

Driver education course: Fact sheet overview

Bridge Strikes and Health and Wellbeing



These two half-day courses cover different topics to improve driving behaviour using safer driving principles and increase driver awareness and safety on England's motorways.

The bridge strikes training package focuses on:

- your responsibilities as a professional driver and the importance of road safety on the network
- best practice to plan and operate on clearly defined and understood routes, mitigating risks and impacts of bridge strikes
- the benefits of knowledge of legislation that exists, to provide safety controls on our busy roads, staying compliant and protecting both yourself and other road users

The health and wellbeing training package focuses on:

- the importance of health and wellbeing for the professional driver and to signpost to organisations that can offer support
- how rest and nutrition can affect a professional driver
- how driver distraction and impairment effects risk

The training package contains presentation slides (including trainer notes), case study videos, materials list and lesson plan and group activity materials.

National Highways courses are enhanced comprehensive training packages aimed at commercial freight and haulage drivers who use England's motorway network. The courses can be used for stand-alone training or integrated into the Driver Certificate of Professional Competence (Driver CPC), the standard qualification for all professional lorry drivers.

Frequently asked questions:

- Q:** How much does the training package cost?
A: Nothing, the material is provided free of charge
- Q:** Who should complete this course?
A: Large goods and light commercial vehicle drivers
- Q:** Will National Highways deliver the training?
A: No. Delivery is via your own training teams using the comprehensive guides and materials provided
- Q:** Can this course be Driver CPC accredited?
A: Yes. If you are a DVSA approved Periodic Driver CPC Training provider, you can submit the lesson plan provided along with the DVSA course application to approve the course for delivery under your own accreditation
- Q:** Can you email the training package to me?
A: No. Due to file size limitations of email, access to the training materials will be via an online file sharing service
- Q:** Can I request more than 1 copy?
A: No, however you can make additional copies using the files you receive
- Q:** Does National Highways need anything in return?
A: Yes. Delegate numbers and their feedback
- Q:** How do I request a copy of the training package?
A: Hand this flyer to your training department or management team who can request further information by emailing us at:
incidentprevention@nationalhighways.co.uk