

A-FLEET COURSE FULL LESSONS

Understanding Safety Risk

Presents the definitions of safety, accidents, risk and teaches drivers how to use that knowledge to avoid unsafe behaviors (taking chances) and eliminate accidents.

LLLC

Educates drivers on how to drive defensively and prevent accidents by using the Four Principles to Driving Safely: Look Ahead, Look Around, Leave Room, and Communicate.

Large Vehicle Dynamics

Drivers will learn about the increased risk of driving a large vehicle and how to prevent accidents. This course covers important information such as preventing tail swing and rollover accidents, maintaining a safe following distance, and more.

Following Distance

Educates drivers about the importance of always maintaining a minimum safe following distance on dry road conditions and discusses how to adapt to different driving conditions.

Intersections

Educates drivers about the risks associated with intersections and the best methods for negotiating a vehicle through controlled and uncontrolled intersections; covers left and right turns and using the Rock and Roll technique.

Changing Lanes, Merging & Passing

Informs drivers of the correct procedures to follow when changing lanes, passing and while merging onto and exiting a highway. Drivers will understand the risks of lane changing, merging, and passing and perform these maneuvers safely.

Backing

Covers the potential dangers of backing vehicles and how to avoid backing whenever possible; focuses on the changing environment, using spotters and standard hand signals, and using G.O.A.L (Get Out & Look).

Attentive Driving

Drivers learn the definitions of attentive driving and how to minimize distractions while behind the wheel. They will learn how risky distracted driving is and how to utilize LLLC to avoid distractions.

Adverse Conditions

Explains how adverse conditions such as rain, snow, sleet, ice, and other dangerous road conditions increase risk. Drivers learn how to slow down, leave more room, and prevent accidents in these conditions.

Pedestrian & Cyclist Awareness

This lesson covers the dangers that pedestrians & cyclists pose and how to implement LLLC and other defensive driving techniques to keep them as safe as possible.

A-FLEET COURSE FULL LESSONS (CONTINUED)

Mountain Driving

Educates drivers on the increased risk of mountain driving in a truck and how to prevent serious accidents such as rollovers, head-on collisions, off-road incidents, and more.

Railroad Crossings

Explains the dangers of railroad crossings, the regulations on how trucks need to navigate them, and the necessary steps to preventing accidents at all railroad crossings.

Load Securement

Drivers learn the importance of load securement and how serious accidents resulting from improper load securement are. They learn about the regulations related to load securement, common types of securement, and how to secure various cargo.

Emergency Procedures

Drivers learn how to react to common emergencies such as accidents, fires, vehicle failures, and more. They learn the laws and necessary procedures for reducing risk and saving lives in these dangerous situations.

Federal Regulations

Educates drivers on important federal regulations from the D.O.T. and FMCSA such as hours of service, driver qualifications, drug & alcohol testing, etc.

Human Factors & Fatigue Management

Drivers learn about the importance of fatigue management and the dangers of driving while fatigued. The lesson covers how to prevent fatigue and tips on getting a good night's sleep consistently.

SAFETY TUNE-UPS

1. Adverse Conditions
2. Air Brake Inspections
3. Attentive Driving
4. Backing
5. Couple
6. Crossing Intersections
7. Crossing Railroad Tracks
8. Decreased Visibility
9. Enter/Exit The Vehicle Safely
10. Entering Traffic/Merging
11. Following Distance
12. Lane Changing
13. Large Vehicle Dynamics
14. Left Turns
15. LLLC & Commentary Driving

16. Load Securement
17. Mirror Adjustments
18. Mountain Driving & Grades
19. Narrow Bridges, Tunnels & Low Underpasses
20. Passing
21. Pedestrian & Cyclist Awareness
22. Right Turns
23. Road Failures
24. Seat Adjustments
25. Straightforward Driving
26. Truck Inspections
27. Uncouple
28. Use of Accelerator
29. Use of Brakes & Anticipated Stops
30. Use of Signals & Horn