M3 – Health & Safety and Safe Loading

Who Should Attend

- Drivers with "acquired rights" (sometimes known as "grandfather rights") who passed their test before September 2008 (PCV), or before September 2009 (LGV).
- Drivers who need to acquire 7 hours towards their 35 hours of periodic training.

Course Aim

To provide delegates with a knowledge and understanding of the general principles of health & safety as they relate to the road transport industry. To understand the individuals responsibility for themselves and others. To consider the requirements for the safe loading of vehicles and the use of various restraint systems.

Training Methods

A classroom based course supplemented with tutorials and videos.

Driver CPC Approved

Yes – 7 Hours (course M3)

Ratios

Accreditation	Classroom COTS Premises	Classroom Client Premises
JAUPT	20 : 1	15 : 1

Locations

Cardiff, Swansea, Client Site.

Course content

- **Requirements of and exemptions from Driver CPC**
- **Some Health & Safety statistics**
- **Reasons for managing health and safety and the major provisions of the Health & Safety at Work etc Act 1974**
- **H&S signage**
- **The use of Personal Protective Equipment (PPE)**
- **Manual handling – basic techniques**
- **Sample H&S case studies**
- **Powers of the Health & Safety Executive**
- **Risk assessment using TILE (Task, Individual, Load, Environment)**
- **A brief look at LOLER, PUWER, COSHH**
- **The safe loading of vehicles, considering methods to load, loading equipment etc**
- **Use of straps, chains, tensioners, ropes and dunnage**
- **Accessing/leaving the vehicle safely**

Additional Information

In order to claim Driver Certificate of Professional Competence credit, delegates attending this course must have a valid licence for categories C, C1, C1+E, C+E, D, D1, D1+E or D+E and must present a driving licence when attending the course.

COTS are fully approved by JAUPT to deliver Driver CPC periodic training.