

# MELT Breakdown of Hours



Competence Categories	Classroom Hours	Practical Hours		Total Hours
Lessons	In-class	In-yard	In-cab	
1. Orientation to Trucking	1.0			1.0
2. Vehicle Components and Systems	1.0	1.5		2.5
3. Air Brakes	7.0	2.0		9.0
4. Vehicle Inspections	2.5	8.0		10.5
5. Basic Driving Strategies	8.5	1.0	20.0	29.5
Mid-Term Assessment	1.0			1.0
6. Professional Driving Techniques	7.0	0.5	21.0	28.5
7. Backing and Coupling	3.5	24.0		27.5
8. Trip Planning and Hours of Service	3.5			3.5
9. Cargo Securement	2.5	1.0		3.5
10. Dangerous Goods and Emergency Situations	1.5	1.0		2.5
Final Competency Exam	1.0	1.5		2.5
Totals	40.0	40.5	41.0	121.5

## Definitions:

In-class: Lecture, demos, pair/group work, show, do, quiz, etc.

In-yard: watching instruction, practice, performing tasks, etc.

In-cab: driving along, tasks and manoeuvres, etc.