

A-Fleet Professional Safe Driver Course

Safety & defensive driver training for CDL-A truck drivers



Understanding Safety & Risk

30 minutes

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

Topics covered:

- What is safety
- What is risk
- What are accidents and what causes accidents
- Avoiding common driving risks

LLLC Defensive Driving

21 minutes

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.

Topics covered:

- LLLC: The Four Principles to Driving Safely
- The basics of defensive driving for truck drivers
- Speed management
- Visual search
- Hazard recognition
- Safely navigating intersections
- Performing safe turns
- Maintaining a safe following distance
- Space management – including overhead and undercarriage clearance
- Effective Communication with lights, signals, and horn

Large Vehicle Dynamics

25 minutes

Drivers learn about the increased risk of driving a combination 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.

Topics covered:

- Safe use of accelerator
- Anticipated stops
- Understanding and managing stopping distance
- Perception distance, reaction distance, and braking distance
- Preventing rollovers and safely navigating curves and turns
- Assessing traction and tire tread
- Rocking & rolling to see around your blind spots
- Tailswing and off-tracking

Following Distance

16 minutes

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.

Topics covered:

- How to maintain a minimum safe following distance in a tractor-trailer
- Preventing rear-end collisions, panic stops, rollovers, and off-road incidents
- Calculating following distance
- Maintaining a safe following distance in rain, snow, sleet, ice, and limited visibility conditions

Intersections

23 minutes

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

Topics covered:

- Common risks at intersections for tractor-trailers
- Types of intersections
- Safely navigating intersections
- Safely performing right turns
- Safely performing left turns
- Tailswing and off-tracking
- Protecting pedestrians and cyclists at intersections

Lane Changing, Merging & Passing 21 minutes

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

Topics covered:

- Risks faced when changing lanes, merging, and passing
- When (and when not) to change lanes, merge, and pass
- Assessing risk before taking action
- Looking Ahead and Looking Around for risk before and during the maneuvers
- Rocking & rolling to see around blind spots
- Proper communication of intentions
- Entering and exiting the highway

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Backing

15 minutes

Covers the potential dangers of backing a combination vehicle 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).

Topics covered:

- The risks of backing
- Defensive parking and avoiding unnecessary backing
- Safe backing procedures
- G.O.A.L. – Get Out and Look before backing
- Using a spotter to back

Attentive Driving

16 minutes

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 reduce those risks.

Topics covered:

- The dangers of distracted driving for commercial drivers
- Inattention blindness
- The types of distracted driving: visual, manual, and mental
- Avoiding distracted driving and being an attentive driver
- Recognizing distracted drivers
- The dangers of texting and driving

Adverse Conditions

28 minutes

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.

Topics covered:

- Night driving
- Driving in rain, snow, sleet, and ice
- Driving in limited visibility such as fog, smoke, and dust
- Extreme weather events – extreme heat, high winds, and floods
- Preventing jackknifing/skids and recovery
- Preventing animal strikes
- Risk from infrastructure – narrow bridges, narrow roads, draw bridges, roundabouts, and parking lots

Pedestrian & Cyclist Awareness

23 minutes

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

Topics covered:

- The severity of pedestrian & cyclist collisions
- Common causes of pedestrian & cyclist collisions
- How blind spots in a commercial vehicle can conceal pedestrians & cyclists
- Using LLLC to see and avoid pedestrians & cyclists
- Protecting people around intersections
- Protecting people out on the road
- Protecting high-risk groups such as children, the elderly, and distracted walkers

Mountain Driving

9 minutes

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.

Topics covered:

- Trip planning for mountain driving
- The risks of driving through mountainous, curvy, and low-traction terrain
- Maintaining speed and control on steep grades
- Down and up-shifting for maximum control
- Emergency response

Railroad Crossings

10 minutes

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.

Topics covered:

- The risks of railroad crossings
- FMCSA regulations regarding railroad crossings
- Looking Ahead to see railroad crossings in advance
- Safely crossing railroad tracks

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Human Factors & Fatigue Management 16 minutes

Presents the risk of fatigued driving for professional drivers and how to prevent it. The lesson discusses the importance of getting enough sleep and following Hours of Service regulations.

Topics covered:

- Risks of fatigued driving
- Fatigued driving as a type of distracted driving
- The signs and symptoms of acute/chronic fatigue
- Preventing fatigued driving with getting enough sleep
- How to improve sleep habits
- Complying with Hours of Service

Load Securement 21 minutes

Explains the importance of load securement and covers regulations related to it. The lesson covers how to use common types of securement systems based on the load the driver is carrying and the type of trailer.

Topics covered:

- Accidents resulting from improper load securement
- FMCSA regulations on load securement
- Common types of load securement tools such as binders, chains, straps and hook
- How to calculate the Working Load Limit
- Inspecting load securement

Federal Regulation 23 minutes

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

Topics covered:

- The history of the D.O.T. and FMCSA
- The purpose of regulations
- Driver fitness
- Important regulations - medical exam, driving record, license requirements, and vehicle inspections
- Hours of Service regulations
- Electronic logging devices
- Drug & alcohol regulations/testing
- The dangers of driving under the influence of drugs or alcohol
- CSA and BASICS

Emergency Procedures 17 minutes

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.

Topics covered:

- Risks associated with emergency response
- Preventing further injuries & accidents after an emergency
- Types of roadside emergencies
- Responding to breakdowns
- Emergency equipment and reflective triangle placement
- Post-accident procedures

Available in Spanish

The following A-Fleet lessons are also available in Spanish:

- LLLC Defensive Driving
- Following Distance
- Intersections
- Lane Changing, Merging & Passing
- Backing
- Attentive Driving
- Air Brake Inspections
- Seat Adjustments
- Mirror Adjustments
- Truck Inspections
- ESL Roadside Inspections

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Tune-Ups

3-to-5-minute videos on a specific topic. Tune-ups are designed to be used as refresher and incident-response training.

- Adverse Conditions
- Air Brake Inspections
- Attentive Driving
- Backing
- Couple
- Crossing Intersections
- Crossing Railroad Tracks
- Decreased Visibility
- Enter/Exit The Vehicle Safely
- Entering Traffic/Merging
- Following Distance
- Lane Changing
- Large Vehicle Dynamics
- Left Turns
- LLLC & Commentary Driving
- Load Securement
- Mirror Adjustments
- Mountain Driving & Grades
- Narrow Bridges, Tunnels, & Low Underpasses
- Passing
- Pedestrian & Cyclist Awareness
- Right Turns
- Road Failures
- Seat Adjustments
- Straightforward Driving
- Truck Inspections (Pre and post-trip inspections)
- Uncouple
- Use of Accelerator
- Use of Brakes & Anticipated Stops
- Use of Signals & Horn



Contact Us Today



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"Implementing A-Fleet has truly transformed our transportation department. It has streamlined our training processes, ensuring our drivers stay updated with the latest defensive driver standards and safety protocols. The user-friendly platform makes learning accessible and engaging for all drivers and managers, which has significantly improved our operations and safety performance. A-Fleet has not only enhanced our drivers' skills, but also boosted overall efficiency and confidence across the transportation department. I highly recommend Avatar's A-Fleet to any transportation company looking to invest in safety."

Roderick Malone, Senior Driver Trainer, VLS Environmental Solutions