

CTOT

Construction Truck Operator Training

Introduction to CTOT for Supervisors (2-hours)

This class is recommended for anyone who is a foreman, manager, supervisor or owners of construction truck drivers. The material covered in the program are more common regulations for large and small truck operators.

Topics Covered

- Driver rules - Maintenance - Hours of service - Load Securement
- Roadside Inspection - State laws - Driver's License - Registration

New Driver Orientation for the Construction Industry (2-hours)

Orientation is the first step in a successful driver training program. Driver orientation covers all aspects of the driving job. Even when a company hires an experienced driver from another company or from a driver training school, that employee still needs to learn company policies, procedures, and safety regulations.

The objectives of the driver orientation procedure are:

- To make the new employee productive quickly
- To avoid accidents which injure employees
- To avoid accidents or errors which have a negative impact on customer relations

Topics covered:

- Driver files - Drug and alcohol - Entry level training - Qualification files - Maintenance files
- Record retention - Hours of Service and ELD - Motor Vehicle Record (MVR's)

New Rules - Are You Ready? (2-hours)

This class is recommended for anyone who operates a commercial vehicle. This annually update class will cover the most recent rule changes and new requirements to ensure the participants have the most current information.

Topics covered:

- Electronic Logging Device (ELD) - Drug and alcohol recognition and testing
- Entry level training - Overview of new rules and regulations

Professional Truck Driver (2-hours)

This class is recommended for all drivers.

Topics covered:

Lessons learned from crashes involving commercial vehicles and factors that influence them:

- Texting and cell phone use - Aggressive driving/road rage - Night time driving
- Severe weather driving - Target fixation and tunneling - Disciplined attention (how to improve your driving skills with your eyes)
- Criminal civil and administrative repercussions that may result for CMV crashes
- Backing and parking - Lane change and use of mirrors

Big Truck and Little Truck Safety Regulations (2-hours)

This course is recommended for any company, municipality, county or agency with multiple vehicles, some of which require a CDL and some that don't. It includes safety regulations for both interstate operations and those with in Minnesota (Intrastate). This class will be customized to fit customer needs

Topics covered:

- Cell/texting prohibition - Alcohol use & transportation - Radar detectors - Non-commercial registration
- Hours of service - Annual inspection - Maintenance - Materials of the trade - Vehicle marking
- Trailer brakes - Driver Qualifications - Intrastate operation

Driver Fitness and Medical Qualifications (2-hours)

Building a healthy lifestyle can be hard work – especially for truck drivers, who are constantly on the go. This class is intended for companies that do not have an established wellness program. A professional driver's basic knowledge regarding health and wellness including personal risk factors and basic preventive actions will be provided. The good news is that small changes in lifestyles can produce big benefits!

Topics covered:

- Fatigue - Unmanaged stress - Ergonomics is about performing the job in such a way as to prevent injuries
- Diet and exercise - Alcohol, drugs and abuse
- What you will need to know about the medical exam to obtain your card

Flagging and Work Zone Safety (1-2 hours)

This class is a must for any company or municipality whose operations affect the motoring public. It will cover the latest Minnesota Department of Transportation's approved flagging techniques and procedures designed to protect work areas where flagging traffic is mandatory. It will include flagging traffic control layouts, proper hand signals, flagger obligations, and helpful flagging technique tips. The basics of traffic control for work zones will be covered. Traffic control layouts, guidelines and legalities based on the MnDOT field manual for traffic control will be presented and discussed.

Hours of Service (2-hours)

This class is recommended for all drivers who operate a construction/commercial vehicle. All aspects of the hours of service regulations will be covered, beginning with the exceptions and exemptions in state law, through the 100/150-mile radius exceptions to logging and the basic requirements for electric logging devices (ELD).

Load Securement (2-4 hours)

This interactive *hands-on course provides load securement training to drivers involved in the hauling of a variety of cargo. The class features updated Minnesota and Federal laws regarding proper securement methods and devices. It can be customized to address specific types of cargo.

*Hands-on training is weather permitting unless scheduled at an inside location.

Roadside Inspection (2-hours)

This class prepares construction truck operators for what to expect during a Level 1 roadside inspection in Minnesota. Operators will learn the essentials of the North American Standard Level 1 roadside inspection procedures and what constitutes Out-Of-Service (OOS) violations according to the Federal Motor Carrier Safety Regulations (FMCSR), which are detailed by the Commercial Safety Vehicle Alliance (CVSA) and enforced by Minnesota State Patrol. Instructional materials will include video demonstrations of Level 1 roadside inspections of tractor trailers, large and small dump trucks and straight trucks. *Hands-on demonstration is provided.

*Hands-on training is weather permitting unless scheduled at an inside location.

Drug and Alcohol Recognition Techniques (2-hours)

Companies and organizations of all sizes have an important role promoting the health and safety of employees and managing risk in the workplace. Drug and alcohol use among employees puts them (and other employees), the public and your company at great risk. By implementing policies and providing training you can help eliminate potential danger. The *Drug and Alcohol Recognition Techniques for Employers* program will help you recognize signs and symptoms of drug and alcohol use among employees.

Topics covered:

- Reasonable suspicion —what is it? - Physical manifestations of alcohol/drug use
- Identification of groups of drugs and their effects - Identification of various types of alcohol/drug users and their behaviors -Workplace policy implementation - Traffic safety and driving performance issues

*This program meets DOT one-hour drug and one-hour alcohol training requirements for supervisors (49 CFR 382.603). **Program Fees:**

2- hour program: \$600 *plus travel and lodging if any