



DRIVING SAFETY



This library features over 60 courses focused on keeping your employees engaged, alert, and confident while driving.

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DS01	Accidents and Breakdowns	You never plan to have an accident or breakdown when you set out on a trip. It can be very inconvenient and made worse if not handled properly. It is important to know what to do in the event of an accident or breakdown on a road or highway. In this course you will learn how to prepare yourself for an accident, breakdown, or other incident while driving, and how to follow correct procedures to remain safe afterwards.
DS02	Alcohol Awareness	Alcohol is used in many different circumstances in our culture. When used in moderation, alcohol can be beneficial. However, overuse can become abuse. In this course, we will explain both the short and long-term effects alcohol has on your body. Also, we'll discuss the signs and symptoms of intoxication and alcohol abuse in both yourself and others. Lastly, we'll look at ways to make wise choices about alcohol consumption, including how to cope with dependence.
DS03	Avoiding Rear End Collisions Large Vehicles	Rear-end collisions happen all the time, resulting in injuries, costly damage, legal fees, and fatalities. This course explores methods that drivers of tractor trailers and other large trucks can use to help avoid rear-ending another vehicle, and steps to keep their vehicle from getting hit from behind.
DS04	Avoiding Rear End Collisions Small Vehicles	Rear-end collisions occur frequently and result in injuries, damage, costly repairs, and fatalities. This course details what you can do to avoid being hit from behind and the actions you can take to keep your vehicle from being struck by a driver behind you.
DS05	Backing Large Vehicles	Backing large vehicles and semi-trailers takes practice, experience, skill, and more practice. This course explains the risks of backing situations, identifies safe backing maneuvers, and suggests how to avoid backing situations, when possible.
DS06	Backing Small Vehicles	Most drivers spend 99% of the time driving forward and only 1% backing up. Yet 25-30% of vehicle accidents occur during backing. This course explains backing risks, identifies safe backing maneuvers, and suggests ways to avoid backing situations all together.
DS07	Changing Lanes Large Vehicles	Changing lanes is one of the most frequent and hazardous actions a driver can take. Changing lanes is necessary for so many reasons - passing another vehicle, merging into the flow of traffic, and exiting a roadway. Any time a vehicle changes lanes, the chance for an accident increases greatly. This course describes the different types of lane changes and explains how to change lanes safely to minimize the risk of a collision.
DS08	Changing Lanes Large Vehicles Spanish	Changing lanes is one of the most frequent and hazardous actions a driver can take. Changing lanes is necessary for so many reasons - passing another vehicle, merging into the flow of traffic, and exiting a roadway. Any time a vehicle changes lanes, the chance for an accident increases greatly. This course describes the different types of lane changes and explains how to change lanes safely to minimize the risk of a collision.
DS09	Changing Lanes Small Vehicles	Changing lanes is one of the most frequent and hazardous actions a driver can take. Changing lanes is necessary for so many reasons - passing another vehicle, merging into the flow of traffic, and exiting a roadway. Any time a vehicle changes lanes, the chance for an accident increases greatly. This course for drivers of small vehicles describes the different types of lane changes and explains how to change lanes safely to minimize the risk of a collision.
DS10	Changing Lanes Small Vehicles Spanish	Changing lanes is one of the most frequent and hazardous actions a driver can take. Changing lanes is necessary for so many reasons - passing another vehicle, merging into the flow of traffic, and exiting a roadway. Any time a vehicle changes lanes, the chance for an accident increases greatly. This course for drivers of small vehicles describes the different types of lane changes and explains how to change lanes safely to minimize the risk of a collision.
DS11	Close Quarter Maneuvering Large Vehicles	Maneuvering a vehicle in close quarters can be tricky. When you're in a busy parking lot or at a distribution center warehouse, backing, pulling forward from a parked position, and turning can all put you at risk for collision. This course for drivers of large vehicles will describe the hazards associated with maneuvering in close quarters and help you identify ways to avoid collisions and injuries when making these maneuvers.
DS12	Close Quarter Maneuvering Small Vehicles	Maneuvering a vehicle in close quarters can be tricky. When you're in a busy parking lot, backing, pulling forward from a parked position, and turning can all put you at risk for a collision. This course for drivers of small vehicles will describe the hazards associated with maneuvering in close quarters and help you identify ways to avoid collisions and injuries when making these maneuvers.
DS13	Closing The Loop	As a supervisor, helping to ensure driver safety is one of your most important tasks. When you receive an incident report about a driver, do you know how to effectively coach them to improve their driving? In this course, we will describe all of the necessary steps of returning a safer driver to the road, including how and when to deliver feedback, as well as following through with appropriate training.



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DS14	Csa Overview	CSA is the compliance, safety, and accountability program of the Federal Motor Carrier Safety Administration (FMCSA). CSA helps the FMCSA and its state partners by using continually improving data to better identify high-risk motor carriers and drivers. CSA applies a wide range of interventions to reduce high-risk behavior and help keep roadways safe. In this course drivers will learn to recognize how they can impact their own safety rating, and that of the carrier the work for.
DS15	Csa Overview Spanish	CSA is the compliance, safety, and accountability program of the Federal Motor Carrier Safety Administration (FMCSA). CSA helps the FMCSA and its state partners by using continually improving data to better identify high-risk motor carriers and drivers. CSA applies a wide range of interventions to reduce high-risk behavior and help keep roadways safe. In this course drivers will learn to recognize how they can impact their own safety rating, and that of the carrier the work for.
DS16	Defensive Driving Large Vehicles	Driving conditions are always changing. Sharp curves, construction zones, other vehicles, pedestrians and bicyclists can come at you at a rapid pace. Drivers must be on the defensive to stay safe. This course will state the major causes of traffic accidents, the most common driving errors and how to prevent them, actions to take to remain in control of the vehicle, and characteristics of defensive driving.
DS17	Defensive Driving Large Vehicles Spanish	Driving conditions are always changing. Sharp curves, construction zones, other vehicles, pedestrians and bicyclists can come at you at a rapid pace. Drivers must be on the defensive to stay safe. This course will state the major causes of traffic accidents, the most common driving errors and how to prevent them, actions to take to remain in control of the vehicle, and characteristics of defensive driving.
DS18	Defensive Driving Small Vehicles	Driving conditions are always changing. Sharp curves, construction zones, other vehicles, pedestrians and bicyclists can come at you at a rapid pace. Drivers must be on the defensive to stay safe. This course will state the major causes of traffic accidents, the most common driving errors and how to prevent them, actions to take to remain in control of the vehicle, and characteristics of defensive driving.
DS19	Defensive Driving Small Vehicles Spanish	Driving conditions are always changing. Sharp curves, construction zones, other vehicles, pedestrians and bicyclists can come at you at a rapid pace. Drivers must be on the defensive to stay safe. This course will state the major causes of traffic accidents, the most common driving errors and how to prevent them, actions to take to remain in control of the vehicle, and characteristics of defensive driving.
DS20	Delivery Driver Safety	Delivery drivers do important work, but are at risk for injuries and incidents when driving and moving their load. This course explains how to correctly stretch before, during, and after a day of deliveries, identifies proper lifting techniques and precautions for loading and unloading a vehicle, and offers tips for safely using hand trucks and lift gates.
DS21	Distracted Driving	Crashes involving distracted drivers are on the rise. Texting and talking on cell phones is a major cause of such distractions, but even looking at a billboard or checking something on the passenger seat can result in enough of a distraction to cause an accident. This course explains the importance of keeping your eyes on the road, the different types of driving distractions you may encounter, and how best to reduce the risk of an accident.
DS22	Distracted Driving Spanish	Crashes involving distracted drivers are on the rise. Texting and talking on cell phones is a major cause of such distractions, but even looking at a billboard or checking something on the passenger seat can result in enough of a distraction to cause an accident. This course explains the importance of keeping your eyes on the road, the different types of driving distractions you may encounter, and how best to reduce the risk of an accident.
DS23	Dot Driver Compliance	To improve both commercial vehicle and driver safety, regulations have been established to regulate driver qualifications, limit driving hours and duty time, and improve vehicle maintenance and safety. Complying with these regulations can not only reduce driver errors and fatigue but also reduce accidents. In this course you will learn about the Department of Transportation (DOT) and the Federal Motor Carrier Safety Administration (FMCSA) regulations governing commercial vehicles and drivers, and how to comply with those regulations.
DS24	Dot Driver Compliance Spanish	To improve both commercial vehicle and driver safety, regulations have been established to regulate driver qualifications, limit driving hours and duty time, and improve vehicle maintenance and safety. Complying with these regulations can not only reduce driver errors and fatigue but also reduce accidents. In this course you will learn about the Department of Transportation (DOT) and the Federal Motor Carrier Safety Administration (FMCSA) regulations governing commercial vehicles and drivers, and how to comply with those regulations.
DS25	Driver Fatigue	Fatigued and drowsy driving causes at least 100,000 crashes per year, yet it's a preventable condition. In this course, you will learn how to recognize the symptoms of driver fatigue and the strategies you need to keep you safe and alert on the road.
DS26	Driving Your Brand	As a driver, you're essentially driving a billboard for your organization. Everything you do behind the wheel, at your customer's location, and while you're in public, reflects on your organization's brand. This course explains what it means to be "Driving Your Brand," what types of driving behaviors best represent your organization, and why Driving Your Brand in a positive manner is so important.



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DS27	Driving Your Brand Spanish	As a driver, you're essentially driving a billboard for your organization. Everything you do behind the wheel, at your customer's location, and while you're in public, reflects on your organization's brand. This course explains what it means to be "Driving Your Brand," what types of driving behaviors best represent your organization, and why Driving Your Brand in a positive manner is so important.
DS28	Extreme Driving Conditions Large Vehicles	Rain, fog, ice, snow, heat, and wind present huge driving challenges to drivers. This course identifies safe practices specifically for the driver of large vehicles to use in extreme driving conditions. It explains how to maintain and equip the vehicle and describes the steps to take to drive safely and avoid accidents in dangerous weather conditions.
DS29	Extreme Driving Conditions Small Vehicles	Designed for drivers of small vehicles, this course identifies safe driving practices in harsh weather conditions, explains how to maintain your vehicle, and helps you prepare for extreme driving conditions in rain, fog, ice, snow, and heat.
DS30	Failure to Yield Large Vehicles	Failing to yield while driving can produce dangerous consequences. This course, designed for drivers of large vehicles, will discuss situations in which you'll need to yield to another vehicle on the road. We'll also cover how to identify when a driver's failure to yield has caused a collision, and how to make smart decisions that may help avoid collisions when you drive.
DS31	Failure to Yield Large Vehicles Spanish	Failing to yield while driving can produce dangerous consequences. This course, designed for drivers of large vehicles, will discuss situations in which you'll need to yield to another vehicle on the road. We'll also cover how to identify when a driver's failure to yield has caused a collision, and how to make smart decisions that may help avoid collisions when you drive.
DS32	Failure to Yield Small Vehicles	Failing to yield while driving can produce dangerous consequences. This course will discuss situations in which you'll need to yield to another vehicle on the road. We'll also cover how to identify when a driver's failure to yield has caused a collision, and how to make smart decisions that may help avoid collisions when you drive.
DS33	Failure to Yield Small Vehicles Spanish	Failing to yield while driving can produce dangerous consequences. This course will discuss situations in which you'll need to yield to another vehicle on the road. We'll also cover how to identify when a driver's failure to yield has caused a collision, and how to make smart decisions that may help avoid collisions when you drive.
DS34	Fifteen Passenger Vans	15-passenger vans react differently than smaller cars and larger trucks. They are bigger and heavier than cars and have larger blind spots. Upon completing this course you will understand the special skills and knowledge it takes to operate a 15-passenger van, and how to prepare and properly load the van to reduce the risk of accidents, especially rollovers.
DS35	Fleet Safety	Employers invest in a comprehensive fleet safety program when they consider employee safety of key importance. This course explains fleet safety procedures and policies, employee and management roles in the program, and how the program will have a positive impact on the safety record of their fleet.
DS36	Food Service Delivery Driver	Food service delivery drivers do important work, but are at risk for injuries and incidents when driving and moving their load. This course explains how to correctly stretch before, during, and after a day of deliveries, identifies proper lifting techniques and precautions, and offers tips for safely using hand trucks and lift gates. Additionally, ways to properly load, deliver and unload food products will be discussed.
DS37	Hazmat Transportation Part 1	Safely transporting hazardous materials begins with properly packaging, labeling, and preparing those hazardous materials for shipment. In Part 1 of this 3-part course, we review HAZMAT definitions and regulations and define the responsibilities of shippers and carriers. This section also includes the Hazardous Materials Table (HMT).
DS38	Hazmat Transportation Part 2	When hazardous materials are shipped, public safety depends on proper packaging, labeling, and handling of hazardous materials (HAZMAT). Part 2 of this 3-part course describes the shipping documentation, package markings, and labeling required by the HMR and includes instruction on how to respond to HAZMAT spills and emergencies.
DS39	Hazmat Transportation Part 3	Every HAZMAT vehicle requires identification to instantly alert all concerned that hazardous materials are within. The final part of this 3-part course identifies vehicle placarding requirements, as mandated by the PHMSA. It also describes carrier and shipper responsibilities, and reportable HAZMAT incident response procedures.



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DS40	Housekeeping Vehicle Micro Course	Companies recognize good housekeeping in the workplace can improve employee health and safety as well as lead to improved efficiency and morale. This micro-course demonstrates good housekeeping practices for drivers who consider their vehicle to be their workplace. The course reviews what they can do to obtain and enjoy the benefits of a clutter-free and well-organized work environment.
DS41	Load Securement Part 1 Principles	Carrying an improperly secured load puts both the driver of the vehicle and the driving public at risk. Part one of this two-part course explains the need for load securement and describes the basic principles and standards for load securement.
DS42	Load Securement Part 2 Securement Equipment	Carrying an improperly secured load puts both the driver of the vehicle and the driving public at risk. Part two of this two-part course describes the equipment and methods used in securement systems.
DS43	Overhead Clearance	In this course, we look at overhead clearance strikes, why they continue to occur, and what you can do to make certain your vehicle never hits an overhead obstacle. Included are tips for safely backing up when encountering low overhead clearance and precautionary measures specific to bridges, power lines, and overhead signs and traffic lights.
DS44	Parking Lot Safety	The humble parking lot can present more dangers to a professional driver than the interstate. Parking lots are prime territory for negligent drivers, low speed collisions, burglars, pickpockets, carjackers, and vandals. They also present potential problems with pedestrians (especially children) being hit by drivers who are backing up, turning or negotiating intersections with cross walks. This course reviews these common hazards and explains what to do and what to avoid doing in parking lots when driving, parking, walking, and departing.
DS45	Pre-Trip Inspections Large Vehicles	A thorough inspection of your vehicle before you begin each trip is crucial to the safety of you, your cargo, and other drivers. This course is specifically designed to address the pre-trip inspection process for large vehicles and set you up for a safe and successful trip.
DS46	Pre-Trip Inspections Small Vehicles	A pre-trip inspection helps you find problems that could cause a crash, breakdown, or citation. It is important to perform a daily pre-trip and post-trip inspection for every trip. In this course, you will learn the essential steps to perform a pre-trip inspection for small and light duty trucks.
DS47	Pre-Trip Inspections Small Vehicles Spanish	A pre-trip inspection helps you find problems that could cause a crash, breakdown, or citation. It is important to perform a daily pre-trip and post-trip inspection for every trip. In this course, you will learn the essential steps to perform a pre-trip inspection for small and light duty trucks.
DS48	Reasonable Suspicion Part 1	If you suspect an employee in your charge is abusing drugs or alcohol, it's important to know the signs of substance abuse and how to act on those suspicions. In Part One of this three-part course, you will learn how to define reasonable suspicion, identify behavior in violation of drug and alcohol policies, and outline substance abuse testing requirements.
DS49	Reasonable Suspicion Part 2	If you suspect an employee in your charge is abusing drugs or alcohol, it's important to know the signs of substance abuse and how to act on those suspicions. In Part Two of this three-part course, you will learn about behaviors that trigger suspicions of substance abuse, and how to take action.
DS50	Reasonable Suspicion Part 3	If you suspect an employee in your charge is abusing drugs or alcohol, it's important to know the signs of substance abuse and how to act on those suspicions. In the final part of this three part course, you will learn about the different types of required drug and alcohol testing, such as post-accident testing and DOT mandated return-to-work testing, and what to do when a test result is positive.
DS51	Road Rage	What is road rage and what triggers it? This course defines road rage, explains what stressors can trigger road rage, teaches you how to avoid aggressive drivers, and lists steps you can take if you become a victim of road rage.
DS52	Safe Turning For Trucks	In the trucking industry, making turns incorrectly is the third leading cause of truck accidents. This course will describe proper turning practices for making left and right turns correctly and explain the factors that contribute to truck turning accidents.



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DS66 Tailgating Awareness Small Vehicles Spanish

Tailgating reduces stopping distance, lessens perception and reaction times, and fuels road rage. It's important for your safety and the safety of other drivers that you refrain from tailgating and that you know what to do when being tailgated. This course explains what actions you can take when being tailgated and offers reminders to help you avoid being a tailgater yourself.

DS67 Towing Trailers

Towing a trailer presents an additional set of challenges to driving a vehicle because the trailer causes the vehicle to handle differently and makes driving more difficult. This course discusses ways you can tow a trailer safely, including checking your vehicle, getting familiar with the trailer equipment, preparing your vehicle, connecting your trailer, loading the trailer properly, slowing down, and driving carefully.

