

MDCPC PERIODIC TRAINING MODULAR COURSE MATRIX

LGV





THE DRIVER

A PROFESSIONAL DRIVER'S PERSONAL DEVELOPMENT

- Teamwork
- Confidence
- Communication
- Leadership Skills

HOW DRIVER BEHAVIOUR CAN REDUCE INCIDENTS

- Risk Taking Driving Behaviour
- The Effects of Anger on Driving
- In-Cab Distractions
- Speeding

UNDERSTANDING INFLUENCES ON DRIVER BEHAVIOUR TO REDUCE INCIDENTS

- External Driving Distractions
- Optical Behaviour
- Speeding
- Effects of Road Predictability

DELIVERING EXCELLENT CUSTOMER SERVICE

- The Importance of Customer Service
- Representing the Company
- Delivering Excellent Customer Service
- Dealing with Difficult Customers

UNDERSTANDING MENTAL HEALTH IN THE WORKPLACE

- An Introduction to Mental Health
- An Introduction to Depression
- An Introduction to Bullying
- Stress and the Workplace

IMPROVING DRIVERS' UNDERSTANDING OF MENTAL HEALTH

- An Introduction to Mental Health
- An Introduction to Depression
- An Introduction to Anxiety
- An Introduction to PTSD

IMPROVING DRIVERS' PHYSICAL HEALTH

- Diet, Mood and Driving
- Fatigue: the Importance of a Good Night's Sleep
- The Importance of Exercise
- Illnesses Affecting Drivers

UNDERSTANDING INFLUENCES ON DRIVERS' PHYSICAL HEALTH

- The Effects of Drugs
- The Effects of Alcohol
- The Effects of Stress
- The Effects of Excessive Screen Time

HOW DRIVERS CAN REDUCE FUEL CONSUMPTION

- Why Drive Economically and Planning for Efficiency
- Driving Style
- Using the Gearbox for Efficiency
- Fuel Consumption and Efficiency

REDUCING MANUAL HANDLING INCIDENTS

- The Spine and Human Movement
- Manual Handling Capabilities
- Risk Assessments
- Manual Handling Techniques



THE DRIVER

REDUCING INCIDENTS INVOLVING MANUAL HANDLING AND PALLETS

Manual Handling and the Spine and Human Movement

Manual Handling Capabilities

Risk Assessments

Manual Handling and Pallets

IMPROVING THE SAFETY OF FOOD AND DRINK DELIVERIES

Food Safety Regulations and Hygiene

Chilled and Frozen Deliveries

Food and Drink Deliveries

Manual Handling in Food and Drink Deliveries

REDUCING INCIDENTS WHEN WORKING ON HGVS

General Health and Safety

Safe Working on Vehicles

Loading Bays and Ramps

Safety in Coupling and Uncoupling

PREVENTING VEHICLE LOADING INCIDENTS

Load Safety Regulations

Principles of Safe Loading

Load Distribution

Load Securing Systems



THE VEHICLE

REDUCING VEHICLE BANKSMAN INCIDENTS

An Introduction to the Vehicle Banksman
Reversing
Vehicle Banksman Duties
Guiding the Vehicle

LOOKING INTO THE FUTURE OF LOGISTICS

Why the Need for Change?
Assistive Technology
Alternatively Fueled Vehicles
Autonomous Vehicles

DAILY DUTIES THAT PREVENT VEHICLE INFRINGEMENTS

Tyre Safety
Vehicle Inspections
Vehicle Maintenance
Safe Working on Vehicles

IMPROVING DRIVER SAFETY AND VEHICLE SECURITY

What's the Risk?
Vehicle Security
Clandestine Entrants
Safe Stopping

USING THE VEHICLE TO IMPROVE FUEL CONSUMPTION

Why Drive Economically and Planning for Efficiency
Aerodynamics
Telematics and Fuel Efficiency
Torque and Engine Power

REDUCING INCIDENTS INVOLVING FLUIDS AND LIVE LOADS

Load Safety Regulations
Principles of Safe Loading
Planning to Load and Unload
The Effects of Fluids & Liquids

REDUCING ABNORMAL LOAD INCIDENTS AND INFRINGEMENTS

Load Safety Regulations
Abnormal Loads
Planning to Load and Unload
Load Securing Systems

UNDERSTANDING THE KEY ELEMENTS OF A HGV

The Tractor Unit
Braking Systems
Retardation
Coupling Systems



THE RULES

EMPLOYER'S DUTIES TOWARDS COMPLIANCE

Transport Managers
O Licensing
Vehicle Selection
Insurance

IMPROVING DRIVERS' DAILY DUTIES TOWARDS ROAD FREIGHT COMPLIANCE

Driver Licensing
Weights and Dimensions
Inspections and Prohibitions
OCRS

UNDERSTANDING SMART DIGITAL TACHOGRAPHS TO REDUCE INFRINGEMENTS

Introduction to the Smart Digital
Vehicle Unit
Using the Smart Digital
Tachograph
Faults and Errors
Enforcement

REDUCING DIGITAL TACHOGRAPH INFRINGEMENTS

Introduction to the Digital
Tachograph
Using the Digital Tachograph
Malfunctions and Events
Enforcement

REDUCING MIXED DRIVERS' HOURS RULES INFRINGEMENTS

An Intro to Drivers' Hours
Multi-Manning
GB and NI Rules
Mixed Rules

REDUCING DRIVERS' HOURS RULES INFRINGEMENTS

An Intro to Drivers' Hours
Driving Limits and Breaks and
Rest Periods
Working Time Directive
Record Keeping and
Enforcement

IMPROVING COMPLIANCE WITH INTERNATIONAL TRANSPORT DUTIES

International Transport
Freight Forwarding
CMR
Insurance



THE ROAD

IMPROVING PRACTICAL DRIVING SKILLS

Safe and Economic Driving Overview

Practical Development Drive

Practical Drive 1

Practical Drive 2

OVERCOMING THE CHALLENGES OF VARYING ROAD CONDITIONS

Driving in Challenging Road Conditions

Winter Driving

Reacting to Road Conditions

Roadworks and Traffic

OVERCOMING DAILY DRIVING CHALLENGES

Route Planning

The Highway Code

Bridges and Bridge Strikes

Roadworks and Traffic

IMPROVING HEALTH AND SAFETY WHILST OUT ON THE ROAD

General Health and Safety

Safe Working on the Road

Noise Pollution

COSHH

REDUCING INCIDENTS IN THE WORKPLACE

General Health and Safety

Assessing the Risks

General Site Safety

Reversing

DEALING WITH COMMON EMERGENCY SITUATIONS

What's the Risk?

Breakdowns

Bridge Strikes

Fire

REDUCING INCIDENTS ON DIFFERENT ROAD TYPES

Urban Driving

Rural Driving

Motorway Driving

Cyclists & Vulnerable

Road Users

DEALING WITH ROAD TRAFFIC INCIDENTS

Making the Scene Safe

Emergency Services

Preserving Life

Traffic Incident Reporting



ADDITIONAL COURSES

COUNTERTERRORISM

TRANSPORT MANAGER
REFRESHER

NATIONAL HIGHWAYS:
SAFER VEHICLES AND
SAFER PEOPLE

NATIONAL HIGHWAYS:
BRIDGE STRIKES AND
HEALTH & WELLBEING

14 HOURS

7 HOURS

7 HOURS

CARRIAGE OF DANGEROUS
GOODS INITIAL (118)

CARRIAGE OF DANGEROUS
GOODS INITIAL
- CORE (53)

CARRIAGE OF DANGEROUS
GOODS INITIAL
- CLASSES (53)

CARRIAGE OF DANGEROUS
GOODS INITIAL
- TANKS (53)

21 HOURS

7 HOURS

7 HOURS

7 HOURS

CARRIAGE OF DANGEROUS
GOODS INITIAL -
PRACTICAL, PACKS AND
BULK, TANKS (53)

7 HOURS