



Course Description for:
DOT New Driver Training
 under 49 CFR 380

Prerequisites: None

Who Needs This Training: Effective March of 2004, any driver who began driving a commercial motor vehicle after July 31st of 2003 must complete DOT specified training to educate the new employee in the necessary information to begin a professional driving career. This law applies to ANY person holding a Commercial Drivers License (CDL) There are NO exemptions to this requirement.

Completion Requirements: Students will be allowed to proceed at their own pace in this interactive, on-line training program. Students must complete each chapter, and pass the final exam with a score of 70% or better.

Objective: The purpose of this course is to ensure awareness and promote safety and well being among operators of commercial motor vehicles. The objective is to make the new driver aware of key facts in several areas that will assist them in become a safe, healthy employee.

At the conclusion of this course, students will:

- Have a better understanding of how a driver logbook is to be completed.
- Learn a better way to promote health through better diet and exercise.
- Understand what qualification, both medical and non-medical, the Dept. of Transportation requires of operators of commercial motor vehicles.

Course Outline:

<p>Chapter 1 – Driver Qualifications, Medical and Non-Medical Driver qualifications per 49 CFR part 391 Medical qualifications per 49 CFR part 391 Medical disqualifications</p>
<p>Chapter 2 - Drivers Hours of Service How to correctly complete a daily log Hours available vs. rest required per 49 CFR part 395 70 hours in 8 day or 60 hours in 7 day rule 34 hour restart</p>
<p>Chapter 3 – Driver Wellness What is a proper diet How to maintain a proper diet while on the road Exercising on the road Correct Body Mass Index BMI</p>
<p>Chapter 4 – Whistleblower Drivers rights under the Civil Rights Act/Whistleblower Drivers rights to report unsafe equipment or acts without fear of reprisals</p>

Price List:

Number of Seats Purchased	Net Price Per Seat
1-4	29.95
5-8	19.95
9-15	15.95
16-20	11.95
21-30	9.95
31-50	8.95
51+	7.95

Questions? Call 1-800-711-2706
Register Now