

METL Detailed Breakdown of Hours



Competence Categories	Classroom Hours			In-Yard Hours			In-Cab Hours			Total Hours
Lessons	Deliver	Apply	Assess	Deliver	Apply	Assess	Deliver	Apply	Assess	
1. Orientation to Trucking	1.0									1.0
2. Vehicle Components and Systems	0.5		0.5	0.5	0.5	0.5				2.5
3. Air Brakes	5.0	1.5	0.5	0.5	1.0	0.5				9.0
4. Vehicle Inspections	2.5			1.5	5.5	1.0				10.5
5. Basic Driving Strategies	8.0		0.5	0.5	0.5		0.5	19.0	0.5	29.5
Mid-Term Assessment			1.0							1.0
6. Professional Driving Techniques	6.5		0.5		0.5		0.5	20.0	0.5	28.5
7. Backing and Coupling	3.5			3.0	20.0	1.0				27.5
8. Trip Planning and Hours of Service	3.0		0.5							3.5
9. Cargo Securement	2.0		0.5	0.5	0.5					3.5
10. Dangerous Goods and Emergency Situations	1.0		0.5	0.5	0.5					2.5
Final Competency Exam			1.0			1.5				2.5
Totals	33.0	1.5	5.5	7.0	29.0	4.5	1.0	39.0	1.0	121.5
Total Delivery In-Yard and In-Cab										8
Total Application In-Yard & In-Cab										68
Total Assessment In-Yard & In-Cab										5.5
Total Classroom										40