

# **Lesson 1**

Orientation to Trucking

**Exercise Book**



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# Introduction

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## Purpose

This Exercise Book contains exercises related to MANDATORY ENTRY-LEVEL TRAINING MANITOBA CLASS 1 (MELT) PROGRAM Lesson 1.

## Approach

This lesson covered introductory information related to trucking through:

- In-class instruction
- The course textbook

## Tips for End Users

Refer to all the reference materials provided to complete the exercises.



# Exercise 1: Essential Skills

## Instructions

- Answer the questions below
- Use the resources listed to assist you (if required)

## Resources

- Trucking HR Canada NOS Toolkit (Essential Skills Profile)
- Course textbook
- In-class instruction

## Introduction

Commercial vehicle operators operate heavy trucks to transport goods and materials over urban, inter-urban, municipal, provincial and international routes. They are employed by transportation companies, manufacturing and distribution companies, moving companies or they may be self-employed.

## Questions

1. List the three most important 'essential non-driving skills' for commercial vehicle operators:

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2. For each skill provide a related task that a professional driver may be required to complete.

### Fill in the Table:

| Skill                        | Related Task |
|------------------------------|--------------|
| Writing                      |              |
| Using Digital Technology     |              |
| Working with others/Teamwork |              |
| Reading                      |              |
| Using Numeracy/Math          |              |



## Exercise 2: Regulations

### Instructions

- Answer the questions below
- Use the resources listed to assist you (if required)

### Resources

- Course textbook
- In-class instruction

### Introduction

Trucking is heavily regulated by federal, provincial and local governments. Each level of government is responsible for different types of regulations. Many of the regulations are aligned among different governments (federal to provincial, province to province, etc.), however some laws also vary from province to province, state to state, or territory.

### Questions

1. What is the National Safety Code (NSC) for Motor Carriers, how many standards does it have, and who administers it?

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2. What are the two key legislative “Acts” that govern truck driving in Manitoba?

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3. What are some mandatory requirements you need to become a professional driver?

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4. Based on age, how often must a medical report be submitted?

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## Exercise 3: Traffic Laws

### Instructions

- Answer the questions below
- Use the resources listed to assist you (if required)

### Resources

- Course textbook
- In-class instruction

### Introduction

Professional drivers are not expected to memorize the specific language of driving laws, but do need to know the aspects of the job that are regulated.

### Questions

1. List some traffic violations that will affect your driving record.

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2. What are the three types of overarching “Laws” that come into play in the trucking industry?

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3. List some examples that can lead to a criminal code conviction related to driving.

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4. Of the examples listed above, will any of them affect your commercial licence or employment?

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5. List some consequences of traffic convictions.

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6. How could a traffic conviction affect your commercial driving record and employment?

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