workers: The Basics	21 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Office Workers: Pushing and Pulling	15 mins	Dock & Warehouse	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Manual Materials Handling for Office Workers: Lifting and Carrying	20 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Office Workers *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN	•	
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Personal Security/Personal Safety *(see Personal Security)*					
Security Inspections *(see CTPAT/PIP)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
Stress Management for Leaders	38 mins	Wellness	EN		•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Urine Drug Collections *(see DOT Urine Drug Collector Training)*					
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR		
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

Alphabetical Course List

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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

List by equipment type *List by subject area* *Alphabetical list* *Back to previous*

Course Name	Duration	Subject	Language	BT	PiiP
Accident Scene Reporting for Drivers	48 mins	Trip Safety	EN • FR	•	
Air Brakes: Air Brake Fundamentals	20 mins	Air Brakes	EN • FR	•	
Air Brakes: The Supply Subsystem	18 mins	Air Brakes	EN • FR	•	
Air Brakes: The Service Brake Subsystem	17 mins	Air Brakes	EN • FR	•	
Air Brakes: The Spring Brake Subsystem	15 mins	Air Brakes	EN • FR	•	
Air Brakes: The Trailer Brake Subsystem	23 mins	Air Brakes	EN • FR	•	
Air Brakes: Visual Brake Inspections	20 mins	Air Brakes	EN • FR	•	
Air Brakes: Conducting Functional Tests	21 mins	Air Brakes	EN • FR	•	
Air Brakes: S-Cam Brake Adjustment	22 mins	Air Brakes	EN • FR	•	
Air Brakes *Compilation*	156 mins	Air Brakes	EN • FR	•	•
Auto-Hauler Cargo Inspection: Inspection Requirements and Identifying Exceptions	29 mins	Vehicle Inspection	EN • FR		
Auto-Hauler Cargo Inspection: Conducting a Vehicle Inspection	24 mins	Vehicle Inspection	EN • FR		
Auto-Hauler Cargo Inspection *Compilation*	53 mins	Vehicle Inspection	EN • FR	•	
Auto-Hauler: Preparing to Load	21 mins	Cargo Securement	EN • FR		
Auto-Hauler: Loading, Transporting and Unloading	20 mins	Cargo Securement	EN • FR		
Auto-Hauler: Loading and Unloading *Compilation*	41 mins	Cargo Securement	EN • FR	•	•
Bloodborne Pathogen Safety Awareness	23 mins	Dock & Warehouse	EN • FR	•	•
Border Crossing: *(see CTPAT Successful Border Crossing)*					
Business Skills for Owner Operators: Setting Up Your Business	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Getting Started	27 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators: Daily Management	28 mins	Business & Communication	EN • FR		
Business Skills for Owner Operators *Compilation*	82 mins	Business & Communication	EN • FR		
Cargo Securement: Requirements for Heavy Vehicles	32 mins	Cargo Securement	EN • FR	•	•
Practical™ Cargo Securement (see *Practical™ Cargo Securement*)					
CSA for Drivers: The BASICs	18 mins	Driving Skills	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
CSA for Drivers: The Safety Measurement System	18 mins	Driving Skills	EN • FR		
CSA for Drivers: Interventions	13 mins	Driving Skills	EN • FR		
CSA for Drivers *Compilation*	49 mins	Driving Skills	EN • FR	•	
CTPAT/PIP: Security and Threat Awareness for Drivers	34 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: The Importance of Security Inspections	20 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP: Vehicle and Container Inspections	22 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Working with High Security Seals	10 mins	Security/Threat Awareness	EN • FR		
CTPAT/PIP: Successful Border Crossing	43 mins	Security/Threat Awareness	EN • FR	•	•
CTPAT/PIP Security Inspections for Drivers *Compilation*	52 mins	Security/Threat Awareness	EN • FR	•	
Customer Service for Drivers (Tractor-Trailer)	30 mins	Business & Communication	EN	•	
Customer Service for Drivers (Last Mile)	26 mins	Business & Communication	EN	•	
Customer Service (Office): The Importance of Customer Service	16 mins	Business & Communication	EN		
Customer Service (Office): Responding to Unhappy Customers	22 mins	Business & Communication	EN		
Customer Service (Office) *Compilation*	38 mins	Business & Communication	EN	•	•
Cybersecurity: The Value of Data	18 mins	Business & Communication	EN • FR		
Cybersecurity: How Data is Stolen	26 mins	Business & Communication	EN • FR		
Cybersecurity: Password and Email Security	20 mins	Business & Communication	EN • FR		
Cybersecurity: Social Media, Internet, and Device Security	25 mins	Business & Communication	EN • FR		
Cybersecurity: Protecting Your Data *Compilation*	89 mins	Business & Communication	EN • FR	•	
Delivery Safety *(see Trip Planning, Parking and Deliveries)*					
Defensive Driving for Highway Tankers: Managing the Driving Experience	33 mins	Driving Skills	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
Defensive Driving for Highway Tankers: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: No Need for Speed	28 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: Navigating Turns and Intersections	25 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: Safe Backing and Parking	27 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers: Dangerous Driving Conditions	270 mins	Driving Skills	EN • FR	•	
Defensive Driving for Highway Tankers *Compilation*	170 mins	Driving Skills	EN • FR	•	•
Defensive Driving Straight Truck: Managing the Driving Experience	27 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: No Need for Speed	29 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Navigating Turns and Intersections	28 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Safe Backing and Parking	29 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	
Defensive Driving Straight Truck: *Compilation*	169 mins	Driving Skills	EN • FR	•	•
Defensive Driving Tractor-Trailer: Managing the Driving Experience	25 mins	Driving Skills	EN • FR	•	
Defensive Driving Tractor-Trailer: The Space Around You	30 mins	Driving Skills	EN • FR	•	
Defensive Driving Tractor-Trailer: No Need for Speed	26 mins	Driving Skills	EN • FR	•	
Defensive Driving Tractor-Trailer: Navigating Turns and Intersections	23 mins	Driving Skills	EN • FR	•	
Defensive Driving Tractor-Trailer: Safe Backing and Parking	26 mins	Driving Skills	EN • FR	•	
Defensive Driving Tractor-Trailer: Dangerous Driving Conditions	26 mins	Driving Skills	EN • FR	•	
Defensive Driving Tractor-Trailer *Compilation*	154 mins	Driving Skills	EN	•	•

Course Name	Duration	Subject	Language	BT	PiiP
Diet *(see Healthy Eating)*					
The Delivery *(Delivery Safety)*	26 mins	Trip Safety	EN • FR		
Difficult Conversations: Emotional Intelligence in Difficult Conversations	25 mins	Business & Communication	EN • FR		
Difficult Conversations: Conversation Strategies	24 mins	Business & Communication	EN • FR		
Difficult Conversations *Compilation*	49 mins	Business & Communication	EN • FR		
Distracted Driving	33 mins	Driving Skills	EN • FR	•	•
DOT Urine Drug Collector Training: Urine Specimen Collection Essentials	23 mins	Drug & Alcohol	EN		
DOT Urine Drug Collector Training: The Collection Process	29 mins	Drug & Alcohol	EN		
DOT Urine Drug Collector Training: Collection Scenarios and Problems	28 mins	Drug & Alcohol	EN		
DOT Urine Drug Collector Training *Compilation*	80 mins	Drug & Alcohol	EN		
Driver Ergonomics: Musculoskeletal Injuries and Ergonomics	18 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Inside the Cab	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Ergonomics Outside the Cab	17 mins	Injury Prevention	EN • FR		
Driver Ergonomics: Flatbed Tarping Ergonomics	15 mins	Injury Prevention	EN • FR		
Driver Ergonomics *Compilation*	55 mins	Injury Prevention	EN • FR	•	•
Drug and Alcohol Awareness for Drivers (Canada)	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing for Drivers (Canada)	31 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation*	72 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (Canada): The Signs	41 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada): The Process	34 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (Canada) *Compilation*	75 mins	Drug & Alcohol	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
Drug and Alcohol Testing (United States): About Drugs and Alcohol	43 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): Regulations and Testing	36 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States): After the Test	24 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Testing (United States) *Compilation*	103 mins	Drug & Alcohol	EN • FR	•	
Drug and Alcohol Reasonable Suspicion (United States): The Signs	39 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States): The Process	38 mins	Drug & Alcohol	EN • FR		
Drug and Alcohol Reasonable Suspicion (United States) *Compilation*	77 mins	Drug & Alcohol	EN • FR	•	
NOTE: The requirements of 49 CFR 382.603 can be met by taking both the Drug and Alcohol Testing and the Reasonable Suspicion *compilations*.					
Effective Communication: How to Be an Effective Communicator	21 mins	Business & Communication	EN • FR		
Effective Communication: How You Say It Matters	17 mins	Business & Communication	EN • FR		
Effective Communication *Compilation*	38 mins	Business & Communication	EN • FR		•
Emotional Intelligence: Understanding Emotional Intelligence	15 mins	Business & Communication	EN • FR		
Emotional Intelligence: Characteristics of Emotional Intelligence	16 mins	Business & Communication	EN • FR		
Emotional Intelligence: Improving Your Emotional Intelligence	20 mins	Business & Communication	EN • FR		
Emotional Intelligence *Compilation*	51 mins	Business & Communication	EN • FR		•
English Language Proficiency for Drivers Assessment	15 mins	Business & Communication	EN	•	
Enroute Safety (Parking)	26 mins	Trip Safety	EN • FR		•
Ergonomics *(see Driver Ergonomics)*					
Exercise for Drivers: The Fitness Mindset	34 mins	Wellness	EN • FR		
Exercise for Drivers: Building an Exercise Routine	31 mins	Wellness	EN • FR		
Exercise for Drivers *Compilation*	58 mins	Wellness	EN • FR		•
Extreme Heat (Tractor-Trailer): Extreme Heat Dangers	23 mins	Injury Prevention	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Extreme Heat (Tractor-Trailer): Staying Cool	20 mins	Injury Prevention	EN • FR		
Extreme Heat Tractor-Trailer *Compilation*	45 mins	Injury Prevention	EN • FR	•	•
Extreme Heat (Last Mile): Extreme Heat Dangers	22 mins	Injury Prevention	EN • FR		
Extreme Heat (Last Mile): Staying Cool	18 mins	Injury Prevention	EN • FR		
Extreme Heat (Last Mile) *Compilation*	40 mins	Injury Prevention	EN • FR	•	•
Fall Protection: Slips, Trips and Falling Objects	22 mins	Injury Prevention	EN • FR		
Fall Protection: Using a Ladder	25 mins	Injury Prevention	EN • FR		
Fall Protection: Personal Fall Arrest Systems	31 mins	Injury Prevention	EN • FR		
Fall Protection for Drivers *Compilation*	78 mins	Injury Prevention	EN • FR	•	
Fatigue: Recognizing Fatigue	35 mins	Wellness	EN • FR		
Fatigue: Managing Fatigue and Improving Your Sleep	35 mins	Wellness	EN • FR		
Fatigue: Recognizing and Managing Fatigue *Compilation*	70 mins	Wellness	EN • FR	•	
Fire Safety: Getting Familiar with Fire	24 mins	Dock & Warehouse	EN • FR		
Fire Safety: Fire Prevention	22 mins	Dock & Warehouse	EN • FR		
Fire Safety: In Case of Fire	23 mins	Dock & Warehouse	EN • FR		
Fire Safety *Compilation*	69 mins	Dock & Warehouse	EN • FR	•	
Fixed Object *(see Enroute Safety)*					
Food Safety for Bulk Tanker Drivers	34 mins	Trip Safety	EN • FR		
Food Safety for Drivers (Reefer)	39 mins	Trip Safety	EN • FR	•	
Fuel Efficiency: The Environment and Your Vehicle	29 mins	Driving Skills	EN • FR		
Fuel Efficiency: Driver Behaviour	24 mins	Driving Skills	EN • FR		
Fuel Efficiency *Compilation*	53 mins	Driving Skills	EN • FR	•	
Handwashing *(see Preventing Illness)*					

Course Name	Duration	Subject	Language	BT	PiiP
Hazardous Materials Security Awareness	37 mins	Dangerous Goods	EN • FR	•	•
Health & Safety Committee *(see Workplace Health & Safety Committee)*					
Healthy Eating: The Recipe for a Healthy Diet	39 mins	Wellness	EN • FR		
Healthy Eating: Developing Healthy Eating Skills	33 mins	Wellness	EN • FR		
Healthy Eating *Compilation*	72 mins	Wellness	EN • FR	•	
Heat (*see Extreme Heat*)					
Hours of Service and Logbooks (Alberta)	44 mins	Hours of Service	EN	•	
Hours of Service (Canada): Before Heading Out	22 mins	Hours of Service	EN • FR		
Hours of Service (Canada): The Rules	29 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Recording Duty Status	20 mins	Hours of Service	EN • FR		
Hours of Service (Canada): Sleeper Berth and Other Exceptions	21 mins	Hours of Service	EN • FR		
Hours of Service Canadian Regulations *Compilation*	92 mins	Hours of Service	EN • FR	•	
Hours of Service (Cross-Border): Before Heading Out (Cross-Border)	23 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Rules	31 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): The Record of Duty Status	33 mins	Hours of Service	EN • FR		
Hours of Service (Cross-Border): Sleeper Berth and Other Exceptions	30 mins	Hours of Service	EN • FR		
Hours of Service and Logbooks: Canadian and US Regulations *Compilation*	117 mins	Hours of Service	EN • FR	•	•
Hours of Service Rules (160KM ELD)	34 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM ELD)	28 mins	Hours of Service	EN		
Hours of Service (160KM ELD) *Compilation*	62 mins	Hours of Service	EN • FR	•	
Hours of Service Rules (160KM no ELD)	27 mins	Hours of Service	EN • FR		
Hours of Service Logging Duty Information (160KM no ELD)	27 mins	Hours of Service	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Hours of Service (160KM no ELD) *Compilation*	54 mins	Hours of Service	EN • FR	•	
Human Trafficking: Survivor-Led Training for Professional Drivers	66 mins	Security/Threat Awareness	EN		
Illness *(see Preventing Illness)*					
Injury Prevention (Tanker)	25 min	Injury Prevention	EN • FR	•	•
Ladder Safety *(see Fall Protection)*					
Leadership Styles: Effective Leadership	24 mins	Business & Communication	EN • FR		
Leadership Styles: Developing Your Leadership Styles	29 mins	Business & Communication	EN • FR		
Leadership Styles *Compilation*	53 mins	Business & Communication	EN • FR		•
Lift Truck Operator Skills *Compilation*	97 mins	Dock & Warehouse	EN • FR	•	
Manual Materials Handling for Drivers: The Basics	24 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Lifting and Carrying	22 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Drivers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Drivers *Compilation*	64 mins	Dock & Warehouse	EN • FR	•	•
Manual Materials Handling for Office Workers: The Basics	21 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Office Workers: Pushing and Pulling	15 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Office Workers: Lifting and Carrying	20 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Office Workers *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Manual Materials Handling for Dock and Warehouse Workers: The Basics	21 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Dock and Warehouse Workers: Pushing and Pulling	16 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling for Dock and Warehouse Workers: Lifting and Carrying	20 mins	Dock & Warehouse	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Manual Materials Handling for Dock and Warehouse Workers: Handling Irregular Loads	18 mins	Dock & Warehouse	EN • FR		
Manual Materials Handling: Dock and Warehouse Workers *Compilation*	60 mins	Dock & Warehouse	EN • FR	•	•
Mental Health and Mental Illness	33 mins	Wellness	EN • FR		
Improving Mental Health	24 mins	Wellness	EN • FR		
Mental Health *Compilation*	57 mins	Wellness	EN • FR	•	•
Pallet Trucks: Components and Controls	24 mins	Dock & Warehouse	EN • FR		
Pallet Trucks: Operating a Pallet Truck	23 mins	Dock & Warehouse	EN • FR		
Pallet Trucks (Walkies and Riders) *Compilation*	47 mins	Dock & Warehouse	EN • FR	•	•
Parking *(see Enroute Safety and Trip Planning)*					
Personal Security: Threats to Personal Security	30 mins	Security/Threat Awareness	EN • FR		
Personal Security: Precautions and Best Practices for Personal Security	20 mins	Security/Threat Awareness	EN • FR		
Personal Security *Compilation*	50 mins	Security/Threat Awareness	EN • FR	•	•
Practical Cargo Securement (Cargo Van): Basic Principles	46 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Cargo Van): Strategies	41 mins	Cargo Securement	EN • FR		
Practical Cargo Securement: (Cargo Van) Inspections	20 mins	Cargo Securement	EN • FR		
Practical Cargo Securement for Drivers (Cargo Van) *Compilation*	107 mins	Cargo Securement	EN • FR	•	•
Practical Cargo Securement Requirements for Metal Coils (Cargo Van)	21 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement: Requirements For Paper Rolls (Cargo Van)	36 mins	Cargo Securement	EN	•	
Practical Cargo Securement (Flatbed): Basic Principles	49 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Flatbed): Blocking and Tiedowns	44 mins	Cargo Securement	EN • FR		
Practical Cargo Securement (Flatbed): Inspections	20 mins	Cargo Securement	EN • FR		
Practical Cargo Securement for Drivers *Compilation*	113 mins	Cargo Securement	EN • FR	•	•

Course Name	Duration	Subject	Language	BT	PiiP
Practical Cargo Securement: Requirements for Concrete Pipe (Flatbed)	22 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement Requirements for Metal Coils (Flatbed)	33 mins	Cargo Securement	EN • FR	•	
Practical Cargo Securement: Requirements For Paper Rolls (Flatbed)	36 mins	Cargo Securement	EN	•	
Preventing Illness: What Causes Illness?	29 mins	Wellness	EN • FR		
Preventing Illness: Viruses and Vaccines	31 mins	Wellness	EN • FR		
Preventing Illness: Taking Precautions to Prevent Illness	26 mins	Wellness	EN • FR		
Preventing Illness *Compilation*	86 mins	Wellness	EN • FR	•	
Road Rage	36 mins	Driving Skills	EN • FR		•
Safety Committee *(see Workplace Health & Safety Committee)*					
Security and Threat Awareness for Drivers	30 mins	Security/Threat Awareness	EN • FR	•	
CTPAT/PIP Security and Threat Awareness for Drivers *(see CTPAT/PIP)*					
Hazardous Materials Security Awareness *(see HAZMAT)*					
Personal Security/Personal Safety *(see Personal Security)*					
Sexual Harassment Prevention (California): Sexual Harassment and the Law	23 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Illegal Behavior	21 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California): Prevention and Remedies	22 mins	Human Resources	EN • FR		
Sexual Harassment Prevention (California) *Compilation*	66 mins	Human Resources	EN • FR		
Slips, Trips and Falling Objects *(see Fall Protection)*					
Spotted Lanternfly (Preventing the Spread)	14 mins	Security/Threat Awareness	EN • FR	•	
Tanker Slips and Trips (see *Injury Prevention (Tanker)*)					
Stress Management for Leaders	38 mins	Wellness	EN		•
TDG Refresher: Introduction to Dangerous Goods	37 mins	Dangerous Goods	EN • FR		
TDG Refresher: TDG Schedules and Shipping Documents	46 mins	Dangerous Goods	EN • FR		
TDG Refresher: Means of Containment and Safety Marks	52 mins	Dangerous Goods	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
TDG Refresher: Safety Practices and Handling Emergencies	56 mins	Dangerous Goods	EN • FR		
Transportation of Dangerous Goods	191 mins	Dangerous Goods	EN • FR	•	•
Trip Planning	30 mins	Trip Safety	EN • FR		
Trip Planning, Parking and Deliveries *Compilation*	82 mins	Trip Safety	EN • FR	•	•
Truckers Against Trafficking	27 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Local Drivers	23 mins	Security/Threat Awareness	EN		
Truckers Against Trafficking: Movers and In-Home Delivery	23 mins	Security/Threat Awareness	EN		
Urine Drug Collections (*see DOT Urine Drug Collector Training*)					
Vehicle Inspections (Cargo Van): IInspection Regulations and the Vehicle Inspection Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Cargo Van): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Cargo Van): Inspecting the Truck	36 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Cargo Van): Inspecting the Trailer	16 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Cargo Van): Tractor Trailer *Compilation*	103 mins	Vehicle Inspection	EN • FR	•	•
Vehicle Inspections (Flatbed): Inspection Regulations and the Vehicle Inspection Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Flatbed): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Flatbed): Inspecting the Truck	36 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Flatbed): Inspecting the Trailer	16 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections (Flatbed): Tractor Trailer *Compilation*	103 mins	Vehicle Inspection	EN • FR	•	•
Vehicle Inspections Quebec (Cargo Van): Regulations and the Circle Check Report	21 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Quebec (Cargo Van): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Quebec (Cargo Van): Inspecting the Truck	35 mins	Vehicle Inspection	EN • FR		

Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections Quebec (Cargo Van): Inspecting the Trailer	18 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Quebec (Cargo Van): Tractor Trailer *Compilation*	104 mins	Vehicle Inspection	EN • FR	•	
Vehicle Inspections Stinger-Steer: Inspection Regulations and the Vehicle Inspection Report	23 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Stinger-Steer: Inspection Practices	32 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Stinger-Steer: Inspecting the Truck	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Stinger-Steer: Inspecting the Trailer	16 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Stinger-Steer *Compilation*	101 mins	Vehicle Inspection	EN • FR	•	•
Vehicle Inspections Straight Truck: Inspection Regulations and the Vehicle Inspection Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck: Inspection Practices	32 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck: Conducting the Inspection	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck *Compilation*	87 mins	Vehicle Inspection	EN • FR	•	
Vehicle Inspections Straight Truck (Quebec): Regulations and the Circle Check Report	21 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck (Quebec): Inspection Practices	32 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck (Quebec): Conducting the Inspection	35 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections Straight Truck (Quebec) *Compilation*	88 mins	Vehicle Inspection	EN • FR	•	
Vehicle Inspections for Tankers: Inspection Regulations and the Vehicle Inspection Report	22 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers: Inspection Practices	31 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers: Inspecting the Truck	34 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers: Inspecting the Cargo Tank	26 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections: Tankers *Compilation*	107 mins	Vehicle Inspection	EN • FR	•	

Course Name	Duration	Subject	Language	BT	PiiP
Vehicle Inspections for Tankers (Quebec): The Circle Check Report	20 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec): Inspection Practices	33 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec): Inspecting the Truck	30 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec): Inspecting the Cargo Tank	23 mins	Vehicle Inspection	EN • FR		
Vehicle Inspections for Tankers (Quebec) *Compilation*	106 mins	Vehicle Inspection	EN • FR	•	•
Weights and Dimensions (MoU): Determining Your Vehicle's Weight	33 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions (MoU): Determining Your Vehicle's Dimension	28 mins	Weights & Dimensions	EN • FR		
Weights and Dimensions for Drivers *Compilation*	61 mins	Weights & Dimensions	EN • FR	•	•
WHMIS (Workplace Hazardous Materials Information System)	73 mins	Dock & Warehouse	EN • FR		•
Winter Driving: Preparing for Winter	29 mins	Driving Skills	EN • FR		
Winter Driving: Maximizing Your Visibility	25 mins	Driving Skills	EN • FR		
Winter Driving: Adjusting for the Conditions	30 mins	Driving Skills	EN • FR		
Winter Driving *Compilation*	84 mins	Driving Skills	EN • FR	•	•
Workplace Health & Safety Committee: Structure and Responsibilities	39 mins	Human Resources	EN • FR		
Workplace Health & Safety Committee: Best Practices	33 mins	Human Resources	EN • FR		
Workplace Health & Safety Committees *Compilation*	72 mins	Human Resources	EN • FR		
Workplace Violence and Harassment Prevention	50 mins	Human Resources	EN • FR		
Workplace Violence and Harassment: Incident Response	38 mins	Human Resources	EN • FR		

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.

Air Brakes 97

Based on the Practical Air Brakes handbook from Techni-Com and video demonstrations from the CVSA, these modules cover foundation brakes, each air-brake subsystem, as well as how to inspect and identify defects.

Business and Communication 100

Training relating to customer service, cybersecurity, business skills, English language proficiency, effective communication and leadership skills. Appropriate for owner operators, driver trainers, office staff. .

Cargo Securement 109

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.

Dock and Warehouse 137

Training related to manual materials handling, lift truck safety, slips and trips prevention, ladder safety, fall protection, fire safety, bloodborne pathogens and WHMIS. These modules are suitable for office staff, drivers, dock and warehouse workers.

Driving Skills 127

Training relating to driving defensively, distracted driving, winter driving, trip planning, fuel efficient driving and the FMCSA's CSA compliance system for cross-border drivers.

Drug and Alcohol 137

Training relating to drug and alcohol regulations in both the United States and Canada. This includes United States DOT Drug and Alcohol regulations for both supervisors and drivers, including Reasonable Suspicion training as per 49 CFR 382.603 as well as the theory portion of DOT Urine Drug Collector Training (mock collections are not included).

Dangerous Goods 115

Training related to the transportation of dangerous goods (TDG) for both tractor-trailers and tankers. Required Hazmat Security Awareness training is also available for drivers travelling to the United States.

Hours of Service 143

Training related to the Hours of Service regulations in the United States, Canada, and Alberta,, as well as 160KM rules for vehicles equipped with ELDs and those without.

Human Resources 149

Training related to workplace safety committees, violence and harassment prevention as well as sexual harassment content for drivers travelling to California. These titles are suitable for drivers and office staff.

Injury Prevention and Trip Safety 153

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.

Security and Threat Awareness 160

Training related to threat awareness, Truckers Against Trafficking, preventing cargo theft, CTPAT/PIP security requirements, preventing the spread of spotted lanternfly , as well as personal security practices for drivers.

Vehicle Inspection 165

Training related to vehicle inspections for all vehicle types and cargo inspection for auto-haulers.

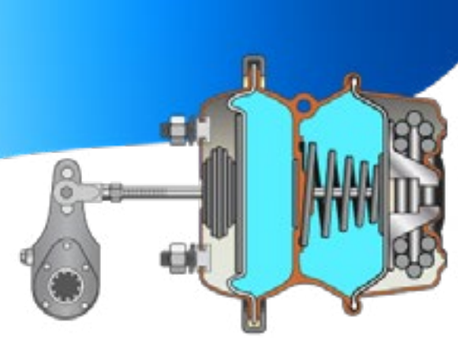
Weights and Dimensions 176

Training related to determining a driver's compliance with the federal Weights and Dimensions Memorandum of Understanding (MoU).

Wellness 177

Training related to driver health, including fatigue, illness prevention, diet, exercise and mental health.

Air Brakes



Fundamentals • Subsystems • Visual Inspections • Functional Tests • Brake Adjustment

Air Brake Series

8 titles • 9 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 / French* *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 / French* *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 / French* *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 / French *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 / French *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 / French *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 / French *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 / French *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 • Effective Communication • 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 / French* *27 mins*

Preparation is key when becoming an owner-operator. This lesson 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 / French* *27 mins*

This module 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 / French* *28 mins*

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

Business Skills for Owner Operators *Compilation* *3 lessons* *82 mins*

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

- Setting Up Your Business
- Getting Started
- Daily Management

Customer Service Series

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 (Tractor-Trailer) *English / French* *30 mins*

This module explains a driver's role in providing a great customer experience, including the keys to professional behaviour and strategies for communicating positively with customers and co-workers.

After completion, participants will be able to:

- Describe a driver's role in providing great customer service
- List the keys to being a professional
- Describe strategies for communicating effectively with customers

Customer Service for Drivers (Last Mile) *English / French* *26 mins*

This module explains a last mile driver's role in providing a great customer experience, including the keys to professional behavior and strategies for communicating positively with customers and co-workers.

After completion, participants will be able to:

- Describe a last mile driver's role in providing good customer service
- List the keys to being a professional
- Describe strategies for effectively communicating with customers

Customer Service (Office): The Importance of Customer Service *English / French* *16 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 / French* *22 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 customers complain
- Describe strategies for responding to unhappy customers
- Explain when to escalate complaints

Customer Service (Office) *Compilation* *English / French* *38 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 / French* *18 mins*

This module explains what data is and why it is valuable, how 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 / French* *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 behaviour
- List the steps to take if they believe their cybersecurity is at risk

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

This module outlines potential vulnerabilities in 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 wilBul be able to:

- Describe the requirements of a strong password
- Explain how to identify suspicious links in email
- Describe best practices for sending and receiving email safely
- List the steps to take if they believe cybersecurity is at risk

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

This module explains the risks that social media, public Wi-Fi, and malicious websites pose to 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 their device from cybercriminals
- Explain how data can be accessed by connecting to public Wi-Fi
- List the steps to take if they believe cybersecurity is at risk

Cybersecurity *Compilation* *4 lessons* *89 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

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 / French* *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 / French* *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

Effective Communication Series

2 titles • 1 PiiP™ • 1 compilation

This series describes practical strategies to improve verbal and nonverbal communication that are grounded in emotional intelligence.

Effective Communication: How to Be an Effective Communicator *English / French* *21 mins*

This lesson describes practical strategies to improve your communication skills and explains the role emotional intelligence plays in effective communication.

After completion, participants will be able to:

- Explain what effective communication is
- Explain why emotional intelligence is important for effective communication
- Describe 4 ways to improve communication

Effective Communication: How You Say It Matters *English / French* *17 mins*

This lesson describes how nonverbal cues like body language and tone impact your communication and provides tips to help you communicate more effectively using nonverbal cues.

After completion, participants will be able to:

- Explain how nonverbal cues impact your message
- List best practices for maintaining a professional tone

Effective Communication *Compilation* *2 lessons* *38 mins*

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

- How to Be an Effective Communicator
- How You Sat It Matters

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 / French* *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 / French* *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 / French* *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

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: Effective Leadership *English / French* *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: Developing Your Leadership Styles *English / French* *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 *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.

Auto-Hauler: Preparing to Load *English / French* *21 mins*

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 orders and handle cargo vehicles safely.

After completion, participants will be able to:

- Recognize best practices for safety when working on and operating an auto-hauler
- Identify weight and dimension limitations for an auto-hauler
- Explain how to determine load order
- List best practices for inspecting and handling cargo vehicles

Auto-Hauler: Loading, Transporting and Unloading *English / French* *20 mins*

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.

After completion, participants will be able to:

- List the steps to safely load and unload cargo vehicles
- Explain how to minimize the risk of cargo damage and theft during loading, unloading and transport
- Describe applicable cargo securement requirements

Auto-Hauler: Loading and Unloading *Compilation* *2 lessons* *41 mins*

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

- Preparing to Load
- Loading, Transporting and Unloading

List by equipment type List by subject area Alphabetical list Back to previous

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 / French* *46 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 / French* *41 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 / French* *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* *3 lessons* *107 mins*

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

- Strategies
- Inspections

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 / French* *49 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 / French* *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 / French *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*
3 lessons *113 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 • 1 PiiP™

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
English / French *32 mins*

Heavy vehicles and other equipment with wheels or tracks are often used for and transported to different locations during construction work. When heavy vehicles are part of the cargo, special attention needs to be paid to securing them on a trailer. The course details the special requirements needed to transport and secure heavy vehicles according to *National Safety Code Standard 10, Division 7: Vehicles as Cargo*.

After completion, participants will be able to:

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

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

A concrete pipe requires special considerations when it's loaded and secured to ensure it does not roll during transport. This course 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 pipes
- Describe the common cargo securing devices used for concrete pipes
- List things to consider before loading and placing concrete pipes
- Explain how to correctly secure concrete pipe on a flatbed trailer

Practical Cargo Securement: Requirements for Metal Coils (Cargo Van)
English / French *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 / French *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

Dangerous Goods

Transportation of Dangerous Goods Regulations • TDG for Fuel Haulers
Hazardous Materials Security Awareness

Transportation of Dangerous Goods Series

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

This series covers the information required to safely transport dangerous goods. To receive a training certificate and wallet card meeting the requirements of Section 6.1 of the Transportation of Dangerous Goods Regulations, drivers must successfully complete the full Transportation of Dangerous Goods compilation course. In order to transport dangerous goods into the United States, the Hazardous Materials Security Awareness module is also required.

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

This course 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. This course is required when transporting dangerous goods to the United States.

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.

TDG Refresher: Introduction to Dangerous Goods *English / French* *37 mins*

This module introduces the Transportation of Dangerous Goods Act and Regulations, covering the training requirements and responsibilities of individuals who handle, offer for transport, or transport dangerous goods. It also addresses the 9 classes of dangerous goods and their associated hazards.

After completion, participants will be able to:

- Describe the role of the TDG Regulations in protecting public safety
- Explain the responsibilities of persons who handle, offer for transport, or transport dangerous goods
- Describe the requirements of the TDG training certificate
- Describe the importance of identifying dangerous goods
- Explain how dangerous goods are classified
- List the responsibilities of the shipper, carrier, and driver in classifying dangerous goods

List by equipment type List by subject area Alphabetical list Back to previous

TDG Refresher: TDG Schedules and Shipping Documents *English / French* *46 mins*

In this module, participants will learn about dangerous goods descriptions and how to find information about specific materials using Schedules 1, 2, and 3. They will also learn about the importance of shipping documents and the information to check for, including shipper information, dangerous goods quantities, and emergency numbers

After completion, participants will be able to:

- Explain how dangerous goods are described
- List common exemptions used when transporting dangerous goods
- Use Schedules 1, 2, and 3 to find information about dangerous goods
- Identify where to store the shipping document during transit
- Describe basic shipper and carrier responsibilities for documentation
- Explain how mixed loads should be documented

TDG Refresher: Means of Containment and Safety Marks *English / French* *52 mins*

In this module, participants will learn about the different means of containment required for transporting dangerous goods and their responsibilities when handling them. The module also covers the various safety marks used to identify the dangers of dangerous goods, as well as how to verify that they are correct and properly displayed.

After completion, participants will be able to:

- List responsibilities for handling the means of containment
- Distinguish between small and large means of containment
- Identify compliance marks on a standardized means of containment
- Recognize different types of dangerous goods safety marks
- List responsibilities for displaying safety marks
- Choose the correct placards to display on the vehicle

TDG Fuel Refresher: Safety Practices and Handling Emergencies *English / French* *56 mins*

This module will detail best practices for loading and unloading dangerous goods, along with special considerations for their transportation. It will also explain the steps to take in the event of a release, anticipated release, or security-related incident, and outline the types of reports that may be required and the information to include in them.

After completion, participants will be able to:

- Explain where to store the shipping document
- Describe how to safely load, unload, and transport dangerous goods
- List responsibilities during an emergency situation
- Use the ERG to find information on handling an emergency involving dangerous goods
- Explain the purpose of an ERAP
- Identify the reports required for each type of incident.

Transporting Dangerous Goods *Compilation* *English / French* *8 lessons* *191 mins*

This course provides an overview of where to find the information you need in the TDG Regulations as well as guidelines for applying the regulations while handling, offering for transport, or transporting dangerous goods.

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

- Introduction to Dangerous Goods
- TDG Schedules and Shipping Documents
- Means of Containment and Safety Marks
- Safety Practices and Handling Emergencies

TDG for Fuel Haulers Series

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

This series covers the information required to safely transport fuel. To receive a training certificate and wallet card meeting the requirements of Section 6.1 of the Transportation of Dangerous Goods Regulations, drivers must successfully complete the full TDG for Fuel Haulers Compilation course. In order to transport dangerous goods into the United States, the Hazardous Materials Security Awareness module is also required

TDG Fuel Refresher: Introduction to Dangerous Goods *English / French* *32 mins*

This module provides an overview of best practices for loading and unloading dangerous goods, special considerations for their transportation, and the steps to take in the event of a release, anticipated release, or security-related incident. It also explains the required types of reports and the information to include in each.

After completion, participants will be able to:

- Record changes in the quantity of dangerous goods on the shipping document
- Describe how to safely load and unload fuel
- List steps to prevent accidents and unlawful interference
- Use the ERG to locate information on handling emergencies involving dangerous goods
- Explain the purpose of an ERAP
- Identify the reports required for each type of incident

TDG Fuel Refresher: TDG Schedules and Shipping Documents Classifying Hazardous Materials *English / French* *38 mins*

This module explains dangerous goods descriptions and how participants can find information about specific materials using Schedules 1, 2, and 3. It also highlights the importance of shipping documents and the details to verify, including shipper information, dangerous goods quantities, and emergency contact numbers.

After completion, participants will be able to:

- Explain how dangerous goods are described
- Use Schedules 1, 2, and 3 to find information about dangerous goods
- Describe alternative ways to comply with the regulations
- Identify where to store the shipping document during transit
- Describe basic shipper and carrier responsibilities for documentation
- Verify that the shipping document matches the dangerous goods in their possession

TDG Fuel Refresher: Means of Containment and Safety Marks *English / French* *25 mins*

This module explains the different means of containment required for transporting dangerous goods and outlines participants' responsibilities for ensuring the means of containment is suitable. It also covers the safety marks used to identify the dangers of dangerous goods, how to verify their accuracy, and the proper way to display them on a vehicle.

After completion, participants will be able to:

- List their responsibilities for inspecting the means of containment
- Distinguish between small and large means of containment
- Identify compliance marks on a standardized means of containment
- Recognize the different types of dangerous goods safety marks
- List their responsibilities for displaying safety marks
- Identify the correct UN number(s) to display on their vehicle

TDG Fuel Refresher: Safety Practices and Handling Emergencies *English / French* *57 mins*

This module outlines best practices for loading and unloading dangerous goods, along with special considerations for their transportation. It also details the steps to take in the event of a release, anticipated release, or security-related incident. Additionally, the module explains the types of reports that may be required and the information to include in them.

After completion, participants will be able to:

- Record changes in the quantity of dangerous goods on the shipping document
- Describe how to safely load and unload fuel
- List steps to prevent accidents and unlawful interference
- Use the ERG to find information on handling an emergency involving dangerous goods
- Explain the purpose of an ERAP
- Identify the reports required for each type of incident.

Transportation of Dangerous Goods for Fuel Haulers *Compilation* *8 lessons* *152 mins*

This course provides an overview of where to find the information you need in the TDG Regulations as well as guidelines for applying the regulations while handling, offering for transport or transporting fuel.

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

- Introduction to Dangerous Goods
- TDG Schedules and Shipping Documents
- Means of Containment and Safety Marks
- Safety Practices and Handling Emergencies

Dock and Warehouse

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

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 / French* *24 mins*

This module explains the basic elements required for fire, and how to remove elements to prevent a fire from occuring. 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 / French* *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 / French *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 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

2 titles • 1 baseline test

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

4 lessons *97 mins*

Although they are small and easy to operate, heavy loads and restricted visibility can make lift trucks very dangerous. This course outlines these dangers, identifies the components, and explains the safe operation of this equipment.

After completion, participants will be able to:

- List common hazards that can occur when using a lift truck
- Explain the individual's rights and responsibilities when working with lift truck machinery
- Describe the components of and how forces act on a lift truck
- Explain how to safely operate a lift truck in a variety of situations
- Describe basic maintenance procedures for propane, diesel, gasoline and battery-powered trucks

Lift Truck Operator Skills (BC)

4 lessons *97 mins*

Although they are small and easy to operate, heavy loads and restricted visibility can make lift trucks very dangerous. This course outlines these dangers, identifies the components, and explains the safe operation of this equipment.

After completion, participants will be able to:

- List common hazards that can occur when using a lift truck
- Explain the individual's rights and responsibilities when working with lift truck machinery
- Describe the components of and how forces act on a lift truck
- Explain how to safely operate a lift truck in a variety of situations
- Describe basic maintenance procedures for propane, diesel, gasoline and battery-powered trucks

Pallet Truck Series

2 titles • 1 baseline test • 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 / French *24 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 / French *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* *47 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 PiiP™ • 1 compilation

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

Manual Materials Handling: The Basics for Drivers *English / French* *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 / French* *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 Drivers *English / French* *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 / French* *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 PiiP™ • 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 / French* *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 / French* *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 / French* *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 PiiP™ • 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 / French* *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 / French* *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 / French* *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 / French* *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 / French* *23 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
- 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

WHMIS (Workplace Hazard Materials Information System)

English / French *73 mins*

This course teaches participants to identify hazardous materials and their negative health effects. It covers the pictograms, labels and safety data sheets used by the Workplace Hazardous Material Information System (WHMIS 2024), and describes how to stay protected from hazardous products in the workplace.

After completion, participants will be able to:

- Explain rights and responsibilities under WHMIS 2024
- Identify the nine hazard pictograms and the hazards they represent
- Describe the different routes of entry that hazardous chemicals can take into the body
- Describe personal protective equipment used for specific hazards
- List the components of a supplier label and a workplace label
- Use a safety data sheet to locate information about a hazardous chemical

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 work for fleets operating in the United States and is designed for both drivers and general office staff.

CSA for Drivers: The BASICS

English / French *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 / French *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 / French *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

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 • 3 PiiPs™

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

Distracted Driving *English / French* *33 mins*

Distraction increases the chance of a collision by 2 to 23 times. This course 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 / French* *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 / French* *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 course explains common road rage triggers and consequences, as well as strategies to manage both your own emotions and the aggressive behaviour 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 • 7 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 / French* *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 / French* *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 / French* *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 they 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 / French* *28 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 / French* *29 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 / French* *26 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 • 7 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 / French* *33 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 / French* *30 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 Highway Tankers: No Need for Speed *English / French* *28 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:

- 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 / French* *25 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 their 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 / French* *27 mins*

This module details steps for safe parking, including best practices for minimizing risk. It also covers how to perform straight backing, offset backing, and alley-dock backing.

After completion, participants will be able to:

- 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 their blind side

Defensive Driving for Highway Tankers
Dangerous Driving Conditions *English / French* *27 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 Highway Tankers *Compilation* *6 lessons* *170 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 • 7 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 / French* *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 / French* *30 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 / French* *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 / French* *23 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 / French* *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 / French* *26 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* *156 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 / French* *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 Behaviour *English / French* *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 their 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 Behaviour

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 / French* *29 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 / French* *25 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 / French* *30 mins*

This module covers how to adjust 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* *84 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 (Canada) •
Drug and Alcohol Testing (United States) • 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* *23 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* *29 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* *28 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
- Describe the difference between correctable and fatal flaws

DOT Urine Drug Collector Training *Compilation* *English* *80 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 (Canada)

2 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 in drug and alcohol testing in Canada.

Drug and Alcohol Awareness for Drivers (Canada) *English / French* *41 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 for Drivers (Canada) *English / French* *31 mins*

This module outlines the alcohol and drug testing process. It discusses the role of the Medical Review Officer (MRO), the potential consequences for a positive test result and your rights in terms of accommodation. It also covers what happens during a refusal to test and explains the return-to-duty process, as well as the role of Substance Abuse Professionals.

After completion, participants will be able to:

- List the responsibilities of the carrier, the supervisor and the driver in keeping the workplace free from substance use
- Explain the testing processes for drugs and alcohol

- Describe the roles of the Medical Review Officer and Substance Abuse Professional
- Explain the right to accommodation
- Describe the consequences of a positive test result and the return to duty process

Drug and Alcohol Awareness and Testing for Drivers (Canada) *Compilation* *English / French* *2 lessons* *72 mins*

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

- Drug and Alcohol Awareness for Drivers (Canada)
- Drug and Alcohol Testing for Drivers (Canada)

Reasonable Suspicion Series (Canada)

2 titles • 1 baseline test • 1 compilation

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

Drug and Alcohol Reasonable Suspicion (Canada): The Signs *English / French* *41 mins*

This module describes the physical, behavioural, speech and performance indicators of alcohol misuse and drug abuse and how these indicators might be used 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 behavioural indicators of alcohol misuse
- List physical and behavioural indicators of drug abuse

Drug and Alcohol Reasonable Suspicion (Canada): The Process *English / French* *34 mins*

This module explains the responsibilities of supervisors when they suspect one of their drivers is using drugs or alcohol illegally on the job. This module also includes an overview of the reasonable suspicion testing regulations and the obligations of the carrier and supervisor 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
- Identify issues related to privacy and reporting

Drug and Alcohol Reasonable Suspicion (Canada) *Compilation* *2 lessons* *75 mins*

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

- The Signs
- The Process

Drug and Alcohol Testing Series (United States)

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 in drug and alcohol testing for drivers operating in the United States.

Drug and Alcohol Testing (United States): About Drugs and Alcohol *English / French* *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 (United States): Regulations and Testing *English / French* *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 (United States): After the Test *English / French* *24 mins*

This module outlines what happens after completing 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 for Drivers (United States) *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 (United States)

2 titles • 1 baseline test • 1 compilation

This series focuses on the responsibilities of supervisors in the Reasonable Suspicion testing process for drivers operating in the United States.

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 (United States): The Signs *English / French* *39 mins*

This module describes the physical, behavioural, speech and performance indicators of alcohol misuse and drug abuse and how these indicators might be used 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 behavioural indicators of alcohol misuse
- List physical and behavioural indicators of drug abuse

Drug and Alcohol Reasonable Suspicion (United States): The Process *English / French* *38 mins*

This module explains the responsibilities of supervisors when they suspect one of their drivers is using drugs or alcohol illegally on the job. This module also includes an overview of the reasonable suspicion testing regulations and the obligations of the carrier and supervisor 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
- Identify issues related to privacy and reporting

Drug and Alcohol Reasonable Suspicion (United States) *Compilation* *2 lessons* *77 mins*

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

- The Signs
- The Process

Hours of Service

Canadian Regulations • Cross Border Regulations • Trip Planning • HOS 160KM

Hours of Service (Canada) Series

5 titles • 2 baseline tests • 1 compilation

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

Hours of Service and Logbooks: Alberta Regulations *English* *44 mins*

This course covers the regulations for Hours of Service when operating exclusively in Alberta with instructions for correctly completing a daily log under a variety of conditions

After completion, participants will be able to:

- List ways to plan for a trip
- Explain the effects of fatigue and how to minimize them during a trip
- Explain the importance of Hours of Service Regulations
- List the hour restrictions for each duty type
- Fill out a complete and correct daily log
- List the Hours of Service exceptions for emergencies and adverse driving conditions

Hours of Service (Canada): Before Heading Out *English / French* *22 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 National Safety Code Standard 13 will be reviewed.

After completion, participants will be able to:

- List ways to plan for a trip
- 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 (Canada): The Rules *English / French* *29 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. Carrier and driver responsibilities in complying with these regulations will also be outlined.

List by equipment type List by subject area Alphabetical list Back to previous

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
- Describe the components of a record of duty status.

Hours of Service (Canada): Recording Duty Status *English / French* *20 mins*

This module demonstrates how to correctly complete a record of duty status and explains the situations in which a driver would use Remarks, edits and annotations. The two duty cycles will be explained, as well as how to use deferrals and restarts.

After completion, participants will be able to:

- Record daily duty status as per the Hours of Service regulations
- Define the two duty cycles and calculate available hours in a cycle
- Explain how to use Remarks, edits and annotations
- Describe situations in which deferrals and restarts can be used.

Hours of Service (Canada): Sleeper Berth and Other Exceptions *English / French* *21 mins*

This module will describe the different exceptions that apply when completing the record of duty status, including personal use of your vehicle and the sleeper berth exception. Other exceptions covered include adverse and emergency conditions, driving within 160 km and driving north of 60°.

After completion, participants will be able to:

- Explain the requirements of the sleeper berth exception for single and team drivers
- List the conditions of personal use of the motor vehicle and the 160 km exemption
- Describe when it is appropriate to exceed on-duty and driving limits.

Hours of Service and Logbooks (Canada) *Compilation* *4 lessons* *92 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.

Hours of Service (Cross Border) Series

4 titles • 1 baseline test • 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 (Cross Border): Before Heading Out *English / French* *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 National Safety Code Standard 13 in Canada and Part 396: Inspection, Repair and Maintenance in the United States 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 (Cross Border): The Rules *English / French* *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 their responsibilities in following the Hours of Service regulations
- Explain how off-duty time works in both Canada and the United States.

Hours of Service (Cross Border): The Record of Duty Status *English / French* *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 a 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 (Cross Border): Sleeper Berth and Other Exceptions *English / French* *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

160KM (ELD) Series

2 titles • 1 baseline test • 1 compilation

This series discusses the Hours of Service federal regulations for drivers who stay within a 160km radius and use an electronic logging device.

Hours of Service Rules (160KM ELD) *English / French* *34 mins*

This module outlines the Hours of Service regulations and the criteria that exempt you from keeping a daily log, as well as the steps to take when professional drivers operate outside of a 160 km radius. ELD responsibilities, mandatory items and handling malfunctions will also be covered.

After completion, participants will be able to:

- List the criteria that exempt them from keeping a daily log
- Describe their responsibilities under the 160 km radius exemption
- List steps to take when they no longer qualify for the exemption
- Describe their responsibilities when using an ELD and how to handle a malfunction.

Logging Duty Information (160KM ELD) *English / French* *28 mins*

This module demonstrates how to correctly log duty periods and explains the situations in which a driver would use the Remarks section, including for personal use and under adverse driving conditions. The two duty cycles will be explained, as well as how to use deferrals and restarts.

After completion, participants will be able to:

- Record daily duty status as per the Hours of Service regulations
- Define the two duty cycles and calculate their available hours in a cycle
- Explain how to reset and switch their cycle
- Describe how to log adverse conditions and personal use of a commercial motor vehicle

HOS 160KM (ELD) *Compilation* *English / French* *62 mins*

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

- Hours of Service Rules (160KM ELD)
- Logging Duty Information (160KM ELD)

160KM (no ELD) Series

2 titles • 1 baseline test • 1 compilation

This series discusses the Hours of Service federal regulations for drivers who stay within a 160km radius without using an electronic logging device.

Hours of Service Rules (160KM ELD) *English / French* *27 mins*

This module outlines the Hours of Service regulations and the criteria that exempt you from keeping a daily log, as well as the steps to take when professional drivers operate outside of a 160 km radius. ELD responsibilities, mandatory items and handling malfunctions will also be covered.

After completion, participants will be able to:

- List the criteria that exempt them from keeping a daily log
- Describe their responsibilities under the 160 km radius exemption
- List steps to take when they no longer qualify for the exemption
- Describe their responsibilities when using an ELD and how to handle a malfunction.

Logging Duty Information (160KM no ELD) *English / French* *27 mins*

This module demonstrates how to correctly log duty periods and explains the situations in which a driver would use the Remarks section, including for personal use and under adverse driving conditions. The two duty cycles will be explained, as well as how to use deferrals and restarts.

After completion, participants will be able to:

- Record daily duty status as per the Hours of Service regulations
- Define the two duty cycles and calculate available hours in a cycle
- Explain how to reset and switch their cycle
- Describe how to log adverse conditions and personal use of a commercial motor vehicle

HOS 160km (NO ELD) *Compilation* *2 lessons* *54 mins*

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

- Hours of Service Rules (160KM no ELD)
- Logging Duty Information (160KM no ELD)

Human Resources

Workplace Safety Committees • Sexual Harassment Prevention (California) • Workplace Violence and Harassment Prevention

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 drivers, office workers, dock and warehouse personnel.

Sexual Harassment Prevention (California): Sexual Harassment and the Law *English / French* *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 Behaviour *English / French* *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

List by equipment type List by subject area Alphabetical list Back to previous

Sexual Harassment Prevention (California): Prevention and Remedies *English / French* *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 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 Health and Safety Committees: Structure and Responsibilities *English / French* *39 mins*

This module explains the purpose, role and responsibilities of work place health and safety committees in federally regulated places of work. It outlines the regulations that govern these committees, their organization and structure as well as explains the selection process, qualifications and required training of their members. It also explains the specific duties workplace committee members complete in the workplace.

After completion, participants will be able to:

- Explain the internal responsibility system (IRS) and purpose of the workplace committee
- Describe the size and makeup of a workplace committee
- Describe the role and responsibilities of the workplace committee
- Describe how workplace inspections are conducted
- Explain how workplace committee meetings are conducted
- Describe the types of records kept by the workplace commit

Workplace Safety Committees: Workplace Committee Best Practices *English / French* *33 mins*

This module lists and explains best practices work place health and safety committees can apply to make sure the work they do is productive and effective. These include best practices for workplace committee communication, hazard and incident root cause identification, meeting organization and management, and strategic planning and evaluation.

After completion, participants will be able to:

- Describe methods of communicating effectively
- Explain how to use RACE to identify hazards
- Describe effective ways to find the root cause of an incident
- Describe effective meeting organization and management techniques
- Define and explain consensus building
- Describe how to create a workplace committee strategic plan

Workplace Safety Committees *Compilation* *3 lessons* *72 mins*

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

- Structure and Responsibilities
- Workplace Committee Best Practices

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.

Workplace Violence and Harassment Prevention *English / French* *54 mins*

Negative workplace behaviours such as violence, harassment and bullying can also lead to damage to both the individuals and to an entire organization. This course outlines how to recognize these behaviours and respond appropriately.

After completion, participants will be able to:

- 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 laws that protect them 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 they and their carrier have in handling workplace violence and harassment
- List the steps in handling negative behaviour when they are a witness, a victim or the accused

Workplace Violence and Harassment Incident Response *English / French* *54 mins*

Everyone plays a role in helping to prevent workplace violence and harassment, including employers, managers, supervisors, and employees. But what happens when an incident occurs? Who should you report to and what methods can be used to find resolution? This course provides an overview of the Canadian federal regulations for responding to an incident of workplace violence and harassment.

Note: This course is designed to be taken after Workplace Violence and Harassment Prevention.

After completion, participants will be able to:

- Explain the employer's role in preventing workplace violence and harassment
- Describe the roles of the designated recipient, principal party, and responding party
- List the steps involved in resolving an incident of workplace violence and harassment

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 include content specific to flatbed trailers.

Driver Ergonomics: Musculoskeletal Injuries and Ergonomics *English* *18 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* *15 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* *17 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
- 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* *17 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* *15 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* *53 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* *65 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 / French* *27 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 safety at work
- Recognize the signs of common heat illnesses
- Identify their risk factors for developing a heat illness
- Describe the dangers of sun exposure

Extreme Heat (Tractor Trailer): Staying Cool *English / French* *22 mins*

This module describes how to stay safe while working in the heat and sun. It provides strategies to help keep cool at each point of your journey, as well as practices to keep a 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 their shift
- Describe how to prevent heat-related breakdowns and workplace injuries

Extreme Heat (Tractor Trailer) *Compilation* *English / French* *49 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 / French* *26 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 safety at work
- Recognize the signs of common heat illnesses
- Identify their risk factors for developing a heat illness
- Describe the dangers of sun exposure

Extreme Heat (Last Mile): Staying Cool *English / French* *20 mins*

This module describes how to stay safe while working in the heat and sun. It provides strategies to help keep cool throughout the day, as well as practices to keep a 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 their shift
- Describe how to prevent heat-related breakdowns and workplace injuries

Extreme Heat (Last Mile) *Compilation* *English / French* *46 mins*

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

- Extreme Heat Dangers
- Staying Cool

Food Safety Series

2 vehicle types • 2 titles • 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 / French* *39 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 course 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 / French* *34 mins*

Food safety regulations exist to safeguard the production and transportation of food. This course 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.

Injury Prevention (Tanker) *English / French* *25 mins*

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.

After completion, participants will be able to:

- List the main causes of injuries when working around a tanker
- List the personal protective equipment (PPE) needed when operating a tanker
- Explain how to use three points of contact around the vehicle
- Describe how to avoid injuries when working with hoses
- Describe common fall protection methods

Fall Protection: Using a Ladder *English / French* *25 mins*

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.

After completion, participants will be able to:

- Explain the importance of choosing the right ladder for the job
- List the places to check a ladder during an inspection
- Describe how to set up a ladder correctly
- List the safe practices to follow when using a ladder

Fall Protection: Personal Fall Arrest Systems *English / French* *31 mins*

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.

After completion, participants will be able to:

- Describe the ABC's of fall arrest systems
- 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 • 2 baseline tests • 1 PiiP™ • 1 compilation

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

Accident Scene Reporting For Drivers *English / French* *48 mins*

This module covers how to handle the aftermath of an incident or collsion. 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 behaviour at an accident scene
- Explain how to secure the vehicle with warning signals
- 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 / French* *30 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 / French* *26 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 / French* *26 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 behaviours 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* *82 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 • 4 baseline tests • 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 / French* *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 / French* *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 / French* *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.

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 / French* *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 / French* *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

5 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.

Human Trafficking: Survivor-Led Training for Professional Drivers *English* *66 mins*

This full-length course from knowhumantrafficking.com is designed to educate commercial transportation professionals on the prevalence of human trafficking globally and within Canada. This victim-led training program will provide a unique perspective on the devastation caused to individual victims and society as a whole as a result of trafficking.

After completion, participants will be able to:

- Define human trafficking
- Understand the prevalence of human trafficking in Canada
- Understand why human trafficking occurs
- Identify the telltale signs of trafficking
- Understand their role in preventing human trafficking

Personal Security: Threats to Personal Security *English / French* *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. It 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 / French* *20 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

Preventing the Spread of Spotted Lanternfly *English / French* *14 mins*

In parts of the Northeastern United States, the spotted lanternfly has become a threat to vegetation and valuable crops. To combat this threat, a quarantine has been placed on certain areas. This module describes how to recognize this threat and what to do in the quarantine zone.

After completion, participants will be able to:

- Describe the threat posed by the spotted lanternfly
- Identify the spotted lanternfly in different parts of the lifecycle
- List the areas to inspect on the vehicle to check for spotted lanternfly
- Explain best practices in how to avoid picking up a hitchhiker
- Explain how to kill insects, remove eggs and report a spotted lanternfly sighting measures

Security and Threat Awareness for Drivers *English / French* *30 mins*

This course 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
- Describe how to properly handle a hijacking if it occurs.

Truckers Against Trafficking (TAT) 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 / French* *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.

Truckers Against Trafficking: Local Drivers *English / French* *23 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* *23 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 •
Quebec Circle Check for Tractor-Trailer and Straight Truck

Auto-Hauler Cargo Inspection Series

2 titles • 1 baseline test • 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 / French* *29 mins*

This module outlines the importance of completing a thorough vehicle inspection and accurately recording exceptions on a vehicle inspection report before loading. Professional drivers will learn the tools needed for an inspection as well as how to identify different types of defects and damage.

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
- Explain the standard components of a vehicle inspection report and the information to include when recording an exception

Auto-Hauler Cargo Inspection: Conducting a Vehicle Inspection *English / French* *24 mins*

In this module, participants will learn 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* *53 mins*

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

- Conducting a Vehicle Inspection
- Inspection Requirements and Identifying Exceptions

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 Vehicle Inspection Report *English / French* *23 mins*

This module covers the types of inspections that professional drivers must complete, as well as, Vehicle Inspection Report requirements and additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List their responsibilities for inspections as professional drivers
- Explain how to use Schedule 1 as they complete the sections of a Vehicle Inspection Report
- Explain how to identify and indicate major and minor defects on the inspection report
- List best practices for conducting themselves during an inspection.

Vehicle Inspections (Auto-Hauler / Stinger Steer): Inspection Practices *English / French* *32 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
- Describe how to inspect air brakes and complete in-cab brake tests.

Vehicle Inspections (Auto-Hauler / Stinger Steer): Inspecting the Truck *English / French* *35 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 / French* *16 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 *Compilation* *4 lessons* *101 mins*

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

- Inspection Regulations and the Vehicle Inspection Report
- Inspection Practices
- Inspecting the Truck
- Inspecting the 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 Vehicle Inspection Report *English / French* *20 mins*

This module covers the types of inspections that professional drivers must complete, as well as Vehicle Inspection Report requirements and additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List their responsibilities for inspections as professional drivers
- Describe the sections of a Vehicle Inspection Report
- Explain the purpose of Schedule 1 and how to use it during an inspection
- Explain how to identify major and minor defects on the inspection report
- Describe how repairs are indicated on the inspection report.

Vehicle Inspections (Straight Truck): Inspection Practices

English / French *32 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): Conducting the Inspection

English / French *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
- Conducting the Inspection

Vehicle Inspection Straight Truck (Quebec) Series

3 titles • 1 baseline test • 1 compilation

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

Vehicle Inspections Straight Truck (Quebec): Inspection Regulations and the Circle Check Report

English / French *21 mins*

This module covers the types of inspections that professional drivers must complete, as well as Circle Check Report requirements and additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List their responsibilities for inspections, as professional drivers
- Describe the sections of a Circle Check Report

- Explain the purpose of Schedule III - List 1 and how to use it during a circle check
- Explain how to identify major and minor defects on the Circle Check Report
- Describe how repairs are indicated on the Circle Check Report.

Vehicle Inspections Straight Truck (Quebec): Inspection Practices

English / French *32 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 a circle check and the importance of keeping the cab clean and organized.

After completion, participants will be able to:

- List best practices to follow when conducting a circle check
- Explain how to inspect tires, wheels and rims
- List the items to look for when inspecting lights, reflectors and emergency equipment
- Describe how to inspect air brakes on the truck
- Describe the process for completing each in-cab brake test

Vehicle Inspections Straight Truck (Quebec): Conducting the Inspection

English / French *35 mins*

This module covers 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 as they 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 truck and in the cab area Inspecting the Truck

Vehicle Inspections Straight Truck (Quebec) *Compilation*

3 lessons *88 mins*

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

- Inspection Regulations and the Circle Check Report
- Inspection Practices
- Conducting the Inspection

Vehicle Inspection Tanker Series

4 titles • 1 PiiP™ • 1 compilation

This series covers best practices for vehicle inspections specifically for vehicles with tanker trailers.

Vehicle Inspections (Tanker): The Vehicle Inspection Report *English / French* *22 mins*

In this module, participants will learn the types of inspections that professional drivers must complete. Vehicle Inspection Report requirements will be covered, as well as additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List their responsibilities for inspections as professional drivers
- Explain how to use Schedule 1 to complete the sections of a Vehicle Inspection Report
- Explain how to identify and indicate major and minor defects on the inspection report
- List best practices for conducting themselves during an inspection.

Vehicle Inspections (Tanker): Inspection Practices *English / French* *31 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 / French* *34 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 / French* *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 *Compilation* *4 lessons* *107 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

Vehicle Inspection Tanker (Quebec) Series

4 titles • 1 PiiP™ • 1 compilation

This series covers best practices for vehicle inspections specifically for vehicles with tanker trailers in Quebec.

Vehicle Inspections Tanker (Quebec): The Circle Check Report *English / French* *22 mins*

In this module, participants will learn the types of inspections that professional drivers must complete. Circle check report requirements will be covered, as well as additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List their responsibilities for inspections as professional drivers
- Explain how to use List 1 to complete the circle check report
- Identify and indicate major and minor defects
- List best practices for conducting an inspection

Vehicle Inspections Tanker (Quebec): Inspection Practices *English / French* *31 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 a circle check
- 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 (Quebec): Inspecting the Truck

English / French *34 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
- Describe how to check the condition of the engine components, suspension and brakes
- Describe how to inspect the wheels, rims and tires

Vehicle Inspections Tanker (Quebec): Inspecting the Cargo Tank

English / French *26 mins*

This module takes participants through 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 equipment for potential leaks
- Describe each area to inspect on the cargo tank
- Describe how to inspect the ladder, catwalk and fall protection

Vehicle Inspections: Tanker *Compilation*

4 lessons *107 mins*

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

- The Circle Check Report
- Inspection Practices
- Inspecting the Truck
- Inspecting the Cargo Tank

Vehicle Inspection Tractor Trailer Series

4 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 the Vehicle Inspection Report

English / French *20 mins*

This module provides an overview of the types of inspections drivers must complete. 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 their responsibilities for inspections as professional drivers
- Describe the sections of a Vehicle Inspection Report
- Explain the purpose of Schedule 1 and how to use it during an inspection
- Explain how to identify major and minor defects on the inspection report
- Describe how repairs are indicated on the inspection report.

Vehicle Inspections (Tractor-Trailer): Inspection Practices

English / French *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 truck
- Describe the process for completing each in-cab brake test.

Vehicle Inspections (Tractor-Trailer): Inspecting the Truck

English / French *36 mins*

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 they 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): Inspecting the Trailer

English / French *16 mins*

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 they 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 *Compilation*

4 lessons *103 mins*

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

- Inspection Regulations and the Vehicle Inspection Report
- Inspection Practices
- Inspecting the Truck
- Inspecting the Trailer

Vehicle Inspection Tractor Trailer (Quebec) Series

4 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 (Quebec): Regulations and the Circle Check Report

English / French *21 mins*

This module covers the types of inspections that professional drivers must complete, as well as Circle Check Report requirements and additional components that must be inspected under the regulations.

After completion, participants will be able to:

- List their responsibilities for inspections as professional drivers
- Describe the sections of a Circle Check Report
- Explain the purpose of Schedule III - List 1 and how to use it during a circle check
- Explain how to identify major and minor defects on the Circle Check Report
- Describe how repairs are indicated on the Circle Check Report

Vehicle Inspections Tractor-Trailer (Quebec): Inspection Practices

English / French *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 (Quebec): Inspecting the Truck

English / French *35 mins*

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 they 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 (Quebec): Inspecting the Trailer

English / French *18 mins*

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 they 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 (Quebec) *Compilation*

4 lessons *104 mins*

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

- Inspection Regulations and the Circle Check Report
- Inspection Practices
- Inspecting the Truck
- Inspecting the Trailer

Weights and Dimensions

MoU • Weigh scales • Vehicle dimensions • Rear overhang • Overhead strikes • Sliding tandems

Weights and Dimensions Series

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

This series provides training on how to determine a vehicle's weight and dimensions using the Memorandum of Understanding (MoU), how to determine weight ratings for connecting devices and how to shift weight on a commercial vehicle.

Weights and Dimensions: Determining Your Vehicle's Weight *English / French* *33 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 purpose of the Federal-Provincial-Territorial Memo of Understanding (MoU)
- Describe the difference between various weight ratings and maximums on a vehicle
- Explain how trailers are connected and determine the weight ratings for connecting devices
- Describe how to determine the weight ratings of the tires on a vehicle
- Explain how to determine the fuel's weight

Weights and Dimensions: Determining Your Vehicle's Dimensions *English / French* *28 mins*

This module includes how to determine the maximum dimensions for a commercial vehicle, including height, width, length, wheelbase, interaxle spacing, and effective rear overhang. How to adjust weight using sliding axles will also be discussed.

After completion, participants will be able to:

- Explain the terms used in the MoU relating to dimensions
- Describe the difference between wheelbase, interaxle spacing and axle group spread
- Calculate the maximum rear overhang for a vehicle
- Explain when they should 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

Weights and Dimensions for Drivers *Compilation* *2 lessons* *61 mins*

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

- Determining Your Vehicle's Weight (MoU)
- Determining Your Vehicle's Dimensions (MoU)

Back to previous *Alphabetical list* *List by subject area* *List by equipment type*

Wellness

Exercise • Recognizing and Managing Fatigue • Healthy Eating • Mental Health • Preventing Illness • Stress Management

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* *29 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* *29 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* *58 mins*

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

- The Fitness Mindset
- Building an Exercise Routine

List by equipment type *List by subject area* *Alphabetical list* *Back to previous*

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.

Recognizing Fatigue

English / French *35 mins*

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 their driving abilities will also be covered.

After completion, participants will be able to:

- Recognize the physical and mental symptoms of fatigue
- Explain how circadian rhythm affects the wake/sleep cycle
- List the stages of quality sleep and explain how each is important
- Describe the immediate, short-term and long-term effects of fatigue.

Managing Fatigue and Improving Your Sleep

English / French *35 mins*

This module covers the choices drivers can make to avoid driving while fatigued and to improve their overall quality of sleep.

After completion, participants will be able to:

- Describe the effects circadian rhythm has on the body throughout the day
- Identify healthy choices that will manage fatigue
- Identify obstacles that might be preventing enough quality sleep
- List strategies to improve sleep

Recognizing and Managing Fatigue *Compilation*

2 lessons *70 mins*

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

- Recognizing Fatigue
- Managing Fatigue and Improving Your Sleep

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 / French *40 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 a 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 they can use to avoid overeating
- Use screening tools to help determine a healthy weight.

Healthy Eating: Developing Healthy Eating Skills

English / French *34 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 *74 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 PiiP™ • 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 / French *33 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 / French *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* *57 mins*

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

- Mental Health and Mental Illness
- Improving Mental Health

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 / French* *29 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: Viruses and Vaccines *English / French* *31 mins*

This module describes common viral infections and steps to take when we are sick, as well as how vaccines work to train the immune system. Common vaccine myths are addressed, along with the importance of safely using and disposing of antimicrobial medication.

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 they are ill

Preventing Illness: Taking Precautions to Prevent Illness *English / French* *26 mins*

This module describes steps to take to increase immune response to illness, as well as best practices to reduce exposure to pathogens. The importance of taking precautions to prevent illness and protect ourselves and others is also covered.

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 *Compilation* *3 lessons* *86 mins*

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

- What Causes Illness?
- Viruses and Vaccines
- Taking Precautions to Prevent Illness

Stress Management for Leaders Series

1 title

This series provides drivers with techniques to manage stress, helping leaders handle challenges and lead more effectively.

Stress Management for Leaders *English* *38 mins*

Stress is a part of everyday life, but too much can be harmful to health, impair decision-making abilities and lead to less trust in leadership. Learning to manage stress will help leaders deal with challenges and lead more effectively.

After completion, participants will be able to:

- Explain what stress is
- Describe how emotional intelligence relates to stress management
- List stress management strategies

NEW

Learning Bytes

Learning Bytes

Focused, interactive driver training in under 10 minutes.

Learning Bytes are built from CarriersEdge course content and designed to keep drivers involved while delivering a key concept in just a few minutes. Each Byte focuses on a specific element of a larger training topic, giving you a quick way to revisit important information when a full-length course isn't necessary.

Use Learning Bytes to:

- Assign targeted reinforcement related to a behaviour
- Provide a quick refresher to reinforce a full course
- Use the Byte as a discussion starter at your next driver meeting.

Title	Duration	Subject	Language
ABS Inspection	2 mins	Air Brakes	EN • FR
Autohauler Cargo Inspection - EVs	3 mins	Vehicle Inspection	EN • FR
Autohauler Winter Slips and Falls	4 mins	Injury Prevention	EN • FR
Avoiding Rear End Accidents for Highway Tankers	8 mins	Driving Skills	EN • FR
Avoiding Rear End Accidents for Straight Trucks	7 mins	Driving Skills	EN • FR
Avoiding Rear End Accidents for Tractor Trailers	7 mins	Driving Skills	EN • FR
Bad Weather	7 mins	Driving Skills	EN • FR
Being a Professional Driver	5 mins	Business & Communication	EN • FR
Checking Brake Adjustment	8 mins	Vehicle Inspection	EN • FR
Device Distractions	5 mins	Driving Skills	EN • FR
Drum Brakes	5 mins	Air Brakes	EN • FR
ELD Malfunctions	3 mins	Hours of Service	EN • FR
ELD Responsibilities	7 mins	Hours of Service	EN • FR
Following Distance and Dangers for Highway Tankers	7 mins	Driving Skills	EN • FR
Following Distance and Dangers for Straight Trucks	5 mins	Driving Skills	EN • FR
Following Distance and Dangers for Tractor Trailers	5 mins	Driving Skills	EN • FR
GOAL and Using a Spotter for Tractor Trailers	5 mins	Driving Skills	EN • FR
In-Cab Brake Tests for Tractor Trailers	5 mins	Vehicle Inspection	EN • FR
Inspecting and Pre-Cooling a Reefer	4 mins	Trip Safety	EN • FR
Inspecting Engine Fluids, Belts and Hoses	3 mins	Vehicle Inspection	EN • FR
Inspecting Inside the Trailer	2 mins	Vehicle Inspection	EN • FR
Inspecting Lights	3 mins	Vehicle Inspection	EN • FR
Inspecting the Engine Area	5 mins	Vehicle Inspection	EN • FR
Inspecting Wheels, Rims, Hubs and Tires	3 mins	Vehicle Inspection	EN • FR
Keeping the Cab Clean and Organized	5 mins	Vehicle Inspection	EN • FR
Managing Conflict	5 mins	Business & Communication	EN • FR
Personal Conveyance	4 mins	Hours of Service	EN • FR
Preventing Wildlife Collisions	3 mins	Driving Skills	EN • FR
Roundabouts for Highway Tankers	6 mins	Driving Skills	EN • FR
Roundabouts for Straight Trucks	5 mins	Driving Skills	EN • FR
Roundabouts for Tractor Trailers	5 mins	Driving Skills	EN • FR
Seatbelt Safety	3 mins	Vehicle Inspection	EN • FR
Speed and Winter Driving Conditions	5 mins	Driving Skills	EN • FR
Spring Thaw	3 mins	Driving Skills	EN • FR
The Sleeper Berth Exception	3 min	Wellness	EN • FR
Three Points of Contact	3 mins	Injury Prevention	EN • FR
Using Load Binders	4 mins	Cargo Securement	EN • FR
Using Multiple ELDs	2 mins	Hours of Service	EN • FR
Visual Brake Inspections	4 mins	Vehicle Inspection	EN • FR

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.....189

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..... 190

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..... 190

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 Scene 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 Concrete Pipe	•	
Cargo Securement: Requirements for Heavy Vehicles	•	•
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: Security Inspections for Drivers	•	
CTPAT/PIP: Successful Border Crossing	•	•
Customer Service for Drivers (Tractor-Trailer)	•	•
Customer Service for Drivers (Last Mile)	•	•
Cybersecurity: Protecting Your Data!	•	
Defensive Driving (Tanker)	•	•
Defensive Driving (Tractor-Trailer)	•	•
Defensive Driving: Managing the Driving Experience (Straight Truck)	•	
Defensive Driving: Managing the Driving Experience (Tanker)	•	
Defensive Driving: Managing the Driving Experience (Tractor-Trailer)	•	
Defensive Driving: The Space Around You (Straight Truck)	•	
Defensive Driving: The Space Around You (Tanker)	•	
Defensive Driving: The Space Around You (Tractor-Trailer)	•	
Defensive Driving: No Need for Speed (Straight Truck)	•	
Defensive Driving: No Need for Speed (Tanker)	•	
Defensive Driving: No Need for Speed (Tractor-Trailer)	•	
Defensive Driving: Navigating Turns and Intersections (Straight Truck)	•	
Defensive Driving: Navigating Turns and Intersections (Tanker)	•	
Defensive Driving: Navigating Turns and Intersections (Tractor-Trailer)	•	
Defensive Driving: Safe Backing and Parking (Straight Truck)	•	
Defensive Driving: Safe Backing and Parking (Tanker)	•	
Defensive Driving: Safe Backing and Parking (Tractor-Trailer)	•	
Defensive Driving: Dangerous Driving Conditions (Straight Truck)	•	
Defensive Driving: Dangerous Driving Conditions (Tanker)	•	
Defensive Driving: Dangerous Driving Conditions (Tractor-Trailer)	•	
Diet (Healthy Eating)	•	
Distracted Driving	•	•
Driver Ergonomics (Cargo Van)	•	
Driver Ergonomics (Flatbed)	•	•
Drug and Alcohol Testing (Canada)	•	
Drug and Alcohol Reasonable Suspicion (Canada)	•	
Drug and Alcohol Testing (United States)	•	
Drug and Alcohol Reasonable Suspicion (United States)	•	

Course Name	Baseline Test	PiiP™
Driver Ergonomics	•	•
Emotional Intelligence		•
English Proficiency Assessment	•	
Exercise for Drivers	•	
Extreme Heat (Tractor-Trailer)	•	•
Extreme Heat (Last Mile)	•	•
Fall Protection for Drivers	•	
Fatigue (Recognizing and Managing)	•	
Fire Safety	•	
Food Safety for Drivers	•	
Fuel Efficiency for Drivers	•	
Hazardous Materials Security Awareness	•	•
Healthy Eating (Diet)	•	
Hours of Service	•	
Hours of Service (Alberta)	•	
Hours of Service (Cross-Border)	•	•
Hours of Service (Motion Picture Industry)	•	
HOS 160KM (ELD)	•	
HOS 160KM (no ELD)	•	
Illness (Preventing)	•	
Injury Prevention (General)		•
Injury Prevention (Tanker)	•	•
Leadership Styles		•
Lift Truck Operator Skills	•	
Manual Materials Handling (Dock & Warehouse)	•	•
Manual Materials Handling (Drivers)	•	•
Manual Materials Handling (Office Workers)	•	•
Mental Health	•	•
Owner-Operators: Managing Your Business	•	
Pallet Trucks (Walkies and Riders)	•	•
Parking and Deliveries (*see Trip Planning, Parking & Deliveries*)		
Personal Security	•	•
Preventing Illness	•	
Practical Cargo Securement (*see Cargo Securement*)		

Course Name	Baseline Test	PiiP™
Road Rage		•
Security and Threat Awareness for Drivers	•	
Sexual Harassment Prevention (California)	•	
Spotted Lanternfly (Preventing the Spread)	•	
Transportation of Dangerous Goods	•	•
Transportation of Dangerous Goods for Fuel Haulers	•	•
Trip Planning, Parking and Deliveries	•	•
Vehicle Inspections: Stinger-Steer	•	•
Vehicle Inspections: Straight Truck	•	
Vehicle Inspections: Straight Truck (Quebec)	•	
Vehicle Inspections: Tanker	•	•
Vehicle Inspections: Tanker (Quebec)	•	•
Vehicle Inspections: Tractor Trailer	•	•
Vehicle Inspections: Tractor Trailer (Quebec)	•	
Weights and Dimensions (MoU) for Drivers	•	•
WHMIS		•
Winter Driving	•	•
Workplace Health and Safety Committee	•	
Workplace Violence and Harassment Prevention	•	

Level up your driver training™

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