

Lesson 6

Professional Driving Techniques

Exercise Book



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Introduction

Purpose

This Exercise Book contains exercises related to MANDATORY ENTRY-LEVEL TRAINING MANITOBA CLASS 1 (MELT) PROGRAM Lesson 6.

Approach

This lesson covered professional driving habits and best practices, including performing various manoeuvres through:

- In-class instruction
- Videos
- In-yard assessments

Tips for End Users

Use all the reference materials provided to complete these exercises.



Exercise 1: Advanced Driving Manoeuvres

Instructions

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

Resources:

- Course textbook
- In-class instruction

Questions:

1. What is the formula for calculating a safe following distance?

2. Under what situations might you need to increase following distance?

3. What are some hazards you need to be aware of at intersections?



4. List six things you should always do when merging into major roadways:

5. What four questions should you ask yourself before passing?

6. What should you do if you miss your exit?



7. What should you do when approaching and stopping at railway tracks?

8. What should you do when crossing railway tracks?



Exercise 2: Mountains and Hills

Instructions

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

Resources:

- Course textbook
- In-class instruction

Questions:

1. When driving uphill, shift when necessary, shifting _____ range at a time to maintain a safe speed.
2. When driving downhill, stay to the _____ while proceeding down the grade.
3. Explain the recommended procedure when starting on a hill:
4. What is a runaway lane, and when is it used?
5. When parking on a hill, you should always set your _____ brake.



Exercise 3: Driving to Conditions

Instructions

- Answer the questions below
- Use the resources listed

Resources:

- Course textbook
- In-class instruction

Questions:

1. What are three conditions that affect driving?
2. Lighting conditions can vary throughout a trip. What are some light conditions to consider?
3. When driving on gravel, you should reduce your speed. If you lose traction, how can you avoid skidding?



Instructions

- ### Resources:

- ### Questions:

1. What are the 2 kinds of jackknifing and how can you avoid them?

2. List the steps you should take if you experience a tire blowout.



3. What can you do if you have a sudden loss of visibility due to headlight failure?
4. What can you do if you have a sudden loss of visibility because your hood flies up?
5. What are three evasive actions you need to decide between when encountering an emergency?
6. What is an escape path and what do you need to consider before choosing it?



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