

# **Lesson 7**

Backing and Coupling

**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 7.

## Approach

This lesson covers backing and coupling/uncoupling techniques through:

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

## Tips for End Users

Use all the reference materials provided to complete the exercises.



# Exercise 1: Manoeuvring Basics

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## Instructions

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

## Resources:

- Course textbook
- In-class instruction

## Introduction

Backing a tractor-trailer is a hazardous movement and should only be done when absolutely necessary. When backing cannot be avoided, great caution should be used.

## Questions:

1. Once you are in a vehicle, what are the 3 things you must do before backing?
2. What are the three types of backing?
3. What are the three things should you ask yourself before backing up?



## Exercise 2: Coupling and Uncoupling

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### Instructions

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

### Resources:

- Course textbook
- In-class instruction

### Questions:

1. Explain what happens to the weight distribution when the 5<sup>th</sup> wheel position is changed.
  
  
  
  
  
  
  
  
  
  
2. Explain what happens when too much weight is shifted forward on the truck.



# In-Yard Assessments

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## Instructions

- At the end of the classroom portion of this lesson, the instructor will demonstrate each type of tractor-trailer backing, and coupling and uncoupling tasks.
- Students will then demonstrate their understanding of those manoeuvres for the instructor.

## Resources:

- Instructor's presentation
- In-yard assessment
- Course textbook
- Professional Driver's Manual



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