



**DRIVEN FOR  
SAFE DRIVING  
APRIL 2024  
TRAINING CATALOG**



**The Free *Infiniti-I Workforce Solutions* App is  
Available on Apple and Android Devices**



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WHAT'S NEW?  
Infinit-I releases new and  
updated content every month!



2023  
73  
new or updated  
videos

2024  
34  
new or updated  
videos and  
counting!

NEW & UPDATED COURSES  
FOR APRIL 2024

Pre-Trip Component Inspection

Length: 5:26  
This video explains what drivers should check for during a multi-point inspection of their rig components. This pre-trip inspection should consist of checking items like the cooling system, belt engine, transmission gears, wheel assembly, and more.  
Package: Infinit-I Workforce Trucking  
Course: Pre and Post Trip Inspections

Form and Manner Violations

Length: 5:39  
This video explains what form and manner violations are and how to avoid them. It also discusses the consequences of these violations and explores relevant differences between ELDs and paper logs.  
Package: Infinit-I Workforce Trucking  
Course: Form and Manner Violations

Axle Alignment and Maintenance - Part 1

Length: 6:38  
This video explains the necessary steps to ensure optimum tire wear is achieved through proper alignment and maintenance. These techniques provide a quick, low-cost method of establishing whether or not a poor alignment condition exists.  
Package: Infinit-I Workforce Trucking  
Course: Axle Alignment and Maintenance - Part 1

Axle Alignment and Maintenance - Part 2

Length: 6:54  
This video expands on the necessary steps to ensure optimum tire wear is achieved through proper alignment and maintenance. It discusses the Ackermann principle, how to identify worn components, and more.  
Package: Infinit-I Workforce Trucking  
Course: Axle Alignment and Maintenance - Part 2

Stop Signs

Length: 3:42  
This video discusses stop signs, their function, and their rules. It also explains what CMV drivers should keep in mind around stop signs.  
Package: Infinit-I Workforce Trucking  
Course: Stop Signs

Anti-lock Braking Systems - How to Brake  
With ABS - Sistemas de frenos antibloqueo:  
Cómo Debe Frenar con ABS

Length: 5:07  
This video explains how to brake safely with antilock brake systems. It also discusses how to maintain your ABS to ensure it continues functioning properly. - Este vídeo explica cómo frenar de forma segura con sistemas de frenos antibloqueo. También analiza cómo mantener su ABS para garantizar que continúe funcionando correctamente.  
Package: Infinit-I Workforce Trucking (Spanish)  
Course: Anti-lock Braking Systems - Sistemas de Frenos Antibloqueo

NEW & UPDATED COURSES  
FOR MARCH 2024

Anti-lock Braking Systems -  
How You Should Brake with ABS

Length: 4:33  
This video explains how to brake safely with antilock brake systems. It also discusses how to maintain your ABS to ensure it continues functioning properly.  
Package: Infinit-I Workforce Trucking  
Course: Anti-lock Braking Systems

Diesel Exhaust Fluid (DEF)

Length: 3:44  
This video discusses how DEF works to reduce harmful emissions. It also explains how CMV drivers are affected by its implementation.  
Package: Infinit-I Workforce Trucking  
Course: Diesel Exhaust Fluid (DEF)

IEP Rule - Part 1

Length: 5:37  
This video discusses general definitions and concepts around Intermodal Equipment Providers and Intermodal Equipment, as well as much of the required documentation for being an IEP or hauling IME  
Package: Infinit-I Workforce Trucking  
Course: Intermodal Equipment Providers Rule (IEP)

IEP Rule - Part 2

Length: 5:40  
This video discusses general best practices involving the inspection, repair, and maintenance of IME and details what should be involved in a driver-vehicle inspection report  
Package: Infinit-I Workforce Trucking  
Course: Intermodal Equipment Providers Rule (IEP)

Rest Stop Routines

Length: 5:28  
This video discusses simple exercises drivers can do on their breaks to stay healthy. It also explains the regulations regarding driving breaks and what duties must be performed at every step.  
Package: Infinit-I Workforce Trucking  
Course: Rest Stop Routines

Canadian Hours of Service - Part 1 - Introduction

Length: 3:05  
This video explains an overview of this series of Content Name:s. It also describes the basics of the Canadian Hours of Service Regulations.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 2 -  
Electronic Logging Devices (ELDs)

Length: 3:04  
This video discusses electronic logging device regulations and how they apply to drivers. It also discusses exceptions to the regulations.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 3 - Definitions

Length: 3:04  
This video discusses the terms used in the Canadian Hours of Service Regulations. It also explains the relationship between terms and other regulations.  
Package: Canadian Content  
Content Name:: Canadian Hours of Service

Canadian Hours of Service - Part 4 - Cycles

Length: 5:53  
This video discusses the work cycle regulations. It provides examples and figures of proper work cycles.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 5 -Exceptions

Length: 5:13  
This video discusses the exceptions to the hours of service regulations. It provides examples and specific scenarios for these exceptions.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 6 -  
Sleeper Berth Rule

Length: 4:50  
This video discusses exceptions to the sleeper berth regulations. It provides examples of proper use of the exception with split sleeper berth times and team times.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 7 -  
Daily Logs and Exemptions

Length: 5:02  
This video discusses exemptions around the requirements of daily logs.  
Package: Canadian Content  
Course: Canadian Hours of Service

NEW & UPDATED COURSES  
FOR FEBRUARY 2024

Hours of Service - Part 11 -  
Agricultural Commodity Exemption

Length: 6:23  
This video explains exemptions to the standard hours-of-service logging for drivers who transport agricultural commodities. It also explains how exempt drivers should properly log their hours.  
Package: Infinit-I Workforce Trucking  
Course: Hours of Service

OSHA: Sling and Chain Safety

Length: 5:36  
This video explains how to safely use chains and slings in the workplace. It discusses different types of chains and slings and emphasizes the importance of understanding what shock loading is.  
Package: OSHA  
Course: OSHA: Sling and Chain Safety

OSHA: Fall Protection

Length: 6:19  
This video discusses the types of fall protection systems in the worksite. It explains where each fall system would b in place and regulations surrounding them  
Package: OSHA  
Course: OSHA: Fall Protection

OSHA: Labor/Management Safety Committees

Length: 5:35  
This video explains the OSHA requirements for assembling a labor-management safety committee. It discusses the purpose of these committees and the duties they're responsible for.  
Package: OSHA  
Course: OSHA: Labor/Management Safety Committees

AND MORE!



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## CONTENT CATALOG

### BUSINESS ACUMEN

#### CBSI TRAINING

##### Business Structure: Choosing the Right One

Length: 10:25

This segment will focus on the importance of the proper formation of your company. From sole proprietor to an S-Corporation, the video will explain the different options that you have and tax consequences.

Course Name: CBSI 6 Part Series

Content Name: Key 1 Business Structure

##### Building Your Business Team: No One Can Do It Alone

Length: 2:37

Discusses the importance of who hire to allow you to operate your new business.

Course Name: CBSI 6 Part Series

Content Name: Key 2 Building Your Business Team

##### Running Your Business: Doing the Fundamentals

Length: 7:11

This video addresses doing the fundamentals right. Proper file keeping, paying bills on time, and delegation of tasks.

Course Name: CBSI 6 Part Series

Content Name: Key 3 Running Your Business

##### Paying Attention to the IRS

Length: 6:26

This video addresses quarterly filings and tax returns.

Course Name: CBSI 6 Part Series

Content Name: Key 4 Paying Attention to the IRS

##### Having Financial Info. Available to Run Your Business

Length: 7:06

This video addresses Federal as well as State compliance records and timely tracking reports to keep you informed of your firm's financial status.

Course Name: CBSI 6 Part Series

Content Name: Key 5 Having Financial Information Available

##### Stability – The IT Factor

Length: 5:00

This computer system and program allows you to focus on growth and income, efficiency, and profitability.

Course Name: CBSI 6 Part Series

Content Name: Key 6 Stability

#### INSURANCE COVERAGE

##### Trucking Industry Best Practices, Bob Perew

Length: 1:00:42

Bob Perew, Senior Loss Control Specialist for Canal Insurance Company, discusses the major characteristics of the best trucking companies, including management, financial statements, business growth, strong safety culture, and driver compensation.

Course Name: Best Practices Webinars

Content Name: 2019 Webinars

#### RUNNING A BUSINESS

##### Employee Handbooks: Policy Updates You Need to Make

Length: 1:04:35

Attorney Greg McAllister reviews new laws in multiple areas that you need to understand as you review policies and update your employee handbooks.

Course Name: Human Resources - Infnit-I

Content Name: Webinars

### CSA BASICS

##### CSA BASICS, Part 1 - Introduction

Length: 3:31

The goal of the CSA initiative is to hold "motor carriers and drivers accountable for their role in safety." Join us for the first in this multi-part series to learn what exactly that means. In this introduction we discuss the seven BASICS, how drivers and carriers are affected, and what to expect in parts 2-9 of this training Content Name:

Course Name: CSA BASICS

Content Name: Part 1 - Introduction

\*Available in Spanish

##### CSA BASICS, Part 2 – Safety Measurement System (SMS)

Length: 7:58

The FMCSA uses the Safety Measurement System under CSA guidelines to establish dangerous drivers and carriers on the road. In this section of the CSA BASICS training Content Name: learn about the four major components of the SMS, the difference between CSMS and DSMS, how scoring works, how to improve a score, and what happens if the FMCSA rules an intervention.

Course Name: CSA BASICS

Content Name: Part 2 – Safety Measurement System (SMS)

\*Available in Spanish

##### CSA BASICS, Part 3 – Controlled Substances and Alcohol BASIC

Length: 4:23

It's important for drivers and motor carriers to know the details of each BASIC to properly adhere to the rules and avoid safety issues. Let's dig into the Controlled Substances/Alcohol BASIC by discussing what is included in the BASIC, examples of violations and severity weights, documents required during an investigation, and how to avoid violations in this category.

Course Name: CSA BASICS

Content Name: Part 3 – Controlled Substances and Alcohol BASIC

\*Available in Spanish



**CSA BASICS, Part 4 – Crash Indicator BASIC**

*Length: 3:56*  
Decreasing the frequency of crashes is the essence of the CSA program, making the Crash Indicator BASIC crucial in maintaining road safety. This video explores how the BASIC is defined, how performance is measured, which documents to keep on-hand, and crash prevention and safety performance improvement.

*Course Name: CSA BASICS*  
*Content Name: Part 4 – Crash Indicator BASIC*  
*\*Available in Spanish*

**CSA BASICS, Part 5 – Driver Fitness BASIC**

*Length: 4:21*  
The Driver Fitness BASIC refers to the operation of CMVs by those who are unfit to do so due to lack of training, experience, or medical qualifications. In part five of this training Content Name:, you'll learn what this category entails, correlating violations and severity weights, necessary documentation, and ways to improve your score.

*Course Name: CSA BASICS*  
*Content Name: Part 5 – Driver Fitness BASIC*  
*\*Available in Spanish*

**CSA BASICS, Part 6 – Hazardous Materials Compliance BASIC**

*Length: 4:18*  
The Hazardous Materials Compliance BASIC addresses regulations on safely transporting HM via commercial motor vehicles. In this video you'll learn what the BASIC covers, examples of violations and severity weights, required documents, and CSA score improvement for this category.

*Course Name: CSA BASICS*  
*Content Name: Part 6 – Hazardous Materials Compliance BASIC*  
*\*Available in Spanish*

**CSA BASICS, Part 7 – Hours of Service Compliance BASIC**

*Length: 3:49*  
Hours-of-Service regulations were put in place to ensure drivers are awake, alert, and have quick response times on the road. In this section of the CSA training Content Name:, we cover the Hours-of-Service Compliance BASIC, including examples of violations and severity weights, proper documentation, and how to improve a score in this category.

*Course Name: CSA BASICS*  
*Content Name: Part 7 – Hours of Service Compliance BASIC*  
*\*Available in Spanish*

**CSA BASICS, Part 8 – Unsafe Driving BASIC**

*Length: 4:16*  
The Unsafe Driving BASIC refers to the operation of CMVs in a dangerous or careless manner. Join us in this eighth segment of the CSA BASICS training Content Name: where we talk about the details of this category, examples of violations and severity weights, required documents, and score improvement.

*Course Name: CSA BASICS*  
*Content Name: Part 8 – Unsafe Driving BASIC*  
*\*Available in Spanish*

**CSA BASICS, Part 9 – Vehicle Maintenance**

*Length: 5:48*  
The responsibility of maintaining safe CMVs is shared between drivers, maintenance personnel, and carriers. In this final CSA BASICS video, learn about the Vehicle Maintenance BASIC including violations and severity weights, required documentation, and options for score improvement.

*Course Name: CSA BASICS*  
*Content Name: Part 9 – Vehicle Maintenance*  
*\*Available in Spanish*

**CSA MINUTES**

**CSA Minutes: Broken or Discolored Windshield**

*Length: 0:55*  
This video briefly explains the importance of windshield upkeep. It explains the consequences of driving with a broken or discolored windshield and lists CSA point violations for these offenses.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Driver Intervention – Part 1**

*Length: 1:21*  
This video briefly explains how CSA scores and violations work. It discusses driver and company records and how some drivers may need FMCSA intervention.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Driver Intervention – Part 2**

*Length: 2:42*  
This video briefly describes when FMCSA intervention is necessary for drivers as a result of on-site audits. It explains how drivers are responsible for preventing CSA violations and discusses the possibility of receiving a Notice of Claim.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Driving a CMV While Disqualified From Holding a CDL 383.51(a)**

*Length: 1:01*  
This video briefly explains that drivers who operate a commerical motor vehicle must have a commerical driver's license and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Driving More Than 11 Hours**

*Length: 1:40*  
This video briefly discusses how drivers should not exceed their hours of service. It mentions the danger of fatigue and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Driving While Ill or Fatigued**

*Length - 01:12*  
This video describes the dangers of driving while ill or fatigued. It discusses the relevant CSA violations and encourages drivers to express when they're too tired to drive. .

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*  
*\*Available in Spanish*

**CSA Minutes: Driving with Exposed Belts or Ply**

*Length: 1:40*  
This video briefly explains the importance of checking your tires during a pre-trip inspection. Worn tires can be dangerous and can result in CSA violations.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Driving without Required Paperwork**

*Length: 1:39*  
This video briefly describes the consequences of driving without the necessary paperwork, such as your CDL, medical certificate, and logbook. It also emphasizes the importance of keeping such documents up-to-date and accessible.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Driving without Valid CDL**

*Length: 1:13*  
This video briefly discusses the consequences of driving without your CDL. It also lists the relevant CSA violations.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: ELD - Driver Failed to Assume or Decline Unassigned Driving Time - 395.32B**

*Length: 1:12*  
This video discusses logging driving time in to your Electronic Log Device. It explains how yard moves can cause an Unidentified Driver log and describes the CSA score violation for this.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - Driver Failed to Manually Add Information - 395.24C**

*Length: 1:31*  
This video describes the benefits and drawbacks of using ELDs. It explains how drivers must be diligent when adding manual annotations to the log and lists the relevant CSA violations.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - Driver Failed to Select Special Driving Category - 395.28**

*Length: 1:13*  
This video discusses the violation of a driver failing to select a special driving category or other similar situations and the point amount associated with this type of violation.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - Failing to Follow the Prompts from the ELD - 395.30C**

*Length: 1:03*  
This video discusses the consequences of inaccurately recording information on your ELD. It emphasizes the importance of staying diligent when adding or editing information from the ELD prompts.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - Failing to Note Malfunctions that Requires Use of Paper Log - 395.34A1**

*Length: 1:19*  
This video explains the importance of logging ELD malfunctions on a paper log. It discusses using a graph-grid and preparing a manual record of duty status log.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - No Record of Duty Status - 395.8A**

*Length: 1:18*  
This video describes the importance of correctly notating your record of duty status. It explains how non-exempt drivers must ensure their ELDs are functioning and exempt drivers are properly updating their paper logs.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - Operating with a Device Not Registered with FMCSA**

*Length: 1:07*  
This video briefly explains that ELDs selected for CMVs must be registered with the FMCSA. It discusses how most drivers must use ELDs unless certain exemptions apply.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: ELD - Portable ELD Not Mounted in a Fixed and Visible Position**

*Length: 1:07*  
This video emphasizes the importance of staying alert while driving and minimizing distractions. It discusses how portable ELDs must be mounted in a fixed, visible position.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Failure to Control Fueling of HazMat Vehicle**

*Length: 1:31*  
This video discusses the importance of staying near your vehicle when fueling. It explains relevant CSA violations and that HazMat loads are especially dangerous when left unattended.

*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes: Trooper Mark Clark*



**CSA Minutes: Failure to Control Fuel of HM - 397.15**

*Length: 1:10*

This video describes the importance of staying near your hazmat load vehicle when refueling. It briefly discusses fueling procedures and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Failure to Retain 7 Days of Logs**

*Length: 1:25*

This video briefly describes the importance of maintaining and retaining driver paperwork. Drivers must keep a record of the last seven days of their duty status log.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Failure to Use Caution For Hazardous Conditions**

*Length: 1:31*

This video discusses the importance of driving cautiously through hazardous road conditions such as work zones. It lists the relevant CSA violations and urges drivers to slow down when approaching hazardous conditions.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Following Too Close - 392.2FC**

*Length: 1:13*

This video discusses the dangers of following vehicles too closely. It explains how the typical CMV should leave 4-6 seconds of following distance from the vehicle in front of them.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: General Qualifications - 391.11(b)**

*Length: 1:10*

This video briefly explains the basic qualifications to drive a CMV and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: General Securement 392.9 - 392.9(a)(3)**

*Length: 2:04*

This video discusses violations 392.9 through 392.9(a)(3), general securement.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Hazardous Materials Package Specification**

*Length: 1:20*

This video discusses the dangers of misrepresenting a package specification. It lists relevant CSA violations and explains that hazardous materials packaging is highly regulated to minimize danger.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Hood Not Securely Fastened**

*Length: 1:31*

This video briefly describes the importance of fastening your hood securely. It discusses the importance of patience and ensuring all parts of your vehicle are tight and operative.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Improper Flag Placement**

*Length: 1:10*

This video explains the importance of properly placing and securing the necessary flags on your load and vehicle.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Improperly Loaded or Secured Cargo**

*Length: 1:10*

This video briefly discusses the dangers of improperly securing cargo on a load. It also lists the relevant CSA violations and possible consequences for your safety record.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: In Possession or Under the Influence of a Narcotic Drug**

*Length: 1:25*

This video briefly explains the dangers of narcotics for drivers and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Inoperative Headlamps**

*Length: 1:16*

This video briefly explains the importance of ensuring your headlamps are functional. It emphasizes conducting thorough pre-trip inspections and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Inoperative Tail Lights**

*Length: 1:15*

This video briefly discusses the danger of driving with inoperative tail lights and lists the relevant CSA violations. It emphasizes the importance of checking your lights during stops and inspections.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Inoperative Turn Signal - 393.9TS**

*Length: 1:00*

This video explains the importance of having functional turn signals. It emphasizes how the ability to indicate a turn can keep you and other motorists safe.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Inoperative/Defective Brakes - 393.48(a)**

*Length: 1:07*

This video describes the dangers of driving with defective brakes. It lists various brake components that need to be regularly inspected as well as emphasizes the importance of proper brake tests during pre-trip inspections.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Leaking Fluid**

*Length: 1:48*

This video briefly discusses the importance of looking under your vehicle during inspections to check for leaking fluids. It also lists the relevant consequences and CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Leaking, Spilling, or Blowing Cargo**

*Length: 1:58*

This video explains the dangers of leaky trailers or cargo spillage. It emphasizes the importance of securing your load and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Lubrication & Oil and/or Grease Leak - 396.5(a) 396.5(b)**

*Length: 1:13*

This video briefly discusses the importance of ensuring your vehicle is properly lubricated. It describes the consequences of grease leaks and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: No Medical Certificate in Driver’s Possession - 391.41(a)**

*Length: 1:25*

This video describes the importance of carrying proper documentation with you while driving, including a medical certificate. It explains how CDL holders must present certain documents or risk having their CMV driving privileges downgraded by the State.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Operating CMV with Lamps - Reflectors Obscured - 392.33**

*Length: 1:07*

This video briefly explains the importance of keeping your reflectors visible. When they’re obscured, your CMV can blend into its surroundings, presenting a danger to you and other motorists.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Out of Service**

*Length: 1:45*

This video briefly discusses the importance of properly preparing a record of duty status to avoid being placed out of service. It emphasizes how logs are to be accurate and accounted for and explains relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Passenger Seat Belt**

*Length: 1:34*

This video discusses the violation of operating a CMV while all other occupants are not properly restrained and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Possession of Alcohol**

*Length: 1:21*

This video discusses the consequences of possessing alcohol while operating a CMV and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

**CSA Minutes: Seatbelt**

*Length: 1:45*

This video briefly explains the importance of wearing a seatbelt when driving. Not only does wearing your seatbelt keep you safe, it’s the law.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Smoking with HazMat Load**

*Length: 1:30*

This video briefly explains the dangers of smoking near a HazMat load and lists relevant CSA violations.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Speeding**

*Length: 3:34*

This video describes CSA speeding violations, including how different speeds have different severity weights for CSA scoring. It also explains the importance of scheduling runs in a timely manner to avoid having to speed.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes*

*\*Available in Spanish*

**CSA Minutes: Texting While Driving**

*Length: 2:01*

This video briefly explains the dangers of texting and driving. It lists relevant CSA violations and discusses hands-free devices.

*Package: Infinit-I Workforce Trucking*

*Course: CSA Minutes: Trooper Mark Clark*

**CSA Minutes: Tiedown - 393.104(f)**

*Length: 1:19*  
This video discusses how tiedowns can keep your load safe. It briefly explains regulations for securing tie-downs and lists relevant CSA violations.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Tire Condition - 393.75(a)**

*Length: 1:25*  
This video emphasizes the importance of having good tire conditions while driving. It describes various dangers of driving on worn or defective tires and lists relevant CSA violations.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Tire Load Limit and Underinflation**

*Length: 1:49*  
This video discusses the importance of knowing the weight limit of your tires and ensuring proper inflation. It explains the dangers of driving on under-inflated tires and lists the relevant CSA score violations.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Tire Speed Restriction**

*Length: 1:27*  
This video explains the importance of knowing the speed restriction of your tires. This should be checked during pre-trip inspections – exceeding the tire’s speed restriction can result in a CSA violation.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Tire Tread**

*Length: 2:04*  
This video explains the importance of maintaining your tires for road safety. It emphasizes tread depth and groove and lists relevant CSA violations.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Under the Influence of Alcohol**

*Length: 1:45*  
This video briefly discusses the dangers of drunk driving. It discusses the effects of alcohol, such as decreased cognitive abilities, and lists relevant CSA violations.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**CSA Minutes: Windshield Obstruction**

*Length: 2:46*  
This video explains the importance of having a clean windshield with no obstructions to your view. It discusses various devices that can or cannot be mounted on the dash and lists relevant CSA violations.  
*Package: Infinit-I Workforce Trucking*  
*Course: CSA Minutes*

**ELD - Necessary Related Materials**

*Length: 1:32*  
This video discusses various materials related to ELDs that drivers are required to maintain. Failure to maintain these materials are violations of the Hours of Service Compliance BASIC.  
*Course Name: CSA Minutes*  
*Content Name:: CSA Minutes*

**ELD - Failure to Provide Supporting Documents**

*Length: 1:30*  
This video discusses the supporting documents a driver must keep in their possession and provide upon request. Failure to provide supporting documents in relation to ELDs is a violation of the Hours of Service Compliance BASIC.  
*Course Name: CSA Minutes*  
*Content Name:: CSA Minutes*

**ELD - Display Screen Cannot Be Viewed Outside of the CMV**

*Length: 1:06*  
This video discusses ELDs and how the display screen for an ELD must be able to be viewed from outside of the CMV. An ELD’s display screen that cannot be viewed outside of the CMV is a violation of the Hours of Service Compliance BASIC.  
*Course Name: CSA Minutes*  
*Content Name:: CSA Minutes*

**Failure to Conduct a Pre-trip Inspection**

*Length: 1:09*  
This is a short reminder that failure to do a proper pre-trip inspection is a violation of CSA.  
*Course Name: CSA Minutes*  
*Content Name:: CSA Minutes*

**Failure to Wear Hearing Aids or Glasses**

*Length: 1:14*  
A reminder on wearing hearing aids and prescription glasses.  
*Course Name: CSA Minutes*  
*Content Name:: CSA Minutes*

**CSA HOURS OF SERVICE**

**Hours of Service - Part 01: Introduction to Hours of Service**

*Length: 2:38*  
This video introduces the FMSCA regulations on hours of service. It outlines who the restrictions apply to and how these guidelines aim to reduce accidents.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 02: The 14 Hour Window / 11 Hour Limit / 60-70 Hour Limit**

*Length: 3:28*  
This video details when CMV operators can drive, how long they can drive, and when to get off the road. It discusses the 14-hour driving window, the 10-hour off-duty regulation, and the 60/70-hour limit. It also explains the differences in these regulations for passenger-carrying vehicles.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 03 - The Thirty Minute Break and 34 Hour Restart**

*Length: 2:08*  
This video explains the 30-minute break and 34-hour restart regulations. It explains what qualifies as a break and differentiates the regulations for short-haul exceptions.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 04 - On-Duty Time / Travel Time / Off-Duty Time**

*Length: 3:36*  
This video defines what is considered on-duty and off-duty time and provides specific examples. It also defines travel time and explains qualifying exclusions for these regulations.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 05 - The Sleeper Berth Provision**

*Length: 5:04*  
This video explains the specifics of the sleeper berth provision. It discusses how the sleeper berth can be used to satisfy the 10-hour off-duty regulation, and provides example scenarios that allow an extension on the 14-hour driving limit.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 06 - The Drivers Daily Log Book**

*Length: 4:05*  
This video explains the regulations on logging hours of service on paper. It discusses the driver’s 24-hour daily log and defines who must keep a log, along with exceptions. It also outlines what all must be included in the log.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 07 - Interstate Truck Driver Guide to HOS**

*Type: 27-page PDF*  
This document is the official FMCSA Interstate Truck Driver’s Guide to Hours of Service and reiterates the topics discussed in this series. It does not account for the 2020 hours of service changes.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 08 - HOS ELD**

*Length: 4:25*  
This video discusses the advantages of using an electronic logging device for hours of service, how they work, and who must use them. It also defines what reference items you must keep with your ELD, and who is exempt from using them.  
*Course Name: Trucking Industry*  
*Content Name:: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 09 - Exemptions/Exceptions**

*Length: 2:56*  
This video defines exceptions and exemptions for hours of service regulations, including unexpected adverse driving conditions, short-haul trips, and declared emergencies.  
*Course Name: Trucking Industry*  
*Content Name:: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 10 - Hours of Service Final Rule Visor Card**

*Type: 2-page PDF*  
This document is the FMCSA visor card that outlines the hours of service regulations.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service - Part 11 - Agricultural Commodity Exemption**

*Length: 6:23*  
This video explains exemptions to the standard hours-of-service logging for drivers who transport agricultural commodities. It also explains how exempt drivers should properly log their hours.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*

**Hours of Service Changes in 2020**

*Length: 2:07*  
This video outlines the FMCSA 2020 changes to the hours of service regulations, including the CMV short-haul exemption, adverse driving conditions rules, 30-minute break rules, and the new split sleeper berth provision.  
*Package: Infinit-I Workforce Trucking*  
*Course: Hours of Service*  
*\*Available in Spanish*



CSA WEBINARS

How to Prepare for Major Changes to CSA in 2019

Length: 1:02:02

Craig Lack and Buddy Walls of Carrier Software join Infinit-I Workforce Solutions to discuss how CSA is going to change, the current CSA vs New IRT model, how this will affect transportation companies, and how you can stay ahead of the CSA changes.

Course Name: Best Practices Webinars

Content Name:: 2019 Webinars

DRIVER GENERAL KNOWLEDGE

Animal Avoidance

Length: 5:36

Animal crossings are common and dangerous occurrences. To avoid accidents with animals, learn when and where to look for wildlife, what warning signs look like, and safe driving techniques for these areas. In cases where a collision is unavoidable, there are specific protocols that help limit damage and injuries. Learn about each of these topics in our video, Animal Avoidance.

Course Name: Trucking Industry

Content Name:: Animal Avoidance

\*Available in Spanish

CARGO SECUREMENT

Cargo Door Safety

Length: 5:43

This video details the safe operation of trailer cargo doors. Proper exiting technique from the trailer and proper opening and securement of the doors are detailed.

Course Name: Trucking Industry

Content Name:: Cargo Door Safety

\*Available in Spanish

Cargo Securement

Length: 8:13

When moving cargo over the road it's important to ensure the safety of yourself, others, and the cargo itself. Improperly secured cargo can create various issues, so this video covers FMCSA regulations about cargo securement, your responsibilities, performance criteria, securement devices and requirements, and proper tie-down.

Course Name: Cargo Management

Content Name: Cargo Securement

Handling and Securing Cargo

Length: 7:34

This video covers weight distribution, cargo securement, theft prevention, cargo covering, safe and efficient loading and unloading of cargo, and handling hazardous materials.

Package: Infinit-I Workforce Trucking

Course: Handling and Securing Cargo

Overweight Trailers - Calculating Load

Length: 5:51

Federal regulations for calculating and distributing a load are covered in this video. Also discussed are ways to alter weight distribution and regulations on oversized or overweight trailers.

Course Name: Trucking Industry

Content Name:: Overweight Trailers - Calculating Load

\*Available in Spanish

COUPLING & UNCOUPLING

Coupling - 2016

Length: 5:47

This video discusses proper procedures for coupling a trailer, including methods of approach and contact and identification of parts and hazards.

Course Name: Trucking Industry

Content Name:: Coupling and Uncoupling - 2016

\*Available in Spanish

Uncoupling - 2016

Length: 2:58

This video discusses the proper procedures involved in uncoupling a trailer, including the importance of solid ground, inspection, and personal safety.

Course Name: Trucking Industry

Content Name:: Coupling and Uncoupling - 2016

\*Available in Spanish

DRIVER BEST PRACTICES

Dump Truck Safety

Length: 10:05

This video focuses on dump truck safety considerations, preventive maintenance, pre- and post-trip vehicle inspections, weight maximums, and bed operations.

Course Name: Trucking Industry

Content Name:: Dump Truck Safety

Bucket Truck

Length: 17:39

This video covers bucket truck safety, pre-trip inspection, and personal protective gear. It also covers the importance of establishing a safe working area, job site survey, safety cones and flags, and common obstructions on job sites.

Course Name: Trucking Industry

Content Name:: Bucket Truck

Cargo Theft

Length: 6:35

Cargo theft is an ever-growing issue in the United States, heightening consumer prices, disrupting supply chains, and risking public safety. This video discusses methods to prevent cargo theft, as well as what signs of thievery to watch out for.

Package: Infinit-I Workforce Trucking

Course: Cargo Theft

\*Available in Spanish

Control Systems/Dashboard

Length: 13:27

This video provides a detailed description of instruments, gauges, and controls found on the dashboard and in the cab of a typical large truck. Trainees will learn how to locate, understand, and use these tools as well as safety components available to them.

Course Name: Trucking Industry

Content Name:: Control Systems/Dashboard

\*Available in Spanish

Driving Around School Buses

Length: 5:03

This video focuses on tips on how to operate a CMV around school buses, defensive driving, and operating in school zones and residential areas. This video also discusses the potential dangers and consequences of violating the school bus safety laws.

Course Name: Driving Around School Buses

Content Name: Driving Around School Buses

\*Available in Spanish

Environmental Compliance Issues

Length: 6:35

This video reviews common environmental hazards related to CMV operation, the regulations that apply to environmental compliance, and specifically discusses, air and noise pollution, maintenance, and hazardous materials issues.

Package: Infinit-I Workforce Trucking

Course: Environmental Compliance Issues

Failure to Yield for Emergency Vehicles

Length: 5:49

It's important to know the nuances of yielding safely and properly for emergency vehicles. In this video we discuss best practices for yielding to moving and stationary emergency vehicles with lights and/or sirens activated, how to yield on single, two-lane, and multi-lane roadways, and what happens if these rules are violated.

Course Name: Failure to Yield for Emergency Vehicles

Content Name:: Trucking Industry

\*Available in Spanish

FMCSR – Ramifications

Length: 6:42

This video covers the disqualifications for major offenses, serious traffic violations, railroad-highway grade crossing offenses, and out-of-service offenses.

Package: Infinit-I Workforce Trucking

Course: FMCSR – Ramifications

Form and Manner Violations

Length: 5:39

This video explains what form and manner violations are and how to avoid them. It also discusses the consequences of these violations and explores relevant differences between ELDs and paper logs.

Package: Infinit-I Workforce Trucking

Course: Form and Manner Violations

\*Available in Spanish

Loading, Transporting, and Unloading Heavy Equipment

Length: 12:02

This video covers key areas regarding the transportation, routing and proper loading of heavy equipment.

Course Name: Trucking Industry

Content Name:: Loading, Transporting, and Unloading Heavy Equipment

Low Clearance

Length: 5:20

This video will discuss the importance of knowing what low clearance hazards look like and how best to avoid them.

Course Name: Trucking Industry

Content Name:: Low Clearance

\*Available in Spanish

Merging

Length: 4:32

Learn the intricacies and nuances of approaching and correctly performing a merge. This video also explores when to merge early or utilize the zipper merge technique and issues to avoid while merging

Course Name: Trucking Industry

Content Name:: Merging

\*Available in Spanish

Out-of-Service

Length: 6:06

This video covers the definition of Out-of-Service, reasons why a driver or vehicle could be placed Out-of-Service, penalties for operating while Out-of-Service, and how to resolve being placed Out-of-Service.

Package: Infinit-I Workforce Trucking

Course: Out-of-Service

Parking Lot Safety

Length: 6:28

This video explains how to drive safely in parking lots. It discusses speed and spatial awareness and what to do should an accident occur.

Package: Infinit-I Workforce Trucking

Course: Parking Lot Safety

\*Available in Spanish

Route Management

Length: 6:15  
Route management and trip planning are essential for drivers who want to cut costs, improve customer service, increase business productivity, and increase safety.  
Course Name: Driver Skills  
Content Name: Route Management  
\*Available in Spanish

Route Management - Tips & Tricks

Length: 6:14  
This video discusses the benefits of route planning and some of the best practices for changing the route as circumstances change.  
Package: Infinit-I Workforce Trucking  
Course: Route Management  
\*Available in Spanish

Seatbelts

Length: 5:06  
This video defines the intended uses for seatbelts and illustrates how seatbelts prevent being thrown from the vehicle.  
Course Name: Trucking Industry  
Content Name:: Seatbelts  
\*Available in Spanish

Shifting/Operating Transmissions

Length: 8:53  
This video explains the function of and types of transmissions as well as proper shifting procedures.  
Course Name: Trucking Industry  
Content Name:: Shifting/Operating Transmissions  
\*Available in Spanish

Triangle Placement

Length: 5:39  
When a CMV is stopped on the side of the road, DOT regulations require warning signal flashers and triangles to be properly placed on the road. This video discusses the proper procedures for triangle placement and walks through various scenarios.  
Course Name: Trucking Industry  
Content Name:: Triangle Placement

Vehicle Communications

Length: 8:34  
This video provides instruction on communication with other road users. It discusses techniques for the proper use of headlights, turn signals, four-way flashers, and horns. It also discusses the utilization of eye contact techniques.  
Package: Infinit-I Workforce Trucking  
Course: Vehicle Communications

SAFE DRIVING

Driving in Extreme Weather Conditions

Length: 9:10  
When driving in extreme weather conditions, it is important to be aware of safety best practices to avoid accidents. This video discusses tips like proceeding slowly and cautiously and lengthening following distance to allow time and space to stop or maneuver the truck.  
Course Name: Trucking Industry  
Content Name:: Driving in Extreme Weather Conditions  
\*Available in Spanish

Driving Through Work Zones

Length: 4:54  
Each year, a high number of accidents occur in work zones. This video discusses types of work zone related accidents and how to avoid them.  
Course Name: Trucking Industry  
Content Name:: Driving Through Work Zones  
\*Available in Spanish

Lane Restrictions

Length: 4:52  
Learn when and where left lane travel is acceptable for large commercial motor vehicles.  
Course Name: Trucking Industry  
Content Name:: Lane Restrictions  
\*Available in Spanish

Mountain Driving, Downhill Grades, Downhill Braking

Length: 6:49  
This video focuses on how to operate a CMV on mountain roads and downhill grades, the downhill braking technique, and options for facing potential dangers.  
Course Name: Mountain Driving, Downhill Grades, Downhill Braking  
Content Name: Mountain Driving, Downhill Grades, Downhill Braking  
\*Available in Spanish

Safe Parking in Emergencies

Length: 5:46  
This video discusses safe parking practices to follow during emergencies. It emphasizes the dangers of parking along highways and outlines general procedures to follow when parking on short notice.  
Package: Infinit-I Workforce Trucking  
Course: Safe Parking in Emergencies  
\*Available in Spanish

Skid Control/Recovery, Jackknifing, and Other Emergencies

Length: 10:23  
This video serves as a guide to skid control and recovery, jackknifing, and other common emergencies. It discusses techniques for direction control, evasive steering, emergency braking, and off-road recovery.  
Package: Infinit-I Workforce Trucking  
Course: Skid Control/Recovery, Jackknifing, and Other Emergencies  
\*Available in Spanish

Stop Signs

Length: 3:42  
This video discusses stop signs, their function, and their rules. It also explains what CMV drivers should keep in mind around stop signs.  
Package: Infinit-I Workforce Trucking  
Course: Stop Signs

Traffic Signs

Length: 12:36  
This video discusses the many categories of traffic signs, highlighting shapes, coloration, and information that the different categories present.  
Course Name: Trucking Industry  
Content Name:: Traffic Control Devices  
\*Available in Spanish

Tire Chains

Length: 4:53  
Poor weather conditions are one of the greatest road dangers. Tire chains are a tool to reduce said dangers. To prepare for their use, we'll discuss what they are, when and why to use them, application and removal, and best practices.  
Course Name: Tire Chains  
Content Name: Tire Chains  
\*Available in Spanish

Turning

Length: 5:50  
This video discusses the fundamentals and best practice procedures involving single and multiple-lane turns in a CMV.  
Course Name: Trucking Industry  
Content Name:: Turning  
\*Available in Spanish

U-turns

Length: 4:53  
This video discusses U-turns, their legality, how to avoid them, and the possible consequences for performing them. It details how to perform a U-turn if required and gives possible alternatives.  
Course Name: U-turns  
Content Name: U-turns  
\*Available in Spanish

DRIVER RETENTION

DAN BAKER’S TIPS & IDEAS

Reducing Driver Turnover with Dan Baker

Length: 34:42  
Dan Baker, one of trucking’s senior statesmen, reviews ways to keep drivers on the road and reduce driver turnover in a time of a constantly changing workplace.  
Course Name: 2020 Webinars  
Content Name:: Best Practices Webinars

RETENTION STRATEGIES

Attracting and Retaining Female Drivers

Length: 48:59  
Ellen Voie, President and CEO of the Women in Trucking Association shares research and best practices for hiring and keeping female drivers.  
Course Name: Best Practices Webinars  
Content Name:: 2019 Webinars

Modern Recruiting in a Driver Shortage

Length: 4 1:55  
In this webinar, Jeremy Reymer, founder and CEO of DriverReach, goes over ways to create a better applicant experience, provide impactful human interactions from the very beginning, and utilize simple, modern technology to support your recruiting efforts.  
Course Name: Best Practices Webinars  
Content Name:: 2019 Webinars

DRIVER SKILLS BEST PRACTICES

COLLISIONS, ROLLOVERS & JACKKNIFING

At the Scene of an Accident

Length: 9:07  
Anytime a truck driver is involved in an accident, they must remember the chance of lawsuits is high. This video discusses the correct responses drivers should give and the behaviors drivers should exhibit around law enforcement and others while on the scene of an accident.  
Course Name: Trucking Industry  
Content Name:: At the Scene of an Accident  
\*Available in Spanish

Driver Factors

Length: 5:38  
This video discusses driver factors that can cause rollovers including speeding, cell phone use, complacency, driver fatigue, and driving under the influence.  
Course Name: Trucking Industry  
Content Name:: Cargo Tank Driver Rollover Prevention

Dry Van Rollover

Length: 5:48  
This video discusses the causes and best practices for prevention of a rollover event. It discusses cargo securement, load limit, and correct driving habits that all help prevent rollovers.  
Course Name: Trucking Industry  
Content Name:: Dry Van Rollovers  
\*Available in Spanish

Dry Van Rollovers - No Touch

Length: 3:54  
This video discusses the causes and best practices for prevention of a rollover event. It discusses cargo load shifting and correct driving habits that help drivers of no touch freight prevent rollovers.  
Content Name: Course Name: Trucking Industry  
Content Name:: Dry Van Rollovers

Fixed Object Collisions - High Speed

Length: 6:36  
This video discusses the common causes and solutions for fixed object collisions that occur at high speeds.  
Course Name: Trucking Industry  
Content Name:: Fixed Object Collisions  
\*Available in Spanish



### Fixed Object Collisions - Low Speed

Length: 7:33

This video discusses the common causes and solutions for fixed object collisions that occur at low speeds.

Course Name: *Trucking Industry*

Content Name:: *Fixed Object Collisions*

\*Available in Spanish

### Highway Factors

Length: 4:26

Highway factors that can cause rollovers are discussed such as sharp curves, steep grades, soft shoulders, hard berms, mounds & curbs, narrow driveways and limited visibility areas. Even though the tractor takes the turn just fine, drivers may have to watch the trailer a little closer.

Course Name: *Trucking Industry*

Content Name:: *Cargo Tank Driver Rollover Prevention*

### Jackknifing

Length: 4:45

To prevent a trailer from jackknifing, a professional truck driver must know the steps to follow when the brakes lock up and the trailer starts coming around. This video discusses both the physics behind jackknifing and trailer pull and prevention techniques to avoid jackknifing. Additionally, the video provides information about anti-lock braking systems (ABS).

Course Name: *Trucking*

Content Name:: *Jackknifing*

\*Available in Spanish

### Load Effects

Length: 3:20

This video discusses how liquid payload contributes to rollovers, including how important the driver's movement and the load's shifts are when keeping the tank from rolling over. These movements include braking suddenly, returning to the road, moving too quickly, and shifting on a turn. Vehicle maintenance issues like brake performance, suspension damage, tire pressure, and load dynamics can also contribute to a rollover.

Course Name: *Trucking Industry*

Content Name:: *Cargo Tank Driver Rollover Prevention*

### Vehicle Design

Length: 4:26

Most tanker truck rollovers occur on straightaways, as opposed to entrance or exit ramps. This video goes over the design and performance of cargo tank trailers and what causes rollovers to happen based on the center of gravity.

Course Name: *Trucking Industry*

Content Name:: *Cargo Tank Driver Rollover Prevention*

## DEFENSIVE DRIVING

### Defensive Driving - Passenger Vehicle

Length: 4:27

This video discusses general practices for driving defensively in a passenger vehicle.

Course Name: *Trucking Industry*

Content Name:: *Defensive Driving - Passenger Vehicle*

\*Available in Spanish

### The Seven Essentials of Defensive Driving

Length: 9:30

This video outlines the seven essentials of defensive driving. It emphasizes the importance of staying aware of your surroundings, keeping space between yourself and other vehicles, and anticipating hazards.

Package: *Infiniti-I Workforce Trucking*

Course: *The Seven Essentials of Defensive Driving*

### 7 Deadly Errors Cars Make Around Large Vehicles

Length: 5:39

One key way to improve your skills as a defensive driver is to be able to anticipate the mistakes other drivers will make around you. This video discusses the seven deadly errors small vehicles make around commercial motor vehicles (CMVs) and gives defensive driving tips for CMV drivers.

Course Name: *Trucking Industry*

Content Name:: *7 Deadly Errors Cars Make Around Large Vehicles*

\*Available in Spanish

### Intersections: Expect the Unexpected

Length: 4:57

Intersections are dangerous places. Drivers pass through many intersections each day and may not be as alert as they should be. As professionals, drivers are responsible for their own safety and the safety of others on the road. This video reviews how to safely negotiate intersections.

Course Name: *Trucking Industry*

Content Name:: *Intersections Expect the Unexpected*

\*Available in Spanish

### Backing a Rig Safely

Length: 5:18

One of the most intricate and dangerous maneuvers a truck driver performs is backing a rig. This video discusses the proper steps a driver should follow when backing a rig in tight corners. It also stresses the importance of paying attention to surroundings while backing a commercial motor vehicle.

Course Name: *Trucking Industry*

Content Name:: *Backing a Rig Safely*

\*Available in Spanish

### Get Out and Look (GOAL)

Length: 6:28

This video explains the importance of getting out of your vehicle to check your surroundings before backing up. It discusses the dangers of backing up, essential techniques for backing up, and the common training method, GOAL, or Get Out and Look.

Package: *Infiniti-I Workforce Trucking*

Course: *Get Out and Look (GOAL)*

\*Available in Spanish

### Bridges and Overpasses

Length: 6:33

This video describes the potential hazards and dangers of bridges and overpasses to large commercial vehicles. Proper prevention techniques and reporting procedures are demonstrated in the video. Black ice is also discussed.

Course Name: *Trucking Industry*

Content Name:: *Bridges and Overpasses*

\*Available in Spanish

### Changing Lanes for CMV Drivers

Length: 5:41

When a CMV drivers attempts to make a lane change with inadequate surveillance, a preventable accident may happen. This video discusses the importance of executing a lane change correctly while demonstrating correct steps and discussing the most common errors made while changing lanes.

Course Name: *Trucking Industry*

Content Name:: *Changing Lanes*

\*Available in Spanish

### Rapid Air Loss

Length: 8:55

Produced by Michelin, this video describes what a driver should do in the event of rapid air loss (blowout) of a steer or drive tire. The instruction includes details on compensating for side forces created by the blowout and maintaining control of the vehicle.

Course Name: *Trucking Industry*

Content Name:: *Rapid Air Loss*

### Railroad Crossings for CMV Drivers

Length: 4:15

CMV drivers must understand the proper procedures for approaching and driving over railroad crossings to prevent collisions with trains. This video discusses the importance of observing railroad crossings while emphasizing the dangers of both ignoring railroad markings and of stopping on railroad tracks.

Course Name: *Trucking Industry*

Content Name:: *Railroad Crossings*

\*Available in Spanish

### Tailgating

Length: 6:58

Defines the phenomenon known as Tailgating and the causes of the event; prepares drivers to expect this phenomenon; discusses prevention techniques and how to disengage from a tailgating car; discusses the importance of not tailgating cars ahead of the driver and appropriate following distances for certain conditions.

Course Name: *Trucking Industry*

Content Name:: *Tailgating*

\*Available in Spanish

### Unsafe Driving Acts of Motorists Around Large Trucks

Length: 17:49

This video discusses 23 unsafe driving acts commonly performed by motorists around large trucks.

Course Name: *Trucking Industry*

Content Name:: *Unsafe Driving Acts of Motorists in Vicinity of Large Trucks*

## DISTRACTED DRIVING

### Distracted Driving - Animated Series – Part 1

Length: 2:40

This video defines distracted driving and discusses common, high-risk driving distractions such as eating, texting, drowsiness, and more. It also provides statistics surrounding accidents related to distracted driving.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

### Distracted Driving - Animated Series – Part 2

Length: 2:55

This video explains what steps you can take to avoid distraction while driving. It emphasizes the dangers of using handheld or hands-free devices, discusses the major causes of distracted driving, and offers statistics surrounding related accidents.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

### Distracted Driving: Family at Cemetery

Length: 1:21

This video emphasizes the dangers of distracted driving by narrating the tragic accident of a driver answering a call behind the wheel.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

### Distracted Driving: Grocery Cart Worker

Length: 1:18

This video emphasizes the dangers of distracted driving by narrating the tragic accident of a driver who was texting behind the wheel.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

\*Available in Spanish & French

### Distracted Driving Awareness –Hands-Free Device Allowed

Length: 5:40

This video explains the dangers of distracted driving. It discusses the implications of using cell phones and hands-free devices while driving and reminds drivers about relevant FMCSA violations.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

\*Available in Spanish

### Distracted Driving Awareness –No Device Allowed

Length: 5:43

This video explains the dangers of distracted driving. It discusses the regulations and laws surrounding cell phone use while driving and highlights how following a no-device rule can improve safety.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

\*Available in Spanish

### Distracted Driving Awareness - Screens

Length: 5:26

This video emphasizes the dangers of looking at screens while you drive. It discusses different kinds of screens you may encounter and explains options for putting them away or using them sparingly with hands-free or voice control.

Package: *Infiniti-I Workforce Trucking*

Course: *Distracted Driving*

\*Available in Spanish

**Distracted Driving Awareness - Social Media**

*Length: 4:39*  
This video explains the dangers of using social media while driving. It discusses potential damages for using social media behind the wheel and explores ways to resist the temptation.  
*Package: Infinit-I Workforce Trucking*  
*Course: Distracted Driving*  
*\*Available in Spanish*

**Road Rage for CMV Drivers**

*Length: 7:09*  
Learning how to handle aggressive drivers on the road as part of accident avoidance is important for the CMV driver. This video discusses the events that cause “road rage” and teaches drivers how to avoid conflict on the road by resetting both their focus and attitude.  
*Course Name: Trucking Industry*  
*Content Name:: Road Rage*  
*\*Available in Spanish*

**NIGHT DRIVING**

**Driving in the Dark**

*Length: 7:25*  
This video discusses the many situations you can encounter while driving at night and how to properly respond to them.  
*Course Name: Trucking Industry*  
*Content Name:: Night Driving*  
*\*Available in Spanish*

**Fighting Fatigue**

*Length: 4:59*  
This video discusses how to properly fight nighttime fatigue while driving in the dark.  
*Course Name: Trucking Industry*  
*Content Name:: Night Driving*  
*\*Available in Spanish*

**Night Driving: General Information - Part 1**

*Length: 7:55*  
This video discusses safe practices for driving at night for CMV drivers. It explains the dangers of fatigue and the importance of taking care of your body and vehicle.  
*Package: Infinit-I Workforce Trucking*  
*Course: Night Driving*  
*\*Available in Spanish*

**Night Driving: General Information - Part 2**

*Length: 6:03*  
This video explains safe practices for driving at night for CMV drivers. It discusses nighttime obstacles such as wildlife and drunk drivers and emphasizes the importance of lights, speed, and following distance.  
*Package: Infinit-I Workforce Trucking*  
*Course: Night Driving*  
*\*Available in Spanish*

**Preparing for the Dark**

*Length: 6:01*  
This video discusses proper maintenance of your vehicle and your body specifically for nighttime driving.  
*Course Name: Trucking Industry*  
*Content Name:: Night Driving*  
*\*Available in Spanish*

**The Dangers of Night Driving**

*Length: 4:40*  
This video discusses the many dangers of driving during the night time hours.  
*Course Name: Trucking Industry*  
*Content Name:: Night Driving*  
*\*Available in Spanish*

**SPEED AND SPACE MANAGEMENT**

**Speed and Space Management: Part 1 - Speed**

*Length: 6:29*  
This video discusses the importance of managing your speed while driving. It explains speed limit regulations, safety precautions, and emphasizes how reducing your speed can save money and prolong your vehicle life.  
*Package: Infinit-I Workforce Trucking*  
*Course: Speed and Space Management*  
*\*Available in Spanish*

**Speed and Space Management: Part 2 - Space**

*Length: 5:09*  
This video discusses the importance of managing the space around your vehicle while driving. It explains the importance of monitoring your following distance as well as considering the space above, below, and to the sides of your CMV.  
*Package: Infinit-I Workforce Trucking*  
*Course: Speed and Space Management*  
*\*Available in Spanish*

**Speed and Space Management: Part 3 - Stopping Distance**

*Length: 5:05*  
This video explains the importance of managing your stopping distance. It defines perception and reactiontime and discusses the components that make up your braking distance.  
*Package: Infinit-I Workforce Trucking*  
*Course: Speed and Space Management*  
*\*Available in Spanish*

**Speed and Space Management, Part 4: Rollovers & Sideswipes**

*Length: 4:50*  
Understanding how to correctly monitor speed and space management is a key to safe driving. This video discusses accident prevention tips to avoid rollovers and sideswipes.  
*Course Name: Trucking Industry*  
*Content Name:: Speed and Space Management*  
*\*Available in Spanish*

**Speed and Space Management, Part 5: Incident Avoidance**

*Length: 3:41*  
Understanding how to correctly monitor speed and space management is a key to safe driving. This video discusses accident prevention tips to avoid incidents involving intersection collisions, being rear-ended, skidding, and jackknifing.  
*Course Name: Trucking Industry*  
*Content Name:: Speed and Space Management*  
*\*Available in Spanish*

**DRUG & ALCOHOL TRAINING**

**CBD and CDLs - Trucking**

*Length: 6:22*  
This video discusses the implications of using CBD as a CDL holder. It explains what CBD is and its legality regarding the Department of Transportation.  
*Package: Infinit-I Workforce Trucking*  
*Course: CBD and CDLs - Trucking*  
*\*Available in Spanish*

**Don’t Drive Impaired**

*Length: 1:42*  
This video highlights the dangers of driving while impaired. It emphasizes how your vision and judgement are lacking in focus which increases the chance of fatal accidents.  
*Package: Infinit-I Workforce Trucking*  
*Course: Don't Drive Impaired*

**Drug and Alcohol Basics**

*Length: 8:25*  
This video will cover basic rules on alcohol and controlled substances, types of required tests, access to records, and the consequences for operating a CMV under the influence.  
*Package: Infinit-I Workforce Trucking*  
*Course: Drug and Alcohol Basics*

**Marijuana Use**

*Length: 4:40*  
This video addresses the existing regulations CMV drivers are subject to despite more states legalizing both recreational and medicinal marijuana. It reminds drivers of the DOT’s drug test procedures and no-tolerance policy.  
*Package: Infinit-I Workforce Trucking*  
*Course: Marijuana Use*  
*\*Available in Spanish*

**REGULATORY OVERVIEW**

**Drug and Alcohol Clearinghouse**

*Length: 6:36*  
Drivers affected by the Drug and Alcohol Clearinghouse include interstate and intrastate motor carriers, school bus drivers, construction equipment operators, limousine drivers, municipal vehicle drivers, and others subject to FMCSA drug and alcohol testing regulations. This video covers driver notification, queries, testing refusals, and fees for usage of the clearinghouse.  
*Course Name: Drug and Alcohol Clearinghouse*  
*Content Name:: Trucking Industry*  
*\*Available in Spanish*

**Drug and Alcohol Clearinghouse – How to Register for Drivers**

*Length: PDF*  
Drivers must complete the registration process before they can respond to employer consent requests or access their driver record in the FMCSA Commercial Driver’s License Drug and Alcohol Clearinghouse. This PDF provides instructions for a driver who holds either a commercial driver’s license (CDL) or commercial learner’s permit (CLP) to register and create an account.  
*Course Name: Trucking Industry*  
*Content Name:: Drug and Alcohol Clearinghouse*

**Drug and Alcohol Supervisor Training Section 1.1 Introduction to Drug and Alcohol Training**

*Length: 4:30*  
This video discusses the history of FMCSA mandated Drug and Alcohol Training and goes over some of the basic guidelines.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 1. Introduction to Drug and Alcohol Training*

**Drug and Alcohol Supervisor Training Section 1.2 How to Use These Guidelines**

*Length: 2:40*  
This video explains how to use and interpret drug and alcohol policy in the CFR. It discusses how employers can implement programs beyond the regulatory minimum and maximize program effectiveness.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 1. Introduction to Drug and Alcohol Training*

**Drug and Alcohol Supervisor Training Section 1.3 Other Resources**

*Length: 8:04*  
This video discusses additional material to supplement the CFR’s guidelines on supervisory drug and alcohol policies. It also defines key terms like alcohol use, designated employer representative, consortium, and more.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 1. Introduction to Drug and Alcohol Training*

**Drug and Alcohol Supervisor Training Section 2.1 Regulations - Requirements**

*Length: 8:13*  
This video explains the regulatory requirements for a controlled substance use and alcohol misuse program. It discusses where to find the regulations within the CFR for elements such as evaluations, recordkeeping, testing and more.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 2. Regulations*



**Drug and Alcohol Supervisor Training Section 2.2  
Regulations - Testing**

*Length: 7:55*  
This video explains regulatory substance and alcohol testing procedures. It discusses the different types of testing required as well as the importance of local and state compliance.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 2. Regulations*

**Drug and Alcohol Supervisor Training Section 2.3  
Regulations - Failure to Comply**

*Length: 1:52*  
This video explains the consequences of failing to comply with the FMCSA's drug and alcohol policy guidelines. It discusses civil and criminal penalties, highlighting the difference in violation assessments.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 2. Regulations*

**Drug and Alcohol Supervisor Training Section 3.1  
Regulations - Policy Development and Communication**

*Length: 4:09*  
This video explains how to develop a written policy on controlled substance use and alcohol misuse in the workplace.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 3. Policy Development and Communication*

**Drug and Alcohol Supervisor Training Section 3.2  
Regulations - Prohibited Behavior**

*Length: 2:52*  
This video emphasizes the importance of outlining prohibited behaviors in a company's testing policy. It also discusses acceptable BAC levels and relevant consequences.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 3. Policy Development and Communication*

**Drug and Alcohol Supervisor Training Section 3.3  
Regulations - Testing Procedures**

*Length: 3:40*  
This video outlines proper testing procedures for controlled substances. It explains the different types of tests as well as relevant consequences.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 3. Policy Development and Communication*

**Drug and Alcohol Supervisor Training Section 3.4  
Regulations - Policy Communication**

*Length: 7:36*  
This video describes how a company should openly communicate with its employees about the testing policy. It explains different methods of communication and offers suggestions on effective implementation.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 3. Policy Development and Communication*

**Drug and Alcohol Supervisor Training Section 4.1  
Education and Training - Overview**

*Length: 6:45*  
This video explains the importance of educating employees about their company's controlled substance policies and testing programs. It also discusses what FMCSA regulations employers are subject to regarding EAPs.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.2  
Education and Training - Alcohol**

*Length: 11:57*  
This video provides an overview on alcohol and its effects. It describes distinguishing characteristics of alcohol and explains blood alcohol concentration.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.3  
Education and Training - Cocaine**

*Length: 6:30*  
This video provides an overview on cocaine and its effects. It describes distinguishing characteristics of cocaine and discusses common street names for the drug.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.4  
Education and Training - Amphetamines**

*Length: 6:01*  
This video provides an overview on amphetamines and their effects. It discusses common street names, intake methods, and withdrawal symptoms.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.5  
Education and Training - Marijuana**

*Length: 8:06*  
This video provides an overview on marijuana and its effects. It discusses common street names for the drug as well as its distinguishing characteristics.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.6  
Education and Training - Opiates**

*Length: 5:13*  
This video provides an overview on opiates and their effects. It discusses the drug's distinguishing characteristics as well as common street names.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.7  
Education and Training - PCP**

*Length: 5:52*  
This video provides an overview on PCP and its effects. It discusses the drug's distinguishing characteristics as well as common street names.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 4.8  
Education and Training - Semi-Synthetic Opioids**

*Length: 5:43*  
This video provides an overview on semi-synthetic opioids and their effects. It also discusses the opioid drug testing procedures.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 4. Education and Training*

**Drug and Alcohol Supervisor Training Section 5.1  
Types of Testing - Pre-Employment**

*Length: 4:49*  
This video discusses the requirements for pre-employment controlled substance testing. It includes several examples of required testing, as well as information on exceptions.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.2  
Types of Testing - Exception Recordkeeping**

*Length: 12:15*  
This video explains recordkeeping regulations for exceptions to testing. It also discusses what information companies need from their driver's previous employers regarding substance testing.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.3  
Types of Testing - Reasonable Suspicion**

*Length: 5:55*  
This video explains the parameters of reasonable suspicion testing. It discusses what supervisors must witness to warrant a reasonable suspicion test as well as documentation procedures.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.4  
Types of Testing - Post-Accident**

*Length: 7:58*  
This video explains the requirements for post-accident testing. It discusses examples of post-accident testing scenarios and provides a short overview of the steps that should follow.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.5  
Types of Testing - Random**

*Length: 16:55*  
This video explains the requirements for random drug or alcohol testing. It discusses selection techniques, rates, pools, and time frames.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.6  
Types of Testing - Return-to-Duty**

*Length: 1:48*  
This video explains the requirements for return-to-duty testing. It discusses various scenarios that warrant a return-to-duty test and describes the purpose of it.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.7  
Types of Testing - Follow-Up**

*Length: 1:15*  
This video explains the requirements for follow-up testing. It discusses the frequency of these tests and the average time frame.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 5.8  
Types of Testing - Proficiency**

*Length: 2:36*  
This video explains the requirements for proficiency testing. It discusses the amount of blind specimens to be sent and the purpose of this testing.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 5. Types of Testing*

**Drug and Alcohol Supervisor Training Section 6.01  
Controlled Substances - Introduction**

*Length: 2:58*  
This video provides an overview for controlled substances testing procedures. It discusses the different types of substances that should be tested for and additional testing authority information.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.02  
Controlled Substances - Driver Checklist**

*Length: 5:06*  
This video explains the driver specimen collection checklist. It also explains instructions for how the sample will be taken at the collection site.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.03**  
**Controlled Substances - Collection Site Personnel**

*Length: 3:01*  
This video discusses the rules and regulations required for the training and conduct of collection site personnel.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.04**  
**Controlled Substances - Specimen Collection**

*Length: 2:49*  
This video explains what a collection site is and regulations regarding specimen samples. It discusses different types of collection sites and explains how to determine if a sample has been diluted.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.05**  
**Controlled Substances - Collection Supplies**

*Length: 3:04*  
This video explains what supplies are necessary for a specimen collection. It discusses different types of collection devices and relevant recordkeeping procedures.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.06**  
**Controlled Substances - Collection Process**

*Length: 11:55*  
This video explains the key steps in the specimen collection process. It discusses the collection's role in a controlled substance testing program and laboratory responsibilities.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.07**  
**Controlled Substances - Lab Test Requirements**

*Length: 3:45*  
This video discusses the requirements for laboratory testing. It includes certified laboratory information as well as testing techniques.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.08**  
**Controlled Substances - Medical Review Officer**

*Length: 5:43*  
This video explains the requirements and functions of a medical review officer. It discusses specimen collection information as well as result notifications.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.09**  
**Controlled Substances - Positive Test Results**

*Length: 1:40*  
The video explains possible reasons for positive test results. It also discusses legitimate medical treatment options.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.10**  
**Controlled Substances - Reporting Positive Results**

*Length: 3:01*  
This video discusses the requirements an MRO must follow for reporting a verified positive test. It also explains the CCF and form information.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.11**  
**Controlled Substances - MRO Discussions**

*Length: 2:40*  
This video explains what information an MRO must discuss with a driver after test results are confirmed. It explains the verification process and further medical evaluation information.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 6.12**  
**Controlled Substances - Collection Site Check**

*Length: 24:33*  
This video provides a 23-step checklist for collection sites to follow. It discusses the responsibilities of the collection site, employer, and employee.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 6. Controlled Substances Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.01**  
**Alcohol - Introduction**

*Length: 2:31*  
This video provides a brief overview of what should be included in an effective alcohol testing program. It explains when and how drivers should be tested and specifies what various BAC levels indicate.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.02**  
**Alcohol - Evidential Breathing Test Device**

*Length: 3:16*  
This video explains how evidential breath tests work and regulations surrounding this testing method. It also explains what should be in a manufacturer-developed quality assurance plan.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.03**  
**Alcohol - Breath Alcohol Technician**

*Length: 1:49*  
This video explains the role of a breath alcohol technician. It discusses how employers can designate a BAT and what training they should have.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.04**  
**Alcohol - Alcohol Testing Site**

*Length: 3:55*  
This video explains what constitutes an acceptable alcohol testing site. It discusses the importance of privacy and what steps to take if you anticipate needing alcohol testing services.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.05**  
**Alcohol - Alcohol Testing Process**

*Length: 1:54*  
This video further explains proper alcohol testing procedures with an emphasis on the importance of recordkeeping. It discusses what forms drivers must fill out as well as who should receive copies.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.06**  
**Alcohol - EBT Screening Test**

*Length: 1:00*  
This video describes the evidential breath test screening process and explains the role of a breath alcohol technician.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.07**  
**Alcohol - ASD Screening Test**

*Length: 3:33*  
This video describes the ASD screening test process and how it compares to EBT alcohol testing. It also discusses the role of the STT and their job functions.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.08**  
**Alcohol - Confirmation Test**

*Length: 3:37*  
This video explains what warrants a confirmation test and how they work. It discusses the role of the BAT in this process and how the EBT will be used.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.09**  
**Alcohol - Reporting**

*Length: 1:49*  
This video explains recordkeeping regulations for breath alcohol technicians. It emphasizes the importance of confidentiality and discusses the refusal of tests.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.10**  
**Alcohol - Test Accuracy**

*Length: 1:39*  
This video explains the parameters of what constitutes an accurate alcohol test. It emphasizes factors and scenarios that invalidate a test.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.11**  
**Alcohol - Substance Abuse Professional**

*Length: 3:48*  
This video discusses the role of a substance abuse professional and what an evaluation may consist of. It also explains when an employee should be seen by an SAP.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.12**  
**Alcohol - Alcohol Related Conduct**

*Length: 2:52*  
This video explains what is considered acceptable or unacceptable alcohol related conduct for professional drivers. It discusses BAC levels, testing procedures and consequences.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 7.13**  
**Alcohol - Dry Run of the Program**

*Length: 1:28*  
This video describes a dry run period to test and start your actual testing program. This video explains how a dry run test works. It discusses how you can conduct a trial period of your testing program.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 7. Alcohol Testing Procedures*

**Drug and Alcohol Supervisor Training Section 8.1**  
**Employee Assistance - Overview**

*Length: 3:43*  
This video discusses the various assistance programs, rehabilitation and treatment options for employees suffering from substance abuse. It also explains the role of a Substance Abuse Professional within the available EAPs.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training*



**Drug and Alcohol Supervisor Training Section 8.2**  
**Employee Assistance - EAPs**

*Length: 4:48*  
This video explains what an employee assistance program, or EAP is. It covers internal and external EAPs and briefly covers what may be included in an EAP.  
*Course Name: Drug & Alcohol*  
*Content Name:: Drug and Alcohol Training,*  
*Sec. 8 Employee Assistance Programs*

**Drug and Alcohol Supervisor Training Section 8.3**  
**Employee Assistance - Rehabilitation and Treatment**

*Length: 4:43*  
This video discusses the different types of rehabilitation and treatment options commonly available in Employee Assistance Programs. It covers impatient and outpatient services and emphasizes the importance of weighing options to decide what program is best for your company.  
*Course Name: Drug & Alcohol*  
*Content Name:: Drug and Alcohol Training,*  
*Sec. 8 Employee Assistance Programs*

**Drug and Alcohol Supervisor Training Section 9.1**  
**Administration - Recordkeeping**

*Length: 2:19*  
This video explains recordkeeping procedures for an alcohol and controlled substances testing program. It discusses administration records, test reults, and regulations for consortiums.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 9.*  
*Administration*

**Drug and Alcohol Supervisor Training Section 9.2**  
**Administration - Documentation**

*Length: 2:13*  
This video explains the documentation requirements for recordkeeping or reporting. It discusses testing program details, information verification, and release forms.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 9.*  
*Administration*

**Drug and Alcohol Supervisor Training Section 9.3**  
**Administration - Confidentiality**

*Length: 5:28*  
This video discusses employee confidentiality regarding test results. It explains how release forms work and how records should be disclosed.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 9.*  
*Administration*

**Drug and Alcohol Supervisor Training Section 9.4**  
**Administration - Testing Laboratory Procedures**

*Length: 8:33*  
This video explains the mandatory testing procedures for a substance and alcohol testing program. It discusses sample collecting, documentation, and test results.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 9.*  
*Administration*

**Drug and Alcohol Supervisor Training Section 9.5**  
**Administration - Calendar**

*Length: 2:16*  
This video explains how to prepare and maintain an annual calendar year summary of a controlled substance testing program. It discusses how the FMCSA reviews calendar summaries and relevant consortium information.  
*Package: Drug and Alcohol Supervisor Training*  
*Course: Drug and Alcohol Supervisor Training Section 9.*  
*Administration*

**REASONABLE SUSPICION TRAINING**

**01. Reasonable Suspicion - Supervisor Training - Part 1**  
*Length: 3:30*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment focuses on the key issues of creating and implementing a reasonable suspicion testing company policy.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**02. Reasonable Suspicion - Supervisor Training - Part 2**  
*Length: 7:09*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment focuses on a drug-free workplace policy that emphasizes who, what, when, where and why supervisors should conduct reasonable suspicion testing.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**03. Reasonable Suspicion - Supervisor Training - Part 3**  
*Length: 9:36*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment focuses on the harmful effects of drugs and includes key statistics on national drug use and the rise of prescription medication addiction. It also explains how drug addiction is a brain disease and outlines the cost of drug and alcohol abuse.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**04. Reasonable Suspicion - Supervisor Training - Part 4**  
*Length: 16:42*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment focuses on the abuse of prescription medications like pain relievers, tranquilizers, stimulants, and sedatives. Rannigana also discusses club drugs, inhalants, and synthetic marijuana.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**05. Reasonable Suspicion - Supervisor Training - Part 5**  
*Length: 13:36*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment focuses on knowing when to test for alcohol use. It covers pre-employment testing, random testing, post-accident testing, and return to duty/ follow-up testing.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**06. Reasonable Suspicion - Supervisor Training - Part 6**  
*Length: 15:10*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment explains what establishes cause for reasonable suspicion. It discusses immediate action issues like safety risks, and non-immediate action issues like attendance and tardiness.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**07. Reasonable Suspicion - Supervisor Training - Part 7**  
*Length: 6:30*

In this video, Michael Rannigana, owner and operator of USA Mobile Drug Testing, discusses supervisor training requirements and general best practices regarding reasonable suspicion testing. This segment focuses on understanding and following your company policy. It reiterates the importance of knowing when to test and keeping everything confidential.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**08. Reasonable Suspicion - Minimum Annual Testing Rate**  
*Length: 1:28*

This video discusses the minimum annual controlled substances testing rate for CDL drivers. It compares the old standard to the new rate as published by the FMSCA.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**09. Reasonable Suspicion - What Exactly am I Supposed to Do?**  
*Length: 8:31*

This video discusses what you should and should not do if you have reasonable suspicion to test an employee for controlled substances. It also explains the DOT supervisor’s guide on what reasonable suspicion tests should be determined by.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**10. Reasonable Suspicion - How Do I Tell Them?**  
*Length: 4:58*

This video explains how to approach an employee about referring them for a reasonable suspicion substance test. It discusses how to talk to them during this situation, as well as the importance of giving the employee a chance to explain their symptoms.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**11. Reasonable Suspicion - What Decision Would You Make - 1**  
*Length: 6:34*

This video provides example scenarios of how to proceed with a reasonable suspicion test with reluctant employees. It explains the significance of supervisor discretion and their ability to listen to and observe employee behavior.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**12. Reasonable Suspicion - What Decision Would You Make - 2**  
*Length: 7:42*

This video provides an example scenario of how to proceed with a reasonable suspicion test with defiant employees. The example emphasizes the importance of recognizing safety critical roles and preventing impaired employees from continuing work.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**13. Reasonable Suspicion - What Decision Would You Make - 3**  
*Length: 3:09*

This video provides an example scenario of how to manage employees who refuse to take a reasonable suspicion test. It emphasizes how to remain compliant with company policy despite employee emotional appeal.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

**14. Reasonable Suspicion - What Decision Would You Make - 4**  
*Length: 3:58*

This video explains how it is the duty of the supervisor who observes an employee’s suspicious behavior to refer them for a reasonable suspicion test. The provided example explains it is wrongful for the observing supervisor to have a different supervisor, who did not observe any suspicious signs, refer an employee for a test.  
*Package: Infinit-I Workforce Trucking*  
*Course: Reasonable Suspicion*

15. Reasonable Suspicion - Supervisor Liability

Length: 5:37  
This video explains how a supervisor can become an enabler by making exceptions about referring employees for a reasonable suspicion test. It emphasizes how the company is liable for an employee's actions while they're on duty, and that letting substance abuse slide can lead to financial, moral, and criminal liability.  
Package: Infinit-I Workforce Trucking  
Course: Reasonable Suspicion

16. Reasonable Suspicion - Review

Length: 11:13  
This video discusses the five federal reasons for drug testing employees. It outlines the common symptoms to observe for various drugs as well as emphasizes the importance of staying focused while facing employee denial.  
Package: Infinit-I Workforce Trucking  
Course: Reasonable Suspicion

ENTRY LEVEL DRIVER TRAINING REQUIREMENTS

ENTRY LEVEL DRIVER TRAINING REQUIREMENTS

Basic Control

Length: 9:02  
This video demonstrates basic control techniques for a commercial motor vehicle. It details accelerating, steering, stopping, backing, turns, entering and exiting roadways, and handling your vehicle.  
Course Name: Entry Level Driver Training - Trucking  
Content Name: Basic Control  
\*Available in Spanish

General Orientation

Length: 10:02  
This video covers general orientation guidelines including such topics as safe driving, operating within the confines of state and federal law, and following FMCSA regulations.  
Course Name: Entry Level Driver Training - Trucking  
Content Name: General Orientation

General Qualifications

Type: PDF Document  
This document covers qualifications to drive a CMV.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: General Qualifications

Responsibilities of Drivers

Type: PDF Document  
This document covers driver responsibilities in regards to cargo.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Responsibilities of Drivers

Disqualification of Drivers

Type: PDF Document  
This document covers ways a CDL is suspended and penalties drivers may receive.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Disqualification of Drivers

Physical Qualifications for Drivers

Type: PDF Document  
This document covers physical qualifications for drivers and what conditions require a medical certification.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Physical Qualifications for Drivers

Persons Who Must be Medically Examined & Certified

Type: PDF Document  
This document covers the conditions that require a medical exam.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Persons Who Must Be Medically Examined and Certified

Resolution of Conflicts of Medical Evaluation

Type: PDF Document  
This document covers what standards must be met before applications claiming conflict of medical examination can be accepted.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Resolution of Medical Evaluation Conflicts

Alternative Physical Qualification

Type: PDF Document  
This document covers an alternate certificate a driver may apply for if they have missing or impaired limbs.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Alternative Physical Qualification

Rest Stop Routines

Length: 6:01  
This video discusses simple exercises drivers can do on their breaks to stay healthy. It also explains the regulations regarding driving breaks and what duties must be performed at every stop.  
Course Name: Rest Stop Routines  
Content Name: Rest Stop Routines

Trucking Professionals - Health and Wellness

Length: 7:39  
This video describes and encourages various practices to promote a healthy lifestyle for professional truck drivers. It explains the importance of diet, exercise, sleep, and stress management. It also emphasizes the dangers of alcohol and smoking.  
Course Name: Driver Health  
Content Name: Trucking Professionals - Health and Wellness  
\*Available in Spanish

Whistleblower Protection

Length: 7:15  
This video discusses whistleblower rights, the whistleblower laws enforced by OSHA, unfavorable personnel actions, filing a complaint, how OSHA determines retaliation has taken place, limited protection for employees who refuse to work, and whistleblower protections.  
Course Name: Entry Level Driver Training Requirements  
Content Name:: Whistleblower Protection

FSMA: SANITARY TRANSPORTATION RULE

FSMA FDA APPROVED TRAINING

Cross-Contamination

Length: 9:20  
This video defines cross-contamination, discusses some of the ways it can happen, and instructs on ways to prevent it.  
Course Name: Trucking Industry  
Content Name:: Food Safety Modernization Act:

Sanitary Transportation Rule

Length: 11:37  
This video discusses the Sanitary Transportation Rule, who it applies to, and many of its critical elements.  
Course Name: Trucking Industry  
Content Name:: Food Safety Modernization Act

Temperature Control

Length: 9:51  
This video discusses the types of food requiring temperature control and how to prevent temperature abuse.  
Course Name: Trucking Industry  
Content Name:: Food Safety Modernization Act

Types of Contamination

Length: 8:38  
This video discusses some types and sources of contamination.  
Course Name: Trucking Industry  
Content Name:: Food Safety Modernization Act

FOOD SAFETY INVESTIGATIONS

Food Safety Investigation

Length: 7:02  
This video discusses conditions that could pose a threat to food safety and actions to take if threats are encountered.  
Course Name: Trucking Industry  
Content Name:: Food Safety Investigation

FSMA RULE OVERVIEW

FSMA Imports

Length: 4:39  
This video discusses the effect of the Food Safety Modernization Act on food imports and why the changes are necessary.  
Course Name: Trucking Industry  
Content Name:: FSMA Imports

FSMA Inspections & Compliance

Length: 3:52  
This video discusses the inspection and compliance criteria established by the FSMA.  
Course Name: Trucking Industry  
Content Name:: FSMA Inspections & Compliance

FSMA Intro & Overview Part 1

Length: 9:40  
This video discusses the Food Safety Modernization Act (FSMA), providing an overview of prevention standards. It discusses standards for inspections, compliance, and response.  
Course Name: Trucking Industry  
Content Name:: FSMA Intro & Overview

FSMA Intro & Overview Part 2

Length: 6:34  
This video details the overview of import safety, the vital nature of partnership, the approach to implementation, and several of the challenges involved in the FSMA.  
Course Name: Trucking Industry  
Content Name:: FSMA Intro & Overview

FSMA Preventative Controls

Length: 4:21  
This video discusses the preventative controls being created by the FSMA and how they can benefit consumers and the industry.  
Course Name: Trucking Industry  
Content Name:: FSMA Preventative Controls

SPOTTED LANTERNFLY

Spotted Lanternfly

Length: 6:24  
This video discusses the threat spotted lanternfly impose on crops and industries working within the quarantine zones, as well as the proper procedure for obtaining permits to work within the quarantined zones.  
Course Name: Trucking Industry  
Content Name:: Spotted Lanternfly  
\*Available in Spanish

FUEL EFFICIENCY

FUEL EFFICIENCY

1. Fuel Efficiency - Why Be Fuel Efficient

Length: 2:55  
This video introduces the Fuel Efficiency Series. It explains why it's important to be fuel-efficient and how it benefits drivers, companies, and the planet. It also covers which topics will be discussed throughout the series.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Why Be Fuel Efficient

2. Fuel Efficiency - Maintenance

Length: 3:56  
This video discusses the importance of regular vehicle maintenance and pre/post-trip inspections regarding fuel efficiency. It emphasizes how different types of oil, tires, and aerodynamic drag can affect your fuel consumption.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Maintenance

3. Fuel Efficiency - Tires

Length: 5:46  
This video emphasizes the impact tires have on your fuel efficiency. It discusses the importance of regular alignment, rotating, and balancing, as well as the significance of tread depth and proper inflation.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Tires



4. Fuel Efficiency - Route Management

Length: 5:14  
This video discusses how route planning can improve your fuel efficiency by knowing where you plan to stop and avoiding out-of-route miles. It also touches on how turning right can save more fuel than turning left.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Route Management

5. Fuel Efficiency - Weight Management

Length: 5:38  
This video explains how important vehicle weight management is for improving fuel efficiency. It discusses alternative options for lightweight vehicle components and the importance of properly distributing your load across your trailer.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Weight Management

6. Fuel Efficiency - Speed

Length: 5:32  
This video discusses the relationship between speed and fuel consumption. It emphasizes how driving a little slower can dramatically improve your fuel efficiency. It also discusses the advantages of coasting and keeping a consistent speed by using cruise control.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Speed

7. Fuel Efficiency - Progressive Shifting

Length: 6:29  
This video explains how learning progressive shifting can improve your fuel efficiency. It discusses the relationship between RPM and torque, as well as emphasizes the technique is one to be mastered over time.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Progressive Shifting

8. Fuel Efficiency - Idling

Length: 4:37  
This video explains how idling your vehicle wastes an enormous amount of fuel. It discusses the consequences of idling, alternatives to idling, and how idling less drastically improves your fuel efficiency.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - Idling

9. Fuel Efficiency - ROI

Length: 3:30  
This video discusses the return on investment of being fuel efficient. It reiterates the topics discussed throughout the fuel efficiency series and details how implementing these techniques can save you fuel and money.  
Course Name: Fuel Efficiency  
Content Name: Fuel Efficiency - ROI

HAZMAT TRAINING

HAZARDOUS MATERIALS TRAINING

Hazardous Materials: Initial and Recurrent Training - Blocking and Bracing

Length: 4:19

This video discusses the ins and outs of blocking and bracing a load. It details the costs of not blocking correctly and discusses responsibility as well as several types of restraints that can be used.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Emergency Response Guide - Part 1

Length: 7:18

This video discusses the basics of how to use the Emergency Response Guide and some of the differences between the 2012 and 2016 versions.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Emergency Response Guide - Part 2

Length: 10:16

This video discusses in further depth how to use the different sections in the Emergency Response Guide. It details using the different sections for different situations.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

Hazardous Materials: Initial and Recurrent Training - Emergency Response Guide - Part 3

Length: 14:55

This video discusses several examples of how to use the emergency response guide correctly.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - General Awareness - Part 1

Length: 8:06

This video discusses the overview, purpose, and regulation of Hazmat general awareness. It details pre-transportation functions, transportation functions, training requirements, and record keeping.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

Hazardous Materials: Initial and Recurrent Training - General Awareness - Part 2

Length: 10:43

This video discusses hazard classifications and the SDS. It details composition, firefighting measures, chemical properties, and toxicological information in relation to the SDS.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

Hazardous Materials: Initial and Recurrent Training - General Awareness - Part 3

Length: 8:31

This video discusses the Hazardous Materials Table in depth. It also details how to recognize hazardous materials and the penalties for hazardous materials violations.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

Hazardous Materials: Initial and Recurrent Training - Labeling

Length: 7:12

This video discusses the labeling requirements for the transportation of hazardous materials. Multiple examples are discussed in this video.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Marking

Length: 9:52

This video discusses the various package markings required for hazardous materials transport. Several examples are used to detail different situations.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Packaging

Length: 10:30

This video discusses the DOT requirements for packaging hazardous materials.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Placarding

Length: 6:49

This video discusses the proper placarding for hazardous material transport. Several examples are discussed and placarding Table 1 and Table 2 are highlighted.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Shipping Papers - Part 1

Length: 5:36

This video discusses how to properly fill out shipping papers when transporting hazardous materials. It also highlights listing Hazardous Substances on shipping papers.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

Hazardous Materials: Initial and Recurrent Training - Shipping Papers - Part 2

Length: 7:33

This video continues to discuss how to properly fill out shipping papers when transporting hazardous materials. It highlights marine pollutants, emergency numbers and response information, and certification.

Package: Infinit-I Workforce - Hazardous Materials Training

Course: Hazardous Materials: 90 Day/Recurrent Training

\*Available in Spanish

HAZMAT MOTOR CARRIER SECURITY ACTION ITEM TRAINING

Introduction

Length: 2:00

Introduction into why this training is important for all trucks traveling on highways, including awareness of potential threats and how working together can help prevent security threats.

Course Name: Trucking Industry

Content Name:: Hazmat Motor Carrier Security Action Item Training

The Plan

Length: 5:40

Discusses the security plan your company prepares for specific security measures you are required to follow to keep your load or truck from being tampered with.

Course Name: Trucking Industry

Content Name:: Hazmat Motor Carrier Security Action Item Training

The Team

Length: 3:14

Discusses the 4 categories in a security plan and how departments work together to prevent security breaches.

Course Name: Trucking Industry

Content Name:: Hazmat Motor Carrier Security Action Item Training

En-Route Security

Length: 3:12

This video goes over important elements of the security plan and explains what checking for ticks means.

Course Name: Trucking Industry

Content Name:: Hazmat Motor Carrier Security Action Item Training

Communications

Length: 2:56

Discusses importance of all departments communicating together to properly implement a security plan.

Course Name: Trucking Industry

Content Name:: Hazmat Motor Carrier Security Action Item Training

Pre-Planning

Length: 3:21

This video goes over planning your route, stops, and hours, being prepared for delays, and your security plan.

Course Name: Trucking Industry

Content Name:: Hazmat Motor Carrier Security Action Item Training

Up to You

Length: 2:12  
This video goes over how the plan is only as good as the driver that put it into practice, so in other words the security plan of your company is up to the driver.  
Course Name: Trucking Industry  
Content Name:: Hazmat Motor Carrier Security Action Item Training

GHS TRAINING

Part 1: Introduction

Length: 2:39  
Introduction to the new unified, worldwide system of hazard communication called the Global Harmonization System (GHS).  
Course Name: Trucking Industry  
Content Name:: GHS

Part 2: Hazard Categories

Length: 5:19  
Discusses the three categories of hazards: physical, health, and environmental, plus other hazards not classified under GHS.  
Course Name: Trucking Industry  
Content Name:: GHS

Part 3: Labels

Length: 5:09  
Discusses new labeling changes with GHS. Shows sample of label and discusses the components of the label. Product Identifier, Supplier Identification, Precautionary Statements, Hazard Pictograms, Hazard Statements, Signal Words and Supplemental Information.  
Course Name: Trucking Industry  
Content Name:: GHS

Part 4: Pictograms

Length: 4:12  
Discusses each of the 9 pictograms utilized by the GHS system.  
Course Name: Trucking Industry  
Content Name:: GHS

Part 5: SDS

Length: 3:06  
Discusses the Safety Data Sheet (SDS) replacing the Material Safety Data Sheet (MSDS), including the 16 standard headings.  
Course Name: Trucking Industry  
Content Name:: GHS

DOT MEDICAL EXAMS

DOT Medical Forms Update - Part 1

Length: 9:40  
Lawrence Earl, M.D., discusses the Medical Examination Report Form and the changes from the previous version.  
Course Name: Trucking Industry  
Content Name:: DOT Medical Forms Update - April 2016

DOT Medical Forms Update - Part 2

Length: 11:49  
Lawrence Earl, M.D., continues discussing the Medical Examination Report Form and changes from prior forms.  
Course Name: Trucking Industry  
Content Name:: DOT Medical Forms Update - April 2016

DOT Medical Requirements

Length: 7:12  
This video discusses how you can prepare for the DOT medical exam. It outlines the form you will fill out, explains what you should bring to the exam, and provides an overview of common medical conditions that could affect your exam results.  
Package: Infinit-I Workforce Trucking  
Course: DOT Medical Requirements

FATIGUE MANAGEMENT

Fatigue Management – Part 1: What You Need to Know

Length: 4:39  
Getting proper rest is crucial to safety on the road. Part one of this training Content Name: covers the importance of sleep, details about having a sleep schedule, how health issues can affect fatigue levels, and the reality of what “short-term fixes” can really do for you.  
Course Name: Trucking Industry  
Content Name:: Fatigue Management  
\*Available in Spanish

Fatigue Management – Part 2: Preventing Fatigued Driving

Length: 4:43  
Learn the specific symptoms of fatigue and sleep disorders and the best methods of staving off fatigue while working on the road.  
Course Name: Trucking Industry  
Content Name:: Fatigue Management  
\*Available in Spanish

Sleep Apnea

Length: 5:39  
This video explains what sleep apnea is and how it can endanger drivers. IT also discusses applicable FMCSA regulations for CMV drivers who have sleep apnea.  
Package: Infinit-I Workforce Trucking  
Course: Sleep Apnea

HEALTHY TRUCKERS

H1N1 Virus Prevention

Length: 3:33  
Learn effective preventative and disinfectant measures to take in dealing with the dangerous H1N1, or Swine Flu Virus.  
Course Name: Trucking Industry  
Content Name:: H1N1 Virus Prevention – Truck

Trucking Professionals Nutrition and Health

Length: 14:12  
Explains the consequences of living an unhealthy lifestyle.  
Course Name: Trucking Industry  
Content Name:: Trucking Professionals Nutrition and Health

Rest Stop Routines

Length: 13:05  
This video reviews causes and cures for driving induced muscle stiffness and easy-to-do on the road exercises that do not require any type of special equipment.  
Course Name: Trucking Industry  
Content Name:: Rest Stop Routines  
\*Available in Spanish

FIRST AID TRAINING

Bleeding

Length: 3:12  
This video begins with the basic first aid kit and what the contents should include. Minor mishaps like cuts and scrapes are common causes of bleeding; how to treat all types of bleeding, including severe bleeding situations that require the use of a tourniquet and how to apply dressings and monitor severe bleeding.  
Course Name: Warehouse, Distribution, & Maintenance  
Content Name:: Emergency First Aid

CPR

Length: 6:31  
Timely application of cardiopulmonary resuscitation (CPR) has been credited with saving lives. This video reviews standard CPR techniques that every employee should be aware of for saving lives at work and at home.  
Course Name: Warehouse, Distribution, & Maintenance  
Content Name:: Emergency First Aid

Heart Attack

Length: 2:00  
This video covers heart attack symptoms, how to react, and how to potentially save a heart attack victim.  
Course Name: Warehouse, Distribution, & Maintenance  
Content Name:: Emergency First Aid

Near Drowning

Length: 2:55  
This video discusses the dynamics of near drowning and how to rescue a person from water and administer emergency actions.  
Course Name: Warehouse, Distribution, & Maintenance  
Content Name:: Emergency First Aid

Poison & Overdose

Length: 1:52  
This video discusses poison and overdose symptoms, countermeasures that should be followed for specific episodes, and care and treatment for suspected victims.  
Course Name: Warehouse, Distribution, & Maintenance  
Content Name:: Emergency First Aid

Shock

Length: 3:00  
This is an overview of emergency first aid, Good Samaritan laws, and the causes, symptoms and treatment for shock victims.  
Course Name: Warehouse, Distribution, & Maintenance  
Content Name:: Emergency First Aid

INSPECTIONS

Exterior Power Unit and Trailer Inspection

Length: 8:37  
This video discusses the importance and proper procedure for inspecting the exterior power unit and trailer before transit. It demonstrates this portion of the Pretrip inspection.  
Package: Infinit-I Workforce Trucking  
Course: Pretrip

External Communication

Length: 10:01  
This video will discuss the roadside vehicle inspection process, what to expect during this process, techniques for communicating with enforcement officials, and the impact of violating federal and state regulations on driver and motor carrier records.  
Package: Infinit-I Workforce Trucking  
Course: External Communication  
\*Available in Spanish

ROADSIDE INSPECTIONS

Roadside Inspection – Initial Stop and Contact

Length: 6:18  
This video discusses proper conduct for a roadside inspection while touching on the types of materials a driver will need ready, including ELD information.  
Course Name: Trucking Industry  
Content Name:: Roadside Inspection – Initial Stop and Contact

PRE-TRIP INSPECTIONS

Tanker: Pre-trip Inspection – Part 1

Length: 9:38  
This video details pre-trip inspection rules and regulations by walking through the under the hood and in the cab portions of a pre-trip inspection.  
Course Name: Trucking Industry  
Content Name:: Tanker: Pre-Trip Inspection

Tanker: Pre-trip Inspection – Part 2

Length: 12:15  
This video details the items to inspect during the walk around portion of a pre-trip inspection.  
Course Name: Trucking Industry  
Content Name:: Tanker: Pre-Trip Inspection

Cabin Interior – Pretrip Checklist

Length: 7:44  
This video goes through the FMCSA checklist for a CMV cabin interior pre-trip inspection. It provides a rundown of what to look for in the cabin as well as brief instructions on how to properly check said elements.  
Package: Infinit-I Workforce Trucking  
Course: Pretrip  
\*Available in Spanish

Pretrip Approach and Maintenance

Length: 10:45  
This video will focus on the first portion of a pre-trip inspection, approach, and maintenance. First, we'll discuss the importance of this type of inspection. Then we'll cover the approach and under the hood and engine compartment section. We'll also cover which includes reviewing the Vehicle Inspection Report.  
Package: Infinit-I Workforce Trucking  
Course: Drug and Alcohol Basics



Pre-Trip Component Inspection

Length: 5:26

This video explains what drivers should check for during a multi-point inspection of their rig components. This pre-trip inspection should consist of checking items like the cooling system, belt engine, transmission gears, wheel assembly, and more.

Package: Infinit-I Workforce Trucking

Course: Pre and Post Trip Inspections

UPDATED 2024

Wheel End Component Inspection

Length: 11:31

This video discusses what to check for during a wheel-end inspection. It includes an overview of the general components, an inspection checklist and techniques, signs of notable wheel-end problems, and touches on the risk of a wheel-end fire.

Package: Infinit-I Workforce Trucking

Course: Wheel-End Component Inspection

\*Available in Spanish

LAWS & LITIGATION ISSUES

AT THE SCENE OF AN ACCIDENT

Be Concerned About Litigation

Length: 9:50

Attorney Mike Bassett discusses why all carriers, safety directors, and drivers should be concerned about the possibility of litigation after an accident. This video features advice to help you mitigate your risk before an accident ever happens.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

Trucking Companies Are Targets

Length: 5:00

Attorney Mike Bassett warns some law firms target trucking companies for lawsuits. He also explains how these attorney’s commercials can expose potential jurors to preconceived ideas about the industry.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

Do What You Say You’ll Do

Length: 11:20

Attorney Mike Bassett discusses how damaging it can be for a trucking company to not follow its own rules. He highlights how juries pay close attention to if companies actually do what they say in terms of driver qualification, acting on red flags, document retention, and consistent treatment of situations.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

Responding to the Catastrophic Accident

Length: 5:50

Attorney Mike Bassett explains why companies should have standardized procedures in place for drivers to follow after a catastrophic accident, including who to notify and next steps.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

What to Gather at the Scene

Length: 4:30

Attorney Mike Bassett discusses the nine critical things to gather at the time of an accident, including what happens if you are not proactive in collecting them.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

The Care of Your Driver

Length: 8:00

Attorney Mike Bassett explains how to prepare your drivers to be positive members of your defense team. He highlights the impact of having a driver or driver statement go before a jury.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

Questions

Length: 8:00

Attorney Mike Bassett answers questions from webinar attendees on topics including: verifying applicant’s’ previous employment, hands-free devices while driving, the use of on-board cameras, and documentation at the accident scene.

Course Name: Trucking Industry

Content Name:: Accidents Happen Webinar

Accidents Happen

Length: 1:04:24

Attorney Mike Bassett shares how before an accident happens, your company needs a plan in place to ensure everyone knows the appropriate responses to make on the scene and throughout the investigation. *(This webinar is also available to be viewed in shorter segments).*

Course Name: Best Practices Webinars

Content Name:: 2016 Webinars

ELD MANDATE & COERCION  
Electronic Logging Device Mandate - 2016

Length: 8:49

This video discusses the ELD Mandate, important information for carriers and drivers regarding the rule, and the dates for the implementation timeline.

Course Name: Trucking Industry

Content Name:: Electronic Logging Device Mandate - 2016

FMCSA Coercion Drivers

Length: 5:56

The Coercion Rule explicitly prohibits motor carriers, shippers, receivers and transportation intermediaries from coercing drivers to operate in violation of certain FMCSA regulations. This video discusses the Coercion Rule and how it applies to drivers.

Course Name: Trucking Industry

Content Name:: FMCSA Coercion

\*Available in Spanish

FMCSA Coercion Supervisors

Length: 6:14

The Coercion Rule explicitly prohibits motor carriers, shippers, receivers and transportation intermediaries from coercing drivers to operate in violation of certain FMCSA regulations. This video discusses the Coercion Rule and why it is important for personnel who interact with drivers to cautiously choose their language.

Course Name: Trucking Industry

Content Name:: FMCSA Coercion

\*Available in Spanish

INTERMODAL EQUIPMENT PROVIDER RULES

IEP Rule - Part 1

Length: 5:37

This video discusses general definitions and concepts around Intermodal Equipment Providers and Intermodal Equipment, as well as much of the required documentation for being an IEP or hauling IME.

Package: Infinit-I Workforce Trucking

Course: Intermodal Equipment Providers Rule (IEP)

IEP Rule - Part 2

Length: 5:40

This video discusses general best practices involving the inspection, repair, and maintenance of IME and details what should be involved in a driver-vehicle inspection report.

Package: Infinit-I Workforce Trucking

Course: Intermodal Equipment Providers Rule (IEP)

IEP Rule 3

Length: 3:18

All IEPs must establish an IRM program. Required inspection, repair, and maintenance program elements include: performing regular IME inspections, repairing the problems you find, maintaining IME between inspections, creating a recordkeeping system for the program.

Course Name: Trucking Industry

Content Name:: Intermodal Equipment Provider Rules

IEP Rule 4

Length: 7:43

Goes over developing procedures and providing sufficient space for drivers to perform a pre-trip inspection of tendered IME. Developing and implementing procedures to repair any equipment damage, defects, or deficiencies or replacing the equipment prior to the driver’s departure. Refrain from placing imminently hazardous IME in service.

Course Name: Trucking Industry

Content Name:: Intermodal Equipment Provider Rules

PREPARING YOUR COMPANY FOR LITIGATION

Trucking Defense 2.0

Length: 51:17

Learn what to consider when drafting company safety policies, best practices in responding to accidents that happen, and how your safety program can help or hinder you during litigation.

Course Name: Best Practice Webinars

Content Name:: 2017 Webinars

TEXTING LAW

Texting Law

Length: 5:22

This video explains the Federal Motor Carrier Safety Administration’s rule against texting while driving. It also discusses the definitions and consequences around the rule and breaking it.

Package: Infinit-I Workforce Trucking

Course: Texting Law

\*Available in Spanish

MAINTENANCE

Identification and Diagnosis of Malfunctions

Length: 12:05

This video covers the concepts of maintenance, diagnosing malfunctions, and the legal requirements for a roadworthy vehicle.

Package: Infinit-I Workforce Trucking

Course: Identification and Diagnosis of Malfunctions

Maintenance

Length: 7:33

This video provides guidance on performing preventative maintenance as well as basic servicing and checking procedures for various engine and vehicle components. It also discusses common simple repairs drivers should be equipped to handle.

Package: Infinit-I Workforce Trucking

Course: Maintenance

BRAKE SAFETY

Anti-lock Braking Systems – How ABS Works

Length: 6:36

This video explains what anti-lock brakes are and how they work. It also discusses what to do if your ABS system fails.

Package: Infinit-I Workforce Trucking

Course: Anti-lock Braking Systems

\*Available in Spanish

Anti-lock Braking Systems -  
How You Should Brake with ABS

Length: 4:33

This video explains how to brake safely with antilock brake systems. It also discusses how to maintain your ABS to ensure it continues functioning properly.

Package: Infinit-I Workforce Trucking

Course: Anti-lock Braking Systems

\*Available in Spanish

Brake Safety

Length: 9:47

Each year, thousands of vehicles are placed out of service during the Commercial Vehicle Safety Alliance’s (CVSA) Brake Safety Week. The video discusses how to do a pre-trip inspection to ensure brakes are in full working order.

Course Name: Trucking Industry

Content Name:: Brake Safety

Heavy Trucking Braking System & Braking Techniques

Length: 9:41

This video reviews types of brake systems, including air brakes, and the dynamics involved with safe braking practices.

Course Name: Trucking Industry

Content Name:: Heavy Trucking Braking System and Braking Techniques

AXLES & TIRES

Axle Alignment and Maintenance - Part 1

Length: 6:38  
This video explains the necessary steps to ensure optimum tire wear is achieved through proper alignment and maintenance. These techniques provide a quick, low-cost method of establishing whether or not a poor alignment condition exists.  
Package: Infinit-I Workforce Trucking  
Course: Axle Alignment and Maintenance - Part 1

Axle Alignment and Maintenance - Part 2

Length: 6:54  
This video expands on the necessary steps to ensure optimum tire wear is achieved through proper alignment and maintenance. It discusses the Ackermann principle, how to identify worn components, and more.  
Package: Infinit-I Workforce Trucking  
Course: Axle Alignment and Maintenance - Part 2

TRUCK SAFETY

Diesel Exhaust Fluid (DEF)

Length: 3:44  
This video discusses how DEF works to reduce harmful emissions. It also explains how CMV drivers are affected by its implementation.  
Package: Infinit-I Workforce Trucking  
Course: Diesel Exhaust Fluid (DEF)

Inspection Bulletin

Length: 2:47  
This video is a basic inspection overview for inspecting the drive line, or drive shaft, on a bus, truck or tractor.  
Course Name: Trucking Industry  
Content Name:: Inspection Drive Line

Inspection Procedure

Length: 3:48  
This video discusses, in detail, the procedure for inspecting the drive line, or drive shaft, on a bus, truck or tractor.  
Course Name: Trucking Industry  
Content Name:: Inspection Drive Line

Troubleshooting Vibration Complaints

Length: 14:09  
The video provides methods to investigate and resolve a vibration complaint, providing avenues for corrective action.  
Course Name: Trucking Industry  
Content Name:: Troubleshooting Vibration Complaints

Winter Weather Readiness Checklist

Length: 6:39  
Weather conditions can change quickly, especially during the winter. This video discusses things to check when winterizing a commercial motor vehicle (CMV), to ensure CMV drivers are prepared during the winter months.  
Course Name: Trucking Industry  
Content Name:: Winter Weather Readiness Checklist  
\*Available in Spanish

FLEET MAINTENANCE & LITIGATION

How to Avoid Common Legal Risks in Fleet Maintenance

Length: 1:01:34  
Attorney Mike Bassett shares a real life example of cases where failures made by transportation companies leading up to accidents led to negligence claims. He'll share the steps trucking companies can take to avoid similar mistakes. (This webinar is also available to view in short segments).  
Course Name: Best Practices Webinars  
Content Name:: 2017 Webinars

Fleet Maintenance & Its Impact on Litigation, Part 1

Length: 8:19  
This video introduces transportation attorney Mike Bassett and sets the stage for the story Mike tells throughout the webinar about how fleet maintenance plays an important role in protecting your company from a lawsuit.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

Fleet Maintenance & Its Impact on Litigation, Part 2

Length: 13:03  
This video focuses on the problems caused by lack of correct documentation and the violation of company policies. It features a story about a transportation company who failed in both areas.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

Fleet Maintenance & Its Impact on Litigation, Part 3

Length: 15:27  
This video focuses on the role maintenance managers played in the case. It highlights their mistakes, along with discussing the importance of cohesion within a company.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

Fleet Maintenance & Its Impact on Litigation, Part 4

Length: 9:40  
This video discusses the lessons learned from a case where a trucking company failed to follow their own maintenance procedures.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

Fleet Maintenance & Its Impact on Litigation, Part 5

Length: 4:14  
This video discusses what the fleet maintenance team can do after an accident to prepare for litigation.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

Fleet Maintenance & Its Impact on Litigation, Part 6

Length: 9:48  
This video is a question and answer period with attorney Mike Bassett, focused on the role fleet maintenance plays in litigation.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

Fleet Maintenance & Its Impact on Litigation - PDF

Length: 55-page PDF  
Download the slide deck for this webinar.  
Course Name: Trucking Industry  
Content Name:: Fleet Maintenance - Webinar

MSHA

MSHA

Brakes, Grade, and Runaways for Hwy Trucks, Part 1

Length: 9:57  
This video highlights truck braking systems, principles of mine haul road design, and maintenance and procedures to follow in the event of a runaway truck.  
Course Name: MSHA Mining Training  
Content Name:: Brakes, Grade & Runaway for Highway Trucks

Brakes, Grade, and Runaways for Hwy Trucks, Part 2

Length: 8:42  
This video goes over berms, guardrails, and barriers. It also discusses boulders as berms and runaway lanes.  
Course Name: MSHA Mining Training  
Content Name:: Brakes, Grade & Runaway for Highway Trucks

Brakes, Grade, Runaways for Off Road Trucks, Part 1

Length: 9:16  
This video helps the driver better understand truck braking systems. It highlights mine haul road design and maintenance and shows the procedures in the event of a runaway truck. This video emphasizes the need to maintain a good braking system, the need to be constantly aware of the grades that the driver is operating on, and the actions drivers should take in case of a runaway accident.  
Course Name: MSHA Mining Training  
Content Name:: Brakes, Grade, & Runaways For Off Road Trucks

Brakes, Grade, Runaways for Off Road Trucks, Part 2

Length: 8:43  
This video goes over brakes, grades, and runaways for off road trucks, as well as beams and guardrails.  
Course Name: MSHA Mining Training  
Content Name:: Brakes, Grade, & Runaways For Off Road Trucks

Hwy. Haulage Truck MSHA Inspections, Part 1

Length: 8:23  
This video addresses the procedure taken by the MSHA inspector to ensure safe operating conditions of vehicles including mechanical conditions and the area the truck operates.  
Course Name: MSHA Mining Training  
Content Name:: Highway Haulage Truck Inspection by MSHA Inspectors

Hwy. Haulage Truck MSHA Inspections, Part 2

Length: 9:57  
This video is a continuation of part 1.  
Course Name: MSHA Mining Training  
Content Name:: Highway Haulage Truck Inspection by MSHA Inspectors

Inspection of Off Road Haulage Trucks, Part 1

Length: 4:53  
This video shows the necessary steps an inspector has to take to make a good thorough inspection of off road haulage trucks. It also shows the importance for the inspector to protect themselves while inspecting.  
Course Name: MSHA Mining Training  
Content Name:: Inspection of Off Road Haulage Trucks

Inspection of Off Road Haulage Trucks, Part 2

Length: 6:22  
This video shows the steps an inspector has to take for a thorough inspection of off road haulage trucks. It also shows how the inspector can protect themselves while inspecting.  
Course Name: MSHA Mining Training  
Content Name:: Inspection of Off Road Haulage Trucks

Operational Inspect, Off Road Haulage Trucks, Part 1

Length: 7:01  
This video focuses on pre-operational inspections, reporting hazards and ensuring hazards are corrected before driving.  
Course Name: MSHA Mining Training  
Content Name:: Operational Inspection Off Road Haulage Trucks

Operational Inspect, Off Road Haulage Trucks, Part 2

Length: 6:22  
This video addresses more areas to check.  
Course Name: MSHA Mining Training  
Content Name:: Operational Inspection Off Road Haulage Trucks

Pre-Operational Inspection of Off Road Haulage Trucks

Length: 9:21  
This video shows the three steps to give a good pre-operational inspection of an off road haulage truck.  
Course Name: MSHA Mining Training  
Content Name:: Pre-Operational Inspection of Off Road Haulage Trucks

Visibility & Communication Off Road & Hwy., Part 1

Length: 8:30  
This video reminds drivers to maintain good visibility and communication. It also reminds drivers it is important for them to remain visible to others in their work area.  
Course Name: MSHA Mining Training  
Content Name:: Visibility and Communication for Off Road & Highway Trucks

Visibility & Communication Off Road & Hwy., Part 2

Length: 6:47  
This video addresses areas to watch for good visibility.  
Course Name: MSHA Mining Training  
Content Name:: Visibility & Communication for Off Road & Highway Trucks



CLIENT SPOTLIGHT

Decrease Accidents with an Online Safety Program

Length: 43:17

Allan Hicks, VP of Safety and Human Resources at BR Williams Trucking, shares how he implemented online training and saw a reduction in accidents. Allan shares strategies for building a strong safety culture, including how to successfully deploy online training at your company.

Course Name: Best Practices Webinars

Content Name:: 2017 Webinars

How to Leverage Online Training in 2019

Length:37:40

Allan Hicks, 2015 American Trucking Association Safety Director of the Year, has a Q&A session to discuss best practices in online training.

Course Name: Best Practices Webinars

Content Name: 2019 Webinars

ON THE JOB INJURY PREVENTION

Blood and Body Fluid Training

Length: 10:42

This video brings awareness to employees who might be exposed to blood or bodily fluids in the course of their work and need to be prepared to minimize their risk.

Course Name: Trucking Industry

Content Name:: Blood and Body Fluid Training

CORONAVIRUS

Coronavirus 2019 – Cabin Sanitation

Length: 3:10

This video covers acceptable disinfectants and effective ways of sanitizing a truck cabin during the COVID-19 pandemic.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

\*Available in Spanish

Coronavirus 2019 – Crisis Trip Planning

Length: 2:28

Learn steps you can take to plan for life on the road during the COVID-19 pandemic.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

\*Available in Spanish

Coronavirus Factsheet

Length: 1-page PDF

A one-page factsheet from the CDC with information about the coronavirus in the US.

Course Name: Trucking Industry

Content Name:: Coronavirus Factsheet

Coronavirus 2019 – Freight Management

Length: 3:19

This video briefly discusses how to protect freight during the COVID-19 pandemic and what to do if you get sick while hauling freight.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

\*Available in Spanish

Coronavirus 2019 - General Health Tips

Length: 3:18

Learn how to practice good hygiene etiquette and do your part to stop the transmission of COVID-19.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

\*Available in Spanish

Coronavirus 2019 – General Information

Length: 6:16

This video aims to present known facts about coronavirus disease 2019 (COVID-19) according to the CDC and World Health Organizations. Symptoms, transmission facts, and prevention are covered.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

\*Available in Spanish

Coronavirus 2019 – HOS Exemption

Length: 3-page PDF

Specific exceptions to hours-of-service regulations and related stipulations during the pandemic are covered in this Emergency Declaration issued by the FMCSA.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

Coronavirus 2019 – Self-Assessment

Length: 3:21

Learn what to look for when self-assessing symptoms for COVID-19 and what to do if you believe you may be infected.

Course Name: Trucking Industry

Content Name:: Coronavirus 2019 – Trucking

\*Available in Spanish

HEAT STRESS AWARENESS

Heat Stress Awareness 1 - Sweating

Length: 5:00

This video defines heat stress and discusses its risk factors. It explains the human anatomy of sweating and how the process helps protect you from heat stress.

Package: OSHA

Course: OSHA: Heat Stress

Heat Stress Awareness 2 – Types of Injury

Length: 5:38

This video discusses the most common types of heat-related injuries. It explains precautions to take and outlines different ways to cool off.

Package: OSHA

Course: OSHA: Heat Stress

Heat Stress Awareness 3 – Treatment

Length: 4:53

This video discusses treatment options for heat-related injuries. It explains the importance of rest, hydration, and calling emergency services if you suspect heat stroke.

Package: OSHA

Course: OSHA: Heat Stress

Heat Stress Awareness 4 – Acclimation

Length: 5:37

This video explains what heat acclimation is and the importance of it when working in hot environments. It discusses how your body adjusts to heat in natural and climate-controlled environments

Package: OSHA

Course: OSHA: Heat Stress

Training and Supervisory Responsibilities

Length: 7:47

This section covers the importance of a company plan for training employees, supervisors and managers on heat prevention, signs and symptoms of heat illness and treating potential victims.

Course Name: Warehouse, Distribution, & Maintenance

Content Name:: Heat Stress Awareness Prevention

PREVENTING INJURIES

Preventing Injuries While Cranking Trailer Landing Gear

Length: 3:59

This video discusses situations and techniques used to avoid injury while cranking trailer landing gear.

Course Name: Trucking Industry

Content Name:: Preventing Injuries

Preventing Injuries While Entering/Exiting Trailer

Length: 5:00

This video demonstrates safe practices while entering and exiting the trailer.

Course Name: Trucking Industry

Content Name:: Preventing Injuries

Preventing Injuries While Getting Into and Out of Truck Cab

Length: 4:49

This video demonstrates safe practices to prevent injuries while getting into and out of the truck cab.

Course Name: Trucking Industry

Content Name:: Preventing Injuries

Preventing Injuries While Opening and Closing Swing Type Trailer Doors

Length: 4:09

This video demonstrates safe practices for opening and closing swing type trailer doors.

Course Name: Trucking Industry

Content Name:: Preventing Injuries

INSPECTIONS

An Excedrin Headache

Length: 3:04

Zach gets a head injury checking his engine.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Cutting It Close

Length: 3:08

Teresa and Kurt both sustain dangerous cuts on the job. Drivers must remain aware of laceration hazards and understand the importance of first aid.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Driver Fractures Big Toe

Length: 2:19

Bubba fractures his big toe incorrectly checking tire pressure.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Every Which Way But Loose

Length: 2:38

Mack tears his trap muscle lifting the hood of his truck.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Good Job - Almost

Length: 2:35

Tad fractures his arm when he trips in a rainstorm.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Looking At and Looking For

Length: 2:50

Andy breaks his collarbone after an accident that could have been prevented by a proper inspection.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Man’s Best Friend

Length: 2:02

Tommy breaks his wrist when his dog, Blue, trips him.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Snap, Crackle, Pop

Length: 2:57

Ted injures his knee after having to shift gears frequently and not reporting a problem with his clutch.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

Who Can You Trust

Length: 2:20

Harry was hit by another professional driver while walking around his truck. Even when you feel safe and secure, awareness should be remain top priority.

Course Name: Real. Life. Lessons.

Content Name:: Conducting Pre/Post-Trip Inspection

CONNECTING GLADHANDS

Mother Nature and Opportunities

Length: 2:22

Lake and Brad receive weather related injuries when performing tasks in adverse weather.

Course Name: Real. Life. Lessons.

Content Name:: Connecting/Disconnecting Gladhands



TRAILER LANDING GEAR

A Tight Squeeze

Length: 2:40

Seymour injures his shoulder when his trailer shifts.

Course Name: Real. Life. Lessons.

Content Name:: Cranking Trailer Landing Gear

Ice – The Enemy of the Truck Driver

Length: 2:32

Mary Ann shatters her elbow when she slips on ice. This video discusses how accidents like this can be avoided.

Course Name: Real. Life. Lessons.

Content Name:: Cranking Trailer Landing Gear

Spinning Landing Gear Handle Leads to a Broken Wrist

Length: 2:31

Kyle is injured spinning the landing gear handle when it slips out of his control.

Course Name: Real. Life. Lessons.

Content Name:: Cranking Trailer Landing Gear

\*Available in Spanish

BEHIND THE WHEEL

Blown Away on Interstate

Length: 2:52

Phil ends up with an overturned tractor and trailer after the wind gets too strong. Always review weather forecasts and pay close attention to the weather around you.

Course Name: Real. Life. Lessons.

Content Name:: Driving

Contact

Length: 3:20

Carl and Tim have collisions with overhead objects. Always remember to be mindful of your overhead clearance.

Course Name: Real. Life. Lessons.

Content Name:: Driving

Crowd Control

Length: 2:59

Zack overturns his truck when he is distracted by his children, causing a minor shoulder injury and the loss of his job.

Course Name: Real. Life. Lessons.

Content Name:: Driving

Deer, Dogs, and Damage

Length: 2:50

Professional drivers can prevent personal injury or damage to property by being aware of their surroundings while driving. This video shares two scenarios where drivers are injured attempting to avoid a collision with animals and discusses best practices for drivers to use when animals come into the roadway.

Course Name: Real. Life. Lessons.

Content Name:: Driving

Driver Swerves to Avoid Deer and Overturns Truck

Length: 2:59

Seth narrowly escapes severe injury after swerving to avoid a deer. Swerving to avoid an animal often results in property damage and personal injury.

Course Name: Real. Life. Lessons.

Content Name:: Driving

Get Out, Get Under, or Get In

Length: 2:58

Lennie makes the wrong choice and seeks shelter under an overpass during a tornado. When driving in high winds, seek shelter away from your vehicle or in a ditch.

Course Name: Real. Life. Lessons.

Content Name:: Driving

Seat Belt for Coolers

Length: 3:08

Barbara tears her rotator cuff attempting to hold back a cooler during a hard brake.

Course Name: Real. Life. Lessons.

Content Name:: Driving

ENTERING & EXITING THE TRUCK CAB

Three Points of Contact

Length: 6:03

Sprains and strains caused in part by slips and falls while getting in or out of trucks is one of the primary preventable injuries facing trucking drivers. This video discusses the correct way to enter and exit the cab of a tractor to avoid serious injury.

Course Name: Trucking Industry

Content Name:: Three Points of Contact

Anthony’s Analysis and Oil Spills

Length: 2:42

Anthony injures his arm slipping on an oily patch of water.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

Can You Speak French

Length: 2:51

James injures his back getting into a new truck. When dealing with the unfamiliar, always take extra caution.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

Driver has a Clean Truck and Can’t Drive it

Length: 2:55

Lester tears his rotator cuff while slipping from his truck.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

Driver Injured “Bungee Jumping” Out of Truck

Length: 3:04

Archie falls from his truck. Wear appropriate footwear and be careful of creating trip hazards with straps or bungees.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

Driver is Hit by Passing Motorist

Length: 2:16

Mike’s driving career ends when he’s struck by a passing motorist. Always pull as far as possible off the roadway.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Driver Slipped Getting Into the Truck

Length: 3:14

Sam is injured entering his cab. Always expect your shoes to be slick, step flat onto the step tread, and grip grab-rails tightly.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Driver Slips on Ice Stepping into Truck

Length: 2:50

Sam slips on ice attempting to climb into his truck. Remember to come to a complete stop before stepping up while on ice.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Driver Sprains Ankle Exiting Truck

Length: 2:10

Jim sprains his ankle stepping on a rock exiting his cab.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Driver Tears Cartilage in Knee Jumping Out of Truck

Length: 2:19

Johnny tears his knee cartilage jumping out of his truck. Always face your truck when exiting and hold on with both hands.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Hurry Now - Wait Later

Length: 3:08

Trevor gets a mild concussion when his haste causes him to fall from his truck. Always take on a task with the appropriate caution, speed, and awareness.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Icy Cab Step Leads to a Broken Arm

Length: 2:34

Barry slips from his truck and breaks his arm. Remember, when ice could form, run your foot across the top running board before stepping onto it to see if it has iced up.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

Move Over Please

Length: 2:33

Ronnie ends up with a fractured wrist when another motorist fails to “move over”. Always assume passing motorists either cannot see you or will not move over.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

New to You

Length: 3:07

Paul fractures his wrist falling from a new truck. Always be cautious when dealing with new equipment.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Not a Good Way to Start off the New Year

Length: 2:14

Bill slips on a thin sheet of ice entering his truck. If the temperature is near freezing, always check for ice.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Passengers Not Included

Length: 2:49

Martin stays in his truck cab while the recovery truck is loading it. While exiting, he falls nearly 10 feet and fractures his wrist.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Personal Conveyance

Length: 7:35

This video discusses the applied revisions to personal conveyance and examples of proper and improper use of personal conveyance.

Course Name: Trucking Industry

Content Name:: Personal Conveyance

\*Available in Spanish

Swinging Doors

Length: 2:35

Ralph is injured when wind swings his door into him. Always use three points of contact.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

The Luck Factor

Length: 2:55

Always use three points of contact, maintain awareness, and constantly evaluate your situation.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

Time-Delayed Release

Length: 3:12

Jon herniated a lumbar disc during a slip. Jon’s awareness allowed him to recognize his condition before it got worse.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Very Expensive Coffee

Length: 3:04

Caleb burns himself and fractures his arm by not using three points of contact.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

Wait a Minute Vines

Length: 2:39

Todd hits his head after he loses his balance. Always focus on the task at hand and anticipate what could happen.

Course Name: Real. Life. Lessons.

Content Name:: Entering/Exiting Truck Cab

\*Available in Spanish

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**To Climb**

*Length: 2:57*  
Jim falls trying to get down from his trailer after placing load locks.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Getting On/Off Trailer*  
*\*Available in Spanish*

**Out You Go**

*Length: 3:06*  
George is injured getting out of his trailer. When possible exit and enter the trailer at a docking station and always remember to wear correct footwear.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Getting On/Off Trailer*

**FIRE EXTINGUISHERS**

**Fire Extinguisher**

*Length: 4:03*  
This video discusses the requirements for fire extinguishers in power units and preventative measures for avoiding vehicle fires.  
*Course Name: Trucking Industry*  
*Content Name:: Fire Extinguisher*

**HEALTH & WELLNESS**

**Hand and Wrist Injuries – Part 1**

*Length: 5:26*  
This video explores how you can prevent hand and wrist injuries in the workplace. It discusses which personal protective equipment is best for specific job duties to keep you safe.  
*Package: OSHA*  
*Course: OSHA: Hand and Wrist Injuries*

**Hand and Wrist Injuries – Part 2**

*Length: 5:26*  
This video explores common types of hand and wrist injuries in the workplace. It also discusses ways you can prevent these types of injuries.  
*Package: OSHA*  
*Course: OSHA: Hand and Wrist Injuries*

**Not What the Doctor Ordered**

*Length: 3:13*  
Marcus is hospitalized and loses his job when he does not take his medicine.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Health & Wellness*

**Stiff and Tired**

*Length: 3:26*  
Clarence suffers a herniated disk by ignoring discomfort for several days. Never try to wait out discomfort.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Health & Wellness*

**This for That**

*Length: 3:02*  
Tyler complicates an injury using a home remedy when he should have sought medical attention.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Health & Wellness*

**White Line Fever**

*Length: 2:51*  
The driving lifestyle can offer several unhealthy challenges. Drivers benefits the most from leading a healthy lifestyle.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Health & Wellness*  
*\*Available in Spanish*

**INSIDE THE TRUCK**

**A Place for Everything**

*Length: 3:12*  
Jeff and Brady are injured when insecure and unnecessary clutter goes flying in their cab. Make sure all items are secure, even if they're in use, and clean out the clutter.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Inside Parked Truck*  
*\*Available in Spanish*

**A Rare Event**

*Length: 2:59*  
Sandy receives second-degree burns after an electronic device overheats in his sleeper berth. Always be cautious and attentive when using electrical devices.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Inside Parked Truck*

**I Do Not Feel Good - Part 1**

*Length: 2:48*  
Harry narrowly avoids tragedy. Remember, do not hesitate to notify management of potential health issues.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Inside Parked Truck*  
*\*Available in Spanish*

**I Do Not Feel Good - Part 2**

*Length: 3:26*  
In this lesson Bubba shares some additional tips on protecting yourself and detecting exhaust leaks.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Inside Parked Truck*  
*\*Available in Spanish*

**Location is Everything**

*Length: 2:46*  
Henry is injured when his hand slips from a crank handle and his positioning is poor.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Inside Parked Truck*

**Time to Clean House**

*Length: 3:14*  
Andy gets bit by a spider living in his untidy truck. Routine cleaning reduces the likelihood of arachnid infestations.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Inside Parked Truck*

**Mr. Wizard**

*Length: 2:19*  
Jared falls from his truck while uninstalling electronics.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Cleaning Out Trailer*

**Who Would Have Thought**

*Length: 2:41*  
Warren and Nick injure their backs cleaning out trailers.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Cleaning Out Trailer*

**For the Want of a Nail**

*Length: 2:26*  
Harry fractures his wrist as he falls from his steering tire.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Cleaning Windshield*

**LOADING/UNLOADING**

**Bump on a Log**

*Length: 2:36*  
Tim is hit in the head while securing the load of his flatbed.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Assisting to Load Flatbed Freight*

**Communication is Critical**

*Length: 2:44*  
John loses visual contact with a crane operator and gets a load dropped on his hand. When getting assistance, always maintain good communication and visual contact.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Assisting to Load Flatbed Freight*  
*\*Available in Spanish*

**Falling Load Impacts Driver’s Leg**

*Length: 2:50*  
A falling load crushes Tom’s leg. When loading/unloading, park on level ground and stay out of danger zones.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Assisting to Load Flatbed Freight*

**Tarps and Trampolines**

*Length: 3:02*  
Walter breaks his ankle in the process of tarping his load.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Assisting to Load Flatbed Freight*

**With a Little Help from My Friends**

*Length: 2:15*  
Trevor has hernia attempting to remove the end gates from his trailer. Ask for help with caution and coordination.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Assisting to Load Flatbed Freight*  
*\*Available in Spanish*

**Dress for the Occasion**

*Length: 3:31*  
Reggie incurs chemical burns when he fails to wear all of his personal protective equipment.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Unloading Bulk Trailer*

**I Am Hurt. What Should I Do?**

*Length: 3:03*  
Seek medical attention first and remember to report all injuries as soon as possible to management.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Unloading Bulk Trailer*

**Wrestling an Alligator**

*Length: 3:14*  
Clarence injures his back handling hoses on his tanker. Prepare to safely handle hoses by warming up, asking for assistance, or using mechanical aids.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Unloading Bulk Trailer*

**Up, Up, and Over**

*Length: 3:17*  
Time damages his truck while dumping a load and then injures his knee after jumping from his damaged truck.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Loading/Unloading Dump Trailers*

**Driver Struck by Forklift Inside Trailer**

*Length: 2:22*  
Nate is, fortunately, uninjured after being struck by a forklift. Do not engage in physical activity that is not defined as part of your job. Always be careful around forklifts and make sure forklift operators are aware of your presence.  
*Course Name: Real. Life. Lessons*  
*Content Name:: Unloading/Assisting/Tailgating Freight*  
*\*Available in Spanish*

**OPENING/CLOSING DOORS & BOXES**

**Purple Finger Nails and Profanity**

*Length: 1:47*  
David smashes his fingers in the side box of his trailer, an injury that could happen to anyone.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Side-Box on a Flatbed Trailer*

**Driver Loses Tooth Opening Trailer Door**

*Length: 2:03*  
Randy opens a trailer door in a gust of wind and loses a tooth.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Trailer Door*

**Hazmat Shoeboxes**

*Length: 3:15*  
Harry is injured when his shifted load falls on him. Always check the security of your load prior to departure.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Trailer Door*  
*\*Available in Spanish*

**Slow and Steady**

*Length: 2:53*  
Jacob and Salvatore both receive injuries when their haste to complete a task cause them to act unsafely.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Trailer Door*

**Small Cut Leads to Serious Infection**

*Length: 2:56*  
Bill loses a finger after he allows a small cut to go untreated and it becomes infected. Always treat wounds. If you can't treat it properly, seek medical attention  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Trailer Door*  
*\*Available in Spanish*

**Twelve O’Clock High**

*Length: 3:05*  
Virgil sustains a concussion from falling ice while opening his trailer doors. Always check your blind spots, especially twelve o'clock high, prior to opening trailer doors.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Trailer Door*  
*\*Available in Spanish*

**Wendy is now Windy**

*Length: 2:07*  
Wendy dislocates her shoulder opening a door in high winds.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Trailer Door*

**The Simple Things**

*Length: 2:42*  
Keith is knocked unconscious when he fails to secure his trailer door. Remember that the simple routines in your daily activity should still be handled with care.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Opening/Closing Truck Hood*  
*\*Available in Spanish*

**TRUCK MAINTENANCE**

**A Broken Light Leads to a Broken Arm**

*Length: 2:42*  
Barry breaks his arm attempting to replace a clearance light using the wrong equipment. Only make repairs when you have the correct equipment.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Performing Truck/Trailer Maintenance*  
*\*Available in Spanish*

**Danger Close**

*Length: 2:45*  
Sean fractures his left wrist while falling out of his trailer. Always remain aware of your proximity to danger.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Performing Truck/Trailer Maintenance*  
*\*Available in Spanish*

**Exploding Tire Breaks Driver’s Arm**

*Length: 2:21*  
Professional drivers can prevent personal injury by staying aware of their surroundings while performing maintenance or truck inspections. This video shares a scenario where a driver fractures his arm and receives multiple lacerations when a tire he is inflating explodes. The video discusses best practices for drivers to use when performing truck maintenance..  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Performing Truck/Trailer Maintenance*

**Hot to the Touch**

*Length: 2:46*  
Eddie slips, breaks his wrist, and dislocates his shoulder attempting to remove his radiator cap with a hot engine.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Performing Truck/Trailer Maintenance*

**Steel Belted Radials**

*Length: 2:24*  
Floyd receives several puncture wounds handling a tire.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Performing Truck/Trailer Maintenance*

**FIFTH-WHEEL RELEASE**

**Awkward Posture**

*Length: 3:11*  
Three people injure their backs due to awkward postures.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Pulling Fifth-Wheel Release*  
*\*Available in Spanish*

**Pulling Fifth-Wheel Release**

*Length: 3:09*  
Tommy tears his rotator cuff when he hastily yanks his fifth-wheel release.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Pulling Fifth-Wheel Release*

**CARGO SECUREMENT**

**Maybe it Really is a Good Idea**

*Length: 2:11*  
Billy and Michelle both suffer a hernia when they don't loosen up and prepare their muscles for work.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Securing Freight in Van/Reefer Trailer*

**SLIDING TANDEM**

**Driver Injured Back Pulling Slider Pin**

*Length: 2:11*  
This video explains the paper practice for slider pin release.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Sliding Tandems*  
*\*Available in Spanish*

**Friendship and Fingers**

*Length: 2:52*  
Zac loses a portion of his finger when poor communication leads to an accident.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Sliding Tandems*

**If It Hurts, Say So**

*Length: 2:40*  
Rudy had an admirable 15-year record of being injury free until he failed to report a nagging pain in his shoulder.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Sliding Tandems*  
*\*Available in Spanish*

**SLIPS & TRIPS**

**Almost Made It**

*Length: 3:01*  
Brandon makes it safely back to the company drop lot, only to trip and sprain his wrist. Always remain aware of your surroundings, even when the coast seems clear.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Slips and Trips*

**Mamaw Always Said**

*Length: 2:57*  
Wayne breaks his arm when dirty boots cause him to slip.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Slips and Trips*

**Muck Boots**

*Length: 3:11*  
Sam loses his footing and injures himself when his cowboy boots work against him.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Slips and Trips*

**Watch Where You Are Walking**

*Length: 2:49*  
Mark trips walking and receives serious injuries. Always focus on the task at hand and watch where you're going.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Slips and Trips*

**Winter Weather and a Bad Case of Ice**

*Length: 3:20*  
Jordan and Raymond both receive serious injuries after slipping in cold weather. Remain alert if there is the possibility of ice. Approach as if there definitely is ice.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Slips and Trips*  
*\*Available in Spanish*

**STRAPPING/CHANGING FLATBED FREIGHT**

**Beware Where You Step**

*Length: 2:38*  
Clarence and Jason receive serious injuries stepping on freight. Remember, always check freight prior to standing on it and always be aware of lighting conditions.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*  
*\*Available in Spanish*

**Cheater, Cheater**

*Length: 3:03*  
Charlie nearly loses an eye when a cheater slips and hits him in the face. Avoid using cheater bars if possible.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*

**It Looked Like a Good Idea**

*Length: 2:22*  
Abe injures his leg using a guardrail as a stepladder.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*

**Far Far Away**

*Length: 2:57*  
Cory sustains a shoulder injury that he believes to be minor. Instead of immediately reporting it and receiving assistance, he waits and it gets worse. Always report injuries immediately.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*

**Pop Goes the Shoulder**

*Length: 2:12*  
Grant endures a painful shoulder injury trying to force a winch bar in an awkward position. Always utilize equipment in the manner it is supposed to be used.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*  
*\*Available in Spanish*

**That Just Stinks**

*Length: 2:38*  
Dan trips and falls after being surprised on the side of the road by a skunk. Always keep natural hazards in mind.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*

**Who Has Got My Big Toe**

*Length: 3:06*  
Bret's big toe is smashed when a piece of iron falls on it. Treat your clothing as personal protective equipment. Sandals provide almost no protection.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Strapping/Changing Flatbed Freight*  
*\*Available in Spanish*

**TARPING/UNTARPING**

**Automatic Tarps Are Not Risk Free**

*Length: 2:58*  
Two drivers suffer injuries using automatic tarping systems. Assess situations even when they appear to have been eliminated by devices.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Tarping or Untarping*  
*\*Available in Spanish*

**Bungee Straps and Eyeballs**

*Length: 2:21*  
This video discusses the dangers involved in working with bungee straps and the safety measures necessary to avoid injury when using them.  
*Course Name: Real. Life. Lessons.*  
*Content Name:: Tarping or Untarping*  
*\*Available in Spanish*



Flats Equal Falls

Length: 2:39  
Abe Juan shares his experience in controlling the risk of falls while securing and tarping freight.  
Course Name: Real. Life. Lessons.  
Content Name:: Tarping or Untarping

Tarps Plus Wind Equals Parasailing

Length: 3:13  
B.J. is severely injured trying to restrain a tarp on a windy day. Always remain patient and anticipate trouble. Contact dispatch and ask others for assistance if necessary.  
Course Name: Real. Life. Lessons.  
Content Name:: Tarping or Untarping  
\*Available in Spanish

That’s Got to Hurt

Length: 3:10  
Todd and Bob both fracture their ankles when situations don’t work out the way they thought they would. Analyze the situation and anticipate problems.  
Course Name: Real. Life. Lessons.  
Content Name:: Tarping or Untarping  
\*Available in Spanish

UNLOADING/ASSISTING/TAILGATING FREIGHT

Driver Struck by Forklift Inside Trailer

Length: 2:22  
Nate is, fortunately, uninjured after being struck by a forklift. Do not engage in physical activity that is not defined as part of your job. Always be careful around forklifts and make sure forklift operators are aware of your presence.  
Course Name: Real. Life. Lessons  
Content Name:: Unloading/Assisting/Tailgating Freight  
\*Available in Spanish

Get Off My Foot Please

Length: 2:35  
This video discusses the dangers of getting too close to a forklift, while it is in operation.  
Course Name: Real. Life. Lessons.  
Content Name:: Unloading/Assisting/Tailgating Freight  
\*Available in Spanish

Help Can Be Dangerous

Length: 2:53  
Gary trips over the tines of a forklift after being surprised by his “help”.  
Course Name: Real. Life. Lessons.  
Content Name:: Unloading/Assisting/Tailgating Freight

Look Out for Load Locks

Length: 2:53  
Adam is severely injured when his inexperience with load locks gets the better of him.  
Course Name: Real. Life. Lessons.  
Content Name:: Unloading/Assisting/Tailgating Freight

There’s a Reason for Everything

Length: 2:28  
Mary Ann is injured and becomes medically unqualified to drive when she ignores directions and attempts to correct a loading issue herself.  
Course Name: Real. Life. Lessons.  
Content Name:: Unloading/Assisting/Tailgating Freight

Touchy – Feely

Length: 2:47  
Todd is injured and loses his job after helping load freight. Touching freight can be hazardous. Follow company policies when it comes to touching freight.  
Course Name: Real. Life. Lessons.  
Content Name:: Unloading/Assisting/Tailgating Freight

True Cost of a Pallet Jack

Length: 3:13  
Connie herniates a disc while pushing freight after she loans out her pallet jack. Make sure you have your material handling aids and use them at all times.  
Course Name: Real. Life. Lessons.  
Content Name:: Unloading/Assisting/Tailgating Freight  
\*Available in Spanish

OSHA & SAFETY MANAGEMENT

Emergency First Aid: Bleeding

Length: 5:46  
This video explains the common causes of bleeding injuries in the workplace and the proper first aid treatments for such emergencies. It also discusses relevant precautions to take at work to prevent future accidents.  
Package: OSHA  
Course: OSHA: Emergency First Aid: Bleeding

Emergency First Aid: CPR

Length: 6:43  
This video discusses OSHA’s emergency first aid regulations surrounding CPR, including the importance of checking for signs of life and Good Samaritan Law protection. It explains both OSHA’s and the American Heart Association’s guidelines for administering CPR.  
Package: Infinit-I Workforce Trucking  
Course: OSHA: Emergency First Aid: CPR

Emergency First Aid – Heart Attack

Length: 6:12  
This video discusses OSHA’s emergency first aid regulations surrounding heart attacks. It explains the common causes of heart attacks, how to administer first aid to someone suffering a heart attack, and discusses preventative measures you can take to prevent future injuries.  
Package: Infinit-I Workforce Trucking  
Course: OSHA: Emergency First Aid – Heart Attack

Emergency First Aid: Near Drowning

Length: 6:32  
This video discusses OSHA’s emergency first aid regulations surrounding near drowning. It explains the common symptoms of drowning, emphasizing that drowning is often silent. It also covers how to administer first aid to someone near drowning and discusses preventative measures you can take to avoid future incidents..  
Package: Infinit-I Workforce Trucking  
Course: OSHA: Emergency First Aid: Near Drowning

Emergency First Aid: Poison and Overdose

Length: 7:15  
This video discusses OSHA’s emergency first aid regulations surrounding poisoning & overdose. It discusses chemical hazards and touches on the opioid crisis. It also covers common symptoms, pertinent first-aid guidelines, and precautionary measures you can take to prevent future incidents.  
Package: Infinit-I Workforce Trucking  
Course: OSHA: Emergency First Aid: Poison and Overdose

Emergency First Aid: Shock

Length: 6:16  
This video discusses OSHA’s emergency first aid regulations surrounding shock. It discusses the main types of shock, their symptoms, and how to administer the proper first-aid treatment.  
Package: Infinit-I Workforce Trucking  
Course: OSHA: Emergency First Aid: Shock

Injury Prevention – Cuts, Scrapes, and Punctures

Length: 6:19  
This video defines the differences in cuts, punctures, and scrapes. It discusses the dangers of each injury and basic remedy solutions. It also covers reporting procedures and prevention methods.  
Package: OSHA  
Course: OSHA: Injury Prevention

Injury Prevention – Motor Vehicle Injuries

Length: 4:39  
This video discusses the risk of motor vehicle accidents for general industry workers. It explains different types of motor accidents and their respective common injuries. It also explains prevention methods and reporting procedures.  
Package: OSHA  
Course: OSHA: Injury Prevention

Injury Prevention – Musculoskeletal (MSD) Injury

Length: 5:41  
This video discusses the most common types of MSD injuries, including how they’re caused and how they’re treated. It also explains various prevention methods as well as injury reporting procedures for claiming worker’s compensation.  
Package: OSHA  
Course: OSHA: Injury Prevention  
\*Available in Spanish

Injury Prevention – Slips, Trips, & Falls

Length: 5:23  
This video explains common general industry hazards that result in slips, trips, or falls. It discusses different types of falls, various situations or causes that lead to falls, and common injuries involved. It also describes prevention methods and reporting procedures for claiming worker’s compensation.  
Package: OSHA  
Course: OSHA: Injury Prevention

Injury Prevention – Strain by Lifting

Length: 6:10  
This video discusses the most common causes of and treatments for muscle strain injuries. It also explains various prevention methods as well as injury reporting procedures for claiming worker’s compensation.  
Package: OSHA  
Course: OSHA: Injury Prevention

BLOODBORNE PATHOGENS

Bloodborne Pathogens: 01. Introduction

Length: 4:59  
This video introduces the Bloodborne Pathogen series by discussing OSHA’s Standard regulations. It outlines the main points of bloodborne pathogen safety training and clarifies employer requirements.  
Package: OSHA  
Course: OSHA: Blood Borne Pathogens

Bloodborne Pathogens: 02. General Information

Length: 6:38  
This video discusses the various diseases associated with bloodborne pathogens. It also outlines common modes of transmission as well as exposure prevention methods.  
Package: OSHA  
Course: OSHA: Blood Borne Pathogens

Bloodborne Pathogens: 03. Hepatitis C

Length: 6:43  
This video discusses the common bloodborne pathogen disease, Hepatitis C. It explains the common modes of transmission, symptoms, and various exposure prevention methods.  
Package: OSHA  
Course: OSHA: Blood Borne Pathogens

Bloodborne Pathogens: 04. Lifestyle

Length: 4:38  
This video discusses general lifestyle choices that could increase your risk of bloodborne pathogen exposure. It explains the importance of good hygiene, safe sex, and regular doctor’s visits.  
Package: OSHA  
Course: OSHA: Blood Borne Pathogens

**Bloodborne Pathogens: 05. Workplace Risks**

*Length: 4:11*  
This video discusses which industries and roles are more at risk of occupational exposure. It explains common modes of transmission for bloodborne pathogens and the importance of familiarizing yourself with your employer’s Exposure Control Plan.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 06. First Aid Providers**

*Length: 5:27*  
This video discusses the dangers that first aid providers face while at work. It explains appropriate PPE use, after-incident reporting, and risk determination factors for several industries.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 07. Vaccines**

*Length: 4:56*  
This video discusses which bloodborne diseases have vaccinations available and the benefits of receiving them. It also explains the protocol for declining vaccines your employer offers.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 08. Universal and Standard Precautions**

*Length: 5:50*  
This video discusses the various regulations outlined in the CDC’s Universal Precautions and Standard Precautions. It explains the different steps you can take in the workplace to prevent bloodborne pathogen infections.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 09. Personal Protection**

*Length: 4:58*  
This video explains how the right personal protective equipment can help prevent bloodborne infections. It discusses various types of PPE and employer responsibilities.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 10. Exposure**

*Length: 4:57*  
This video defines occupational exposure and explains what to do during and after an exposure incident. It discusses proper disinfecting procedures as well as reporting regulations.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 11. Exposure Control Plan**

*Length: 6:45*  
This video explains what an Exposure Control Plan is and the various safety elements that make it up. It explains employer responsibilities and discusses regulations such as Universal Precautions, PPE guidelines, and incident reporting.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**Bloodborne Pathogens: 12. OSHA Update**

*Length: 3:48*  
This video discusses the 2001 update to OSHA’s Bloodborne Pathogen Standard. It emphasizes utilizing newer safety technologies and implementing work practice controls and employee training that reduce the chances of occupational exposure.

*Package: OSHA*  
*Course: OSHA: Blood Borne Pathogens*

**COMPRESSED AIR**

**Compressed Air Part 1 - Hazards**

*Length: 6:03*  
This video explains the common hazards involved with using compressed air tools and systems. It discusses the dangers of mishandling compressed air and lists common resulting injuries.

*Package: OSHA*  
*Course: OSHA: Working Safely with Compressed Air*

**Compressed Air Part 2 - Compressors**

*Length: 7:32*  
This video discusses the common types of air compressors, or pressure vessels. It explains how they operate and lists general regulations surrounding their safe usage.

*Package: OSHA*  
*Course: OSHA: Working Safely with Compressed Air*

**Compressed Air Part 3 – Air Receivers**

*Length: 5:07*  
This video explains the role of air receivers in compressed air systems and tools. It discusses its’ various functions and relevant regulations surrounding their safe usage.

*Package: OSHA*  
*Course: OSHA: Working Safely with Compressed Air*

**Compressed Air Part 4 – Air Hoses & Couplings**

*Length: 5:30*  
This video explains how air hoses and couplings operate within compressed air systems. It explains how they work together to help keep pneumatic systems safe and efficient.

*Package: OSHA*  
*Course: OSHA: Working Safely with Compressed Air*

**Compressed Air Part 5 – Pneumatic Tool Safety**

*Length: 6:08*  
This video discusses general safety tips to follow when using various pneumatic tools. It explains the importance of using proper fittings, following manufacturer guidelines, and what to do in an emergency.

*Package: OSHA*  
*Course: OSHA: Working Safely with Compressed Air*

**FORKLIFTS & PALLET JACKS**

**Forklifts and Pedestrian Safety**

*Length: 6:52*  
This video explains the dangers of forklifts for pedestrians like their blind spots and risk of collision. It discusses ways pedestrians can stay safe if there is an operating forklift nearby.

*Package: OSHA*  
*Course: OSHA: Forklifts and Pedestrian Safety*

**Electric Pallet Jacks - Part 1**

*Length: 4:25*  
This video explains the safety regulations for electric pallet jacks. It discusses inspections and emphasizes the importance of referring to the manufacturer’s guidelines as pallet jacks can operate differently depending on the design.

*Package: OSHA*  
*Course: OSHA: Electric Pallet Jacks*

**Electric Pallet Jacks - Part 2**

*Length: 4:57*  
This video explains the safety regulations for electric pallet jacks. It discusses the basic anatomy of a pallet jack and lists ways to stay safe while operating one.

*Package: OSHA*  
*Course: OSHA: Electric Pallet Jacks*

**Forklift Regulations - Part 1**

*Length: 7:19*  
This video discusses general safety procedures for using forklifts in the workplace. It outlines various safeguards to protect yourself from injury and explains the difference between fuel versus battery powered forklifts.

*Package: OSHA*  
*Course: OSHA: Forklift Regulations*

**Forklift Regulations - Part 2**

*Length: 6:06*  
This video discusses general safety procedures for using forklifts in the workplace. It explains basic operation procedures and discusses equipment safety standards.

*Package: OSHA*  
*Course: OSHA: Forklift Regulations*

**Wooden Pallet Safety**

*Length: 5:47*  
This video explains how to safely handle wooden pallets in the workplace. It discusses the importance of wearing PPE, proper lifting methods, and storage procedures.

*Package: OSHA*  
*Course: OSHA: Wooden Pallet Safety*

**HAZARDOUS MATERIALS**

**Formaldehyde Safety**

*Length: 6:53*  
This video discusses the common forms of formaldehyde and the symptoms one may experience upon exposure. It also explains which PPE is necessary for safety and outlines general regulations regarding formaldehyde protocols.

*Package: OSHA*  
*Course: OSHA: Formaldehyde Safety*

**Bonding & Grounding of Flammable Liquids Transfers**

*Length: 6:02*  
This video defines what grounding and bonding are and explains their significance in transferring flammable liquids. It also discusses different methods of transfer and how you can stay safe during the process.

*Package: OSHA*  
*Course: OSHA: Bonding & Grounding of Flammable Liquid Transfers*

**Hazard Communications Basics**

*Length: 6:30*  
This video explains how OSHA standardizes ways to communicate the dangers of hazardous materials in the workplace. It discusses common hazardous chemicals, the importance of labels, and how to interpret safety data sheets.

*Package: OSHA*  
*Course: Hazard Communication Basics*

**Hazardous Materials Spill Clean Up – Part 1**

*Length: 4:24*  
This video discusses hazardous materials including chlorine, methane, acids, and other chemicals and gases, pesticides, cleaners, gasoline, and paint thinner.

*Course Name: Warehouse, Distribution, & Maintenance*  
*Content Name:: Hazardous Materials Spill Clean Up*

**Hazardous Materials Spill Clean Up – Part 2**

*Length: 9:51*  
This video discusses clean up details and the steps to follow when you see or smell a hazardous accident; Material Safety Data Sheet (MSDS) and their importance in detailing how to handle specific hazards.

*Course Name: Warehouse, Distribution, & Maintenance*  
*Content Name:: Hazardous Materials Spill Clean Up*

**Shipping of Hazardous Materials**

*Length: 15:25*  
This program explains how the shipping process works, what regulations guide you through the shipping process, and more.

*Course Name: Safety & OSHA*  
*Content Name:: Shipping of Hazardous Materials*





1. Walking Working Surfaces Rule: Introduction

Length: 11:48  
This introductory section reviews the limitations of the old rule addressing slips, trips and falls and the current revisions to General Industry Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

2. Costs and Benefits

Length: 11:58  
This section looks at the costs and benefits of the new rule, including the importance of recorded training, and reviews the industries affected by the revision of the General Industry Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

3. Implementation Timeline

Length: 3:30  
This section reviews the effective dates of provisions of the new rule, as well as exceptions.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

4. General Requirements

Length: 5:46  
This section discusses the various surface conditions that must be maintained for safety; and who should perform or supervise repairs.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

5. Ladders

Length: 7:41  
This section outlines inspecting ladders and the safest techniques in using ladders, including portable ladders. Mobile ladder stands and platforms are also discussed along with the new standards for load weight and design criteria.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

6. Stairways, Dockboards, & More

Length: 5:25  
This section reviews design and construction specifications for step bolts, manhole steps and stairways and how they must be inspected. Also discussed are dockboards and the affirmative defense of infeasibility.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

7. Scaffolds and Rope Descent Systems

Length: 3:58  
This section discusses anchorage points, inspections and the development of prompt methods of rescue if needed.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

8. Fall Protection

Length: 6:19  
This video discusses the types of fall protection systems in the worksite. It explains where each fall system would be in place and regulations surrounding them.  
Package: OSHA  
Course: OSHA: Fall Protection

9. Rolling Stock

Length: 5:28  
This section examines how OSHA looks at rolling stock and motor vehicles and the fall protection that applies to them.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

10. Wrap-Up

Length: 1:10  
This section examines what OSHA expects from employers on walking/working surfaces and fall protection requirements.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q1. Federal OSHA Rules & State Plans

Length: 1:57  
Question and answer about the Federal OSHA Rules vs. State Plans under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q2. Flatbed Trailers

Length: 2:01  
Question and answer about flatbed trailers under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q3. Document Harness Inspection

Length: 1:26  
Question and answer about document harness inspection under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q4. Safety Harness Expiration Dates

Length: 1:39  
Question and answer about safety harness expiration dates under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q5. Loading Dock Openings

Length: 2:16  
Question and answer about loading dock openings under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q6. Ladderway Openings

Length: 2:35  
Question and answer about ladderway openings under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q7. Confined Space Entry Portable Tanks

Length: 1:48  
Question and answer about confined space entry portable tanks under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q8. Dock Plate Painting Requirements

Length: 0:53  
Question and answer about dock plate painting requirements under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q9. Maintaining Platforms at Other Work Sites

Length: 2:50  
Question and answer about maintaining platforms at other work sites under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q10. Fall Arrest/Restraint Ratings

Length: 0:56  
Question and answer about fall arrest restraint ratings under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q11. Fall Protection System Guidelines

Length: 0:54  
Question and answer about fall protection system guidelines under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q12. Training Deadline Penalties

Length: 1:45  
Question and answer about training deadline penalties under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

Q13. Training Requirements

Length: 5:24  
Question and answer about training requirements under the Walking Working Surfaces Rule.  
Course Name: Safety & OSHA  
Content Name:: OSHA Walking Working Surfaces Webinar

INFINIT-I IN-MOTION

In-Motion - Dealing with Aggressive Drivers

Length: 2:54  
This animated video covers how to deal with aggressive drivers, what to do if you come across one, and how to avoid being one yourself.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Dealing with Aggressive Drivers

In-Motion - Driving in Construction Zones

Length: 2:53  
Work zones, or "cone zones", can be dangerous for both drivers and road workers. This video offers tips for safely driving through these hazards.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Driving in Construction Zones

In-Motion - Driving in Fog

Length: 2:28  
Fog creates dangerous driving conditions and has been the cause of a high number of accidents and fatalities. This animated short explores the safest way to operate a vehicle through fog.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Driving in Fog

In-Motion - Driving in the Rain

Length: 2:28  
In rainy conditions, pedestrians, animals, and other obstacles are extremely hard to spot and even harder to avoid. In this animated video, learn how to be safe before you get on the road and while driving in the rain.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Driving in the Rain

In-Motion - Good Sleeping Habits for Truck Drivers – Part 1

Length: 2:10  
This short, animated video covers reasons why sleep is important and ways to improve your sleep environment.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Good Sleeping Habits for Truck Drivers

In-Motion - Good Sleeping Habits for Truck Drivers – Part 2

Length: 2:09  
Part two of this healthy sleeping habits training teaches how to better prepare for sleep, what to avoid and what to do before bedtime.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Good Sleeping Habits for Truck Drivers

In-Motion - Hydroplaning

Length: 1:57  
Hydroplaning is when a vehicle's tires lose contact with the road. This occurs when there is water in front of your tires that builds up faster than the vehicle's weight can push it away.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Hydroplaning

In-Motion - Railroad Crossing Safety

Length: 2:50  
Any time is train time, and the train always wins. Any driver on the road needs to know just how dangerous it can be crossing a railroad. So, let's talk about it.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Railroad Crossing Safety

In-Motion - Tailgating

Length: 2:43  
When tailgating another vehicle, a driver sacrifices critical safety elements of being on the road. This animated short covers what happens when someone tailgates, and what to do to defend against others tailgating you.  
Course Name: Trucking Industry  
Content Name:: In-Motion - Tailgating



SEXUAL HARASSMENT

Sexual Harassment: Guidelines

Length: 8:06  
This video outlines general training guidelines for sexual harassment training at work. It defines what constitutes a hostile work environment, explains the role of the EEOC, and lists common unacceptable behaviors that many would find unwelcome at work.  
Package: Infinit-I Workforce Trucking  
Course: Sexual Harassment: Guidelines

Sexual Harassment: Reporting Without Evidence

Length: 6:13  
This video explains how to go about reporting sexual harassment at work without solid evidence. It discusses the parameters of prima-facie evidence, quid pro quo harassment, and disparate treatment.  
Package: Infinit-I Workforce Trucking  
Course: Sexual Harassment: Guidelines

Sexual Harassment: Title VII

Length: 8:16  
This video examines the history of Title VII of the Civil Rights Act by explaining the various court cases that contributed to the law. It defines what sexual harassment is and explains the role of both the EEOC and your employer when managing sexual harassment cases.  
Package: Infinit-I Workforce Trucking  
Course: Sexual Harassment: Title VII  
\*Available in Spanish

WORKPLACE SEXUAL HARASSMENT

Sexual Harassment - Workplace Part 1

Length: 3:29  
Sexual harassment does exist and should never be tolerated and is against the law. Sexual Harassment is any form of sex discrimination that involves unwelcome sexual favors and other unwanted verbal or physical conduct based upon sex which adversely affects a persons job or which creates a hostile and offensive work environment.  
Course Name: Warehouse, Distribution, and Maintenance  
Content Name:: Sexual Harassment - Workplace Part 1

Sexual Harassment - Workplace Part 2

Length: 8:55  
This video reviews the legal definitions of common harassment situations whether explicit or implied. It must be of a sexual nature or it must be harassment that is gender-related. Verbal or physical conduct like pictures, works, touching based on sex that interferes with an individuals job performance or which creates a negative, hostile work environment and differences between simple teasing and harassment.  
Course Name: Warehouse, Distribution, and Maintenance  
Content Name:: Sexual Harassment - Workplace Part 2

Sexual Harassment - Workplace Part 3

Length: 3:48  
Responding to sexual harassment situations and learning to keep your emotions in check, while maintaining professionalism when confronted with unwanted comments, touching or suggestions. This video reviews the reporting and escalation process when confronted with various types of sexual harassment.  
Course Name: Warehouse, Distribution, and Maintenance  
Content Name: - Sexual Harassment - Workplace Part 3

Sexual Harassment - Managers

Length: 8:56  
By being prepared managers can address and resolve claims about sexual harassment avoiding costly administrative action and litigation while maintaining a harassment free workplace. This video reviews what managers and supervisors can easily do like being a positive role model for employees and being familiar with specific company sexual harassment policies and procedures.  
Course Name: Warehouse, Distribution, and Maintenance  
Content Name:: Sexual Harassment - Managers

HUMAN TRAFFICKING

TRUCKERS AGAINST TRAFFICKING TRAINING

Truckers Against Trafficking – Part 1

Length: 17:08  
The video features a gripping firsthand account from a victim that was forced into the world of human trafficking and how the trucking industry is combating this human tragedy and creating awareness.  
Course Name: Trucking Industry  
Content Name:: Truckers Against Trafficking

Truckers Against Trafficking – Part 2

Length: 10:57  
This video discusses what drivers and the industry can do about this global, national, and local problem.  
Course Name: Trucking Industry  
Content Name:: Truckers Against Trafficking

CUSTOMS-TRADE PARTNERSHIP AGAINST TERRORISM

C-TPAT

Length: 7:09  
This video discusses the Customs-Trade Partnership Against Terrorism (C-TPAT) and suggested procedures for drivers.  
Course Name: Trucking Industry  
Content Name:: C-TPAT  
\*Available in Spanish

CANADIAN TRAINING MATERIALS

CANADIAN TRAINING MATERIALS

Canada Bill C-65

Length: 5:03  
This video details the regulations set forth by Canadian Bill C-65. It discusses the changes made by the Bill, what an employer should know, and what an employer is responsible for.  
Course Name: Canada Bill C-65  
Content Name: Canada Bill C-65  
\*Available in Spanish

Canadian Hours of Service - Part 1 - Introduction

Length: 3:05  
This video explains an overview of this series of Content Name:s. It also describes the basics of the Canadian Hours of Service Regulations.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 2 - Electronic Logging Devices (ELDs)

Length: 3:04  
This video discusses electronic logging device regulations and how they apply to drivers. It also discusses exceptions to the regulations.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 3 - Definitions

Length: 3:04  
This video discusses the terms used in the Canadian Hours of Service Regulations. It also explains the relationship between terms and other regulations.  
Package: Canadian Content  
Content Name:: Canadian Hours of Service

Canadian Hours of Service - Part 4 - Cycles

Length: 5:53  
This video discusses the work cycle regulations. It provides examples and figures of proper work cycles.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 5 -Exceptions

Length: 5:13  
This video discusses the exceptions to the hours of service regulations. It provides examples and specific scenarios for these exceptions.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 6 - Sleeper Berth Rule

Length: 4:50  
This video discusses exceptions to the sleeper berth regulations. It provides examples of proper use of the exception with split sleeper berth times and team times.  
Package: Canadian Content  
Course: Canadian Hours of Service

Canadian Hours of Service - Part 7 - Daily Logs and Exemptions

Length: 5:02  
This video discusses exemptions around the requirements of daily logs.  
Package: Canadian Content  
Course: Canadian Hours of Service

Introduction

Length: 1:25  
This video goes over driver’s daily pre-trip. Discusses finding minor defects and major defects during a pre-trip.  
Course Name: Canada  
Content Name:: Canadian Vehicle Inspection

Rear Inspection and Safety Equipment

Length: 3:05  
Andrew Stacy looks for minor and major effects on the vehicle.  
Course Name: Canada  
Content Name:: Canadian Vehicle Inspection

Tires

Length: 3:49  
Andrew Stacy inspects tires.  
Course Name: Canada  
Content Name:: Canadian Vehicle Inspection

Under the Hood Driver Side

Length: 3:40  
This video goes over a pre-trip inspection under the hood on the driver’s side looking for major defects and minor defects.  
Course Name: Canada  
Content Name:: Canadian Vehicle Inspection

Under the Hood Passenger Side

Length: 2:03  
This video goes over a pre-trip inspection under the hood on the passenger’s side looking for major defect and minor defects.  
Course Name: Canada  
Content Name:: Canadian Vehicle Inspection

DRIVING WELL

DRIVER PHYSICAL & EMOTIONAL HEALTH

Session 1 - Introduction

Length: 1:52  
This video introduces the viewer to the Driving Well Driver course, which focuses on providing information and techniques geared towards improving mental, physical, and emotional health.  
Course Name: Driving Well Driver Course  
Content Name: Session 1 - Introduction

Session 2 - Anxiety

Length: 5:34  
This video discusses the effects of anxiety on drivers and details ways drivers can manage, reduce, and cope with anxiety on the road.  
Course Name: Driving Well Driver Course  
Content Name: Session 2 - Anxiety

Session 3 - Relationships

Length: 8:33  
This video discusses the challenges drivers face in regard to relationships. This video details techniques and ideas to foster various types of healthy relationships on the road.  
Course Name: Driving Well Driver Course  
Content Name: Session 3 - Relationships

Session 4 - Depression

Length: 5:51  
This video discusses depression, the risks drivers face, mechanisms for managing depression, and information on how to work through challenging situations.  
Course Name: Driving Well Driver Course  
Content Name: Session 4 - Depression

Session 5 - Physical Activity

Length: 5:57  
This video discusses the importance of physical health as a driver. It details several risks caused by the challenging lifestyle drivers lead, as well as techniques for increasing physical wellness.  
Course Name: Driving Well Driver Course  
Content Name: Session 5 – Physical Activity

Session 6 – Stress Management

Length: 8:55  
This video discusses how stress effects drivers. It details the numerous risks drivers face and techniques for mitigating or managing stress.  
Course Name: Driving Well Driver Course  
Content Name: Session 6 – Stress Management

Session 7 – Personal Development

Length: 7:24  
This video discusses the benefits of focusing on your personal development. It details a number of techniques and ideas, focusing on your past and communication.  
Course Name: Driving Well Driver Course  
Content Name: Session 7 – Personal Development

MEDIUM-DUTY TRUCKS

Medium-Duty Trucks: 7 Deadly Errors Cars Make Around Large Vehicle

Length: 6:46  
Seven of the most common mistakes passenger vehicles make when driving around large vehicles and how to counteract these mistakes with safe driving techniques.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Backing a CMV

Length: 5:14  
Sometimes there’s no alternative and you’ll have to back your CMV. This tool covers tips, maneuvers, and safety protocol on how to properly back a large vehicle.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Defensive Driving Tips

Length: 5:02  
The best driver is a safe driver. Learn five tips on being a defensive driver in a world of aggressive ones.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Distracted Driver: Cellphone

Length: 3:50  
Learn about the study that verified the dangers of cellphone use in vehicles and join us in discussing the rules made in response.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Distracted Driving Awareness: No Device Allowed

Length: 5:02  
The dangers of using an electronic device while driving are covered, as are the consequences of violating rules and regulations regarding their use.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Distracted Driving Awareness: Hands-Free Device Allowed

Length: 3:44  
We discuss the dangers of using hands-free devices while driving and consequences of violating the rules and laws regarding them.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Driving in Extreme Weather Conditions

Length: 9:01  
Facing extreme weather in a CMV can be terrifying, but the best way to be safe is to be prepared. This video explores the different kinds of extreme weather and how to operate your CMV safely through them.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Fixed Object Collisions, High Speed

Length: 6:30  
This tool defines fixed object collisions that occur at high speeds, where and how they occur, and how best to avoid them.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Fixed Object Collisions, Low Speed

Length: 7:40  
Learn about the dangers and effects of low speed fixed object collisions, where they most often occur, and techniques to avoid these hazards.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Lift Gate Safety

Length: 3:22  
Safe handling, maintenance, and procedures on how to unfold and stow the lift gate are discussed in this video.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Managing Lots and Tight Spaces

Length: 5:56  
Most CMV operators know that maneuvering into parking lots and tight spaces can be frustrating and difficult. We want to help relieve that pressure by discussing the best tips for navigating these tight spots.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Seatbelts: Why They Work and Why It’s the Law

Length: 4:50  
Seatbelts are often overlooked and understated, but these safety devices save lives every single day. Learn the science behind seatbelt safety and why you and your passengers should always buckle up.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

Medium-Duty Trucks: Winter Weather Readiness Checklist

Length: 6:28  
This video covers the specifics on what to check in preparation for traveling in cold weather.  
Package: Medium Duty Trucks  
Course: Medium Duty Trucks

PARCEL DELIVERY

Parcel Delivery – After the Accident

Length: 3:09  
Learn what to do after an accident, including protecting yourself from harm, getting help, recording key on-scene information, and following company policies.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Dog Bite Prevention

Length: 3:30  
For delivery drivers and couriers, encountering an aggressive dog is a very real danger. Learn what causes dogs to bite, warning signs of an attack, what to do if a dog attacks, and what to do or not do if you see a strange dog.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery – Heat Stress

Length: 3:03  
Extreme heat is not a friend to parcel delivery drivers. In this animated short we cover how to prevent heat-related illnesses, risk factors for these illnesses, symptoms of heat exhaustion and heat stroke, and what to do if you think you’re suffering from a heat-related illness.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Parcel Delivery Safety

Length: 3:14  
Those who work as parcel delivery drivers or couriers are exposed to numerous serious hazards. In this video we discuss delivery truck inspections, defensive driving tips, safe lifting practices, and how to prevent slips, trips, and falls.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Parking Lots

Length: 2:30  
As a parcel delivery driver, you’ll likely be required to park in commercial or residential parking lots to complete deliveries. Learn general safety tips for driving in, walking in, and leaving parking lots.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Professional Driver

Length: 3:40  
Working as a professional driver comes with responsibilities; a professional driver is a safe driver. Let’s talk about the best ways to live up to this title.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery – Robbery Prevention

Length: 2:58  
Parcel delivery drivers are vulnerable targets for criminals. Let’s discuss steps to thwart a robbery, what to do if a robbery occurs, what not to do, and how to react after the robbery.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Safety Belts Save Lives

Length: 3:31  
A safety belt is the most important safety device at your disposal. In this video we discuss the myths and facts surrounding these life-saving devices.

Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Too Fast for Conditions

Length: 04:20  
Driving too fast for conditions is defined as traveling at a speed greater than a reasonable standard for safe driving. Learn exactly what these conditions are, and when it’s necessary to slow down.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery - Vehicle Backing Safety

Length: 3:22  
Backing accidents are common and potentially deadly. Drivers should avoid backing whenever possible, but in situations where this isn’t possible, we’re giving some tips to back safely.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Parcel Delivery – Winter Weather

Length: 3:44  
Snow and ice are not allies to those required to work in the elements. In this video you’ll learn about hypothermia, including symptoms and prevention, how to react to ice and snow, how to care for windshields and mirrors, and the importance of monitoring weather conditions.  
Package: Medium Duty Trucks  
Course: Parcel Delivery

Do you have problems with employee retention? Are all of your employees working together to make your company a place where people want to work?

**The Cultural Relationship Program: The People Side of Trucking with Dan Baker** is designed to improve employee retention by building positive working relationships between employees in all parts of your company. The program features down-to-earth, real-world information featuring longtime trucking industry consultant Dan Baker. The program has helped hundreds of companies across the nation improve communication and understanding between all of the members of their teams.

This is a company-wide solution, with valuable takeaways for every department, including:

- Drivers
- Operations
- DispatchersShop
- Recruiting
- Back office
- Everyone else!

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