

# PRACTICE PORTFOLIO 2022-2023

**CFTR**  
CENTRE DE FORMATION  
DU TRANSPORT ROUTIER  
DE SAINT-JÉRÔME



Commission scolaire  
de la Rivière-du-Nord

Name: \_\_\_\_\_

Group: \_\_\_\_\_





# Emergency Procedure

In an accident, your teacher will call the emergency responders.

If a person's life is in **danger**:

- Cardiac arrest;
- Respiratory arrest;
- Unconsciousness;
- Heavy bleeding, hemorrhage;
- Other situations that you deem essential the intervention of rescuers.

## Call 911

In the event that your teacher is unable to call the emergency responders, because he is involved in the accident, call;

1-877-435-0167 ext 7217 (Repair shop between 6:30 and 23:00)

or

1-877-435-0167 ext 7101 (Reception between 7:30 and 20:00)



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## **Statement of competency**

Ability to ensure that your truck is in proper condition

## **Elements of competency**

- 1 Gathering of necessary information**
  - Accurate interpretation of instructions
  - Gathering of relevant data in documentation
  
- 2 Assessment of the condition of the vehicle**
  - Carefully inspect the vehicle's components.
  - Follow the order in which an inspection must be carried out.
  - Accurately identify problems.
  - Determine the seriousness of malfunctions.
  
- 3 Performance of minor repairs.**
  - Determination of the work to be carried out
  - Appropriate use of necessary tools
  - Methods for replacing components
  - Precise levelling-off of fluids
  - Compliance with manufacturers' instructions
  
- 4 Ensure follow-up of vehicle repairs and maintenance.**
  - Appropriate inspection of the quality of the work carried out by the maintenance employees
  - Careful inspection of the re-tightening of wheels
  - Correct technique for readjusting brakes from inside the cab
  
- 5 Submit information to persons concerned.**
  - Duly completed form
  - Relevance of information provided to maintenance employees
  - Accuracy and clarity of data transmitted data

## **Student's responsibilities**

**It is your responsibility to keep track of what you are learning and to report it to your instructor.**

**Your success depends on the interest you take in the training as well as the amount of effort you devote to it.**

# OCCUPATIONAL SAFETY AND HEALTH INFORMATION



Here is the list of hazardous situations that may be encountered in this module

Opening the hood



Climbing and descending from truck (3 point support)



Moving of truck / Forgetting to apply the parking brake



Moving in the yard or around the truck



Before we begin the truck inspection, take note of the following for your safety.

- Make sure you have received the information from your teacher concerning risk situation that may be encountered in this module. If necessary, confirm the manoeuvre with your teacher prior to executing it so as to ensure it is done in a safe manner.
- When outside the truck, you should wear gloves to avoid injury and keep clean. If you wear gloves, your hands will be clean when you touch the steering wheel and various switches inside the cab.
- To avoid falling or injuring yourself, face the truck and use the three support points when getting into and out of the cab.
- To prevent the vehicle from moving during inspections, make sure that the parking brake is engaged. Watch closely for vehicle movement when testing the brakes.

**NB: Remember to wear your safety vest and safety boots.**

Have a nice day!

To keep track of what you are learning, use the daily training record on the following page.

## LEARNING MONITORING GRID

Reference	Competence 4	Lab N°	1	2	3	4	5	6	7	8	9	10	11	OK
		Dates												
<b>Simulator initiation</b>														
Activity 1	<b>Vehicle's parts identification</b>													
<b>Simulator Leather pommel</b>														
Activity 2	<b>Circle check procedures initiation and completion of a circle check inspection report</b>													
<b>Simulator Bronze pommel</b>														
Activity 3	<b>Perform the circle check, complete the inspection report and perform minor repairs 1</b>													
<b>Simulator Silver pommel</b>														
Activity 4	<b>Perform the circle check, diagnose the vehicle's condition and perform minors repairs 2</b>													
<b>Simulator Golden pommel</b>														
Task 1	<b>Complete the circle check procedure, accurate identification of defects and duly filled report.</b>													
Task 2	<b>Minor troubleshooting</b>													

<b>Throughout the training</b>														
<b>Perform minor repairs. (Tightening the wheels, fifth wheel lubrication, top off liquids</b>														
Compliance with occupational health and safety rules safety rules.														

Estimated exam date: \_\_\_\_\_

Teacher's signature : \_\_\_\_\_

***NOTE FOR THE TEACHER:*** When the student performed the activity in a Satisfactory way, Please Initial the OK check box.



## COMPETENCE 4

### Activity 1

**Gather the necessary information and make a diagnosis on the vehicle's condition.**

#### Performance criteria and actions to be performed

1. Accurate components identification and inspection.
2. Accurate detection of defects.
3. Accurate determination of defect severity.
4. Simulator Leather pommel
5. Compliance with the occupational safety and health regulations

**Additional Information: The vehicle must not be started up.**

#### Activity Monitoring

Teacher comments (if necessary)

## COMPETENCE 4

### Activity 2

#### Circle Check Procedures Introduction

#### Performance criteria and actions to be performed

1. Circle Check procedure demonstration by teacher in less than 20 minutes.
2. Perform the circle Check steps as per demonstrated procedure.
3. Perform the air brake system test.
4. Compliance with the occupational health and safety regulations
5. Simulator (Bronze pommel)

**Additional Information: The starting procedure and the clutch friction point must be validated by the teacher.**

#### Activity Monitoring

Teacher comments (if necessary)

<b>COMPETENCE 4</b> <b>Activity 3</b> <b>Circle Check and perform minor repairs 1</b>	
<b>Performance criteria and action to be performed</b>	
<ol style="list-style-type: none"> <li>1. Circle Check procedure application.</li> <li>2. Circle Check procedure compliance. Must be performed in less than 25 minutes and fill out the inspection report</li> <li>3. Accurate determination of defect severity.</li> <li>4. Identification and top off level of all liquids.</li> <li>5. Compliance with the occupational health and safety regulations.</li> <li>6. Simulator (Silver pommel).</li> </ol> <p><b>Additional Information: Brake catch procedure must be validated by the teacher</b></p>	
<b>Activity Monitoring</b>	
<b>Teacher comments (if necessary)</b>	

<b>COMPETENCE 4</b> <b>Activity 4</b> <b>Vehicle's diagnostic and perform minor repairs 2</b>	
<b>Performance criteria and action to be performed</b>	
<ol style="list-style-type: none"> <li>1. Circle Check procedure application.</li> <li>2. Circle Check procedure compliance. Must be performed in less than 25 minutes and fill out the report.</li> <li>3. Accurate determination of defect severity.</li> <li>4. Wheel fasteners tightening and fifth wheel lubrication.</li> <li>5. Compliance with the occupational health and safety regulations.</li> <li>6. Simulator Golden pommel</li> </ol>	
<b>Activity Monitoring</b>	
<b>Teacher comment (if necessary)</b>	

## COMPETENCE 4

### Task 1

**Perform a circle Check within 25 minutes and complete a Circle Check paper inspection report**

#### Performance criteria and actions to be performed

1. Apply the Circle Check procedure and identify any defects.

With defect box : Yes  No

- All Circle Check inspection steps followed within 25 minutes.
- SAAQ elements all identified.
- Accurate detection of all defects and infractions
- Circle Check inspection report duly filled.
- Compliance with the health and safety regulations.

**Circle Check inspection report supplied by teacher and completed by student**

Teacher comments (if necessary):


**COMPETENCE 4**

**Task 2**

**(Perform a minor repair)**

**Performance criteria and actions to be performed**

1. Perform a minor repair from a specific situation set up by the teacher.

- Precise levelling off of liquids
- Applying the proper procedure of the fifth wheel lubrication
- Applying the proper procedure for the wheel fasteners tightening.
- Work order duly filled out.
- In compliance with the recommended time of 15 minutes.
- Compliance with the health and safety regulations

**Work order form to be supplied by teacher and completed by student**

Teacher comments (if necessary) :

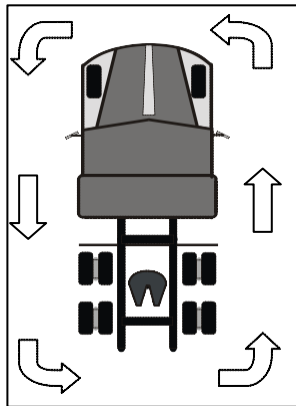

## CIRCLE CHECK INSPECTION PROCEDURE

### Occupational Safety and Health

During a pre-trip inspection, it is vitally important that you follow basic occupational safety and health regulations:

- **Wear required personal protective equipment:** gloves and safety vest.
- **Parking brake:** Always make sure that the parking brake is engaged before you do inspections around the vehicle.
- **Getting into and out of the vehicle:**
  - Use devices provided to help you safely get into and out of the vehicle, if available;
  - Always face the vehicle and use the three support points;
  - Do not jump down from the vehicle.
- **Tire inspection:** Use a hammer to check the tires.
- **Hood opening and closing:**
  - Check the weight of the component;
  - Make sure it is securely closed;
  - Make sure you have enough space in front to open the hood.
- **Climbing onto the vehicle (e.g., using a tire):** Avoid climbing up on external parts of the vehicle, but if it is necessary to do so, take extra precautions.
- **Do not carry out work on the engine while it is running.**

*These aspects are part of the competency to be developed and will be checked regularly during your training.*



**Step 1: Approaching the vehicle**

**Step 2: Engine inspection**

**Step 3: Vehicle interior inspection 1<sup>st</sup> part**

**Step 4: Vehicle exterior inspection**

**Step 5: Vehicle interior inspection 2<sup>nd</sup> part**

## Step 1 : Approaching the Vehicle

Fluid on the ground
Sagging vehicle
Emergency material
Driver's door working properly
Confirm Parking Brake is applied
Log in into ISAAC system and start inspection (RDS)
Check all documents (registration, insurance inspection sticker)

## Step 2 : Under the Hood (engine inspection)

Engine oil level
Coolant level
Power steering oil level
Clutch assist oil level (if equipped)
Windshield washer level
Engine oil leak
Fuel system and fuel filters
Air intake system
Alternator
Radiator, fan and belts
Power steering box and linkage
Air compressor
Frame side rail
Bake booster condition
Suspension including all fixed components
Tires and valves
Wheel and their fasteners
Wheel bearing lubricant
Close the hood

### Step 3 : Vehicle interior inspection 1<sup>st</sup> part

**Bold elements can be made consecutively**

Proper starting sequence (see procedure)

Release the parking brake and gently apply the service brake to keep vehicle stable (if necessary)

**Lower the air pressure to activate the low air pressure warning devices (55 lb/po<sup>2</sup>)**

Check the windshield and both side windows

Check rear view mirrors condition

Windshield wipers and washer system are working properly

Windshield blower (defroster) is working properly

No exhaust leaks inside the cab

Steering column and steering wheel are solid

Power steering is working properly

One or all the horns are working

Seat

Seat belt condition

Push hard on the service brake pedal

**Check air compressor efficiency (at or above 90 lb/po<sup>2</sup>)**

**Check air compressor disengagement (between 117 lb/po<sup>2</sup> and 137lb/po<sup>2</sup>)**

Stop the engine

**Check for air leaks (less than 6 lb/po<sup>2</sup> in 1 minute)**

Star the engine

Lower air pressure by 20 lb/po<sup>2</sup> below the compressor disengagement pressure

**Check the air compressor engagement (above 80 lb/po<sup>2</sup>)**

Apply the parking brake

Stop the engine

Turn on all position light and low beam

Turn on the right turn signal

## Step 4: Vehicle exterior inspection

Fixed body components (ex.: bumper)
Left rear-view mirror
Inspect left Fuel tank (solidity, fuel cap and no leaks)
Cab suspension
Frame side rail and crossmember
Fifth wheel fasteners
Fifth wheel locking pin
Fifth wheel condition
Rear suspension and all the mounting components
Rear axles conditions
Brake booster and push rods conditions
Tires and valves
Wheels and their fasteners
No oil leaks in hubs
Mud guard
Position light
Right turn signal
All rear air bags suspension condition (no air leaks and solidity)
Tires and valves
Wheels and their fasteners
Rear suspension and all the mounting components
Fifth wheel fasteners
Fifth wheel locking pin
Fifth wheel condition
Frame side rail and crossmember
Passenger door is working properly
Inspect right fuel tank (solidity, fuel cap and no leaks)
Fixed body components (ex.: bumper)
Right rear-view mirror
Low beam
Position and clearance light
Front right turn signal
Turn on the left turn signal
Turn on the Hi beams
Apply trailer brake ( <i>Bendix</i> )
Check Hi beams
Front and rear left turn signal
Check Brake lights



## Step 5: Vehicle interior inspection 2<sup>nd</sup> part

Start the engine

Check the accelerator operation

Check the parking brake efficiency

Release the parking brake

Check if the parking brake is fully released

Check clutch operation while in motion (not applicable on automatic transmission)

Check service brake application

Circle Check completed. Complete the inspection report on the Issac system

## BRAKE TEST PROCEDURE WEDLEPS

- ▶ The truck must be stable during the procedure.
- ▶ Follow the steps with the engine turned on and the parking break released.

<p style="text-align: center;"><b>W</b></p> <p>Low air pressure warning <b>55 psi</b> <b>MINOR</b></p>	<ol style="list-style-type: none"> <li>1. Apply the tractor's parking brake (pull yellow button) only.</li> <li>2. By repeatedly applying the brake pedal, lower the air pressure in the system so that you hear the buzzer and/or see the warning light come on.</li> </ol> <p><b>Minor defect</b> if you do not hear the buzzer or if the warning light does not come on when the air pressure in the braking system falls below 55 psi.</p>
<p style="text-align: center;"><b>E</b></p> <p>Efficiency <b>90 psi</b> <b>MAJOR</b></p>	<ol style="list-style-type: none"> <li>1. Press <b>firmly</b> and hold the brake pedal while watching the air pressure gauge. Check that the compressor is compensating (the air pressure is equal to or greater than 90 psi).</li> </ol> <p><b>Major defect</b> if the compressor does not reach or maintain a pressure of at least 90 psi in the brake system.</p>
<p style="text-align: center;"><b>D</b></p> <p><b>Disengagement</b> <b>117 psi to 137 psi</b> <b>MINOR</b></p>	<ol style="list-style-type: none"> <li>1. Release the tractor (push yellow button) or tractor and semi-trailer (push yellow and red button) parking brake, depending whether or not the vehicle is hitched.</li> <li>2. Maintain sufficient pressure on the brakes so that the truck does not move.</li> <li>3. Make sure that the compressor is in its pumping cycle.</li> <li>4. Wait until the air pressure has stopped rising by watching the air pressure gauge or going by the sound of the air dryer releasing.</li> </ol> <p><b>Minor defect</b> if the compressor does not stop working when the air pressure reaches a point between 117 psi and 137 psi.</p>
<p style="text-align: center;"><b>L</b></p> <p>Leakage <b>&gt;6 psi or &gt; 7 psi</b> <b>MAJOR</b></p>	<ol style="list-style-type: none"> <li>1. Before releasing the brake pedal, check the airtightness of the air system by observing the gauge and or, by listening for a leak in the system.</li> <li>2. If you observe a leak, keep pressing firmly on the brake pedal for one minute and calculate the leak.</li> </ol> <p><b>Major defect</b> if air leak is &gt; 6 psi for a tractor. <b>Minor defect</b> if air leak is &gt; 3 psi for a tractor. <b>Minor defect</b> if air leak is &gt; 4 psi for a tractor semi-trailer. <b>Major defect</b> if air leak is &gt; 7 psi for a tractor semi-trailer.</p>
<p style="text-align: center;"><b>E</b></p> <p><b>Engagement</b> <b>80 psi</b> <b>MINOR</b></p>	<ol style="list-style-type: none"> <li>1. Apply the brakes a few times if necessary to lower the air pressure enough so that the compressor begins operating.</li> <li>2. Maintain sufficient pressure on the brakes so that the truck does not Move</li> <li>3. Watch the air pressure gauge to see if the compressor begins operating.</li> </ol> <p><b>Minor defect</b> if the compressor begins operating at 80 psi or less.</p>

<p style="text-align: center;"><b>P</b> Parking brake <b>MINOR</b></p>	<ol style="list-style-type: none"> <li>1. Keep the tractor's brake applied (yellow button is pulled out) and check whether the parking brake light is on. In the case of a tractor semi-trailer, the parking brakes must be checked on the tractor first and then on the semi-trailer.</li> <li>2. Gently try to ease the vehicle forward or backward to see whether or not the parking brake holds the vehicle.</li> </ol> <p><b>Minor defect</b> if parking brake does not hold vehicle back at all when you attempt to move it.</p>
<p style="text-align: center;"><b>S</b> Service brake <b>MAJOR</b></p>	<ol style="list-style-type: none"> <li>1. Release the parking brake.</li> <li>2. Drive a few metres forward or backwards slowly (depending on obstacle) while watching the wheel rotation in the rear-view mirrors and then stop the vehicle.</li> </ol> <p><b>Major defect</b> if the service brake does not stop the vehicle.</p>

Version of May 2019

## **AUTOMATIC SLACK ADJUSTERS ADJUSTMENT PROCEDURE**

(from the vehicle's cab)

- Make sure that the truck is on a flat surface before starting the procedure.
- During the procedure, the air pressure in the tanks must always be above **90 psi**.
- Make sure that the vehicle is immovable (use wheel blocks or turn off the engine and put the clutch into a low gear).
- The brakes must be cold.

### **Tractor only**

- Release the parking brake.
- Push the service brake as far as it will go and wait **at least three seconds**.
- Release the service brake and wait **at least three seconds**.
- Repeat several times as needed and check the adjustment.

### **Semi-trailer only**

- Release the parking brake of the semi-trailer.
- Engage the semi-trailer service brake using the hand brake (BENDIX) and wait **at least three seconds**.
- Release the service brake and wait **at least three seconds**.
- Repeat several times as needed and check the adjustment.

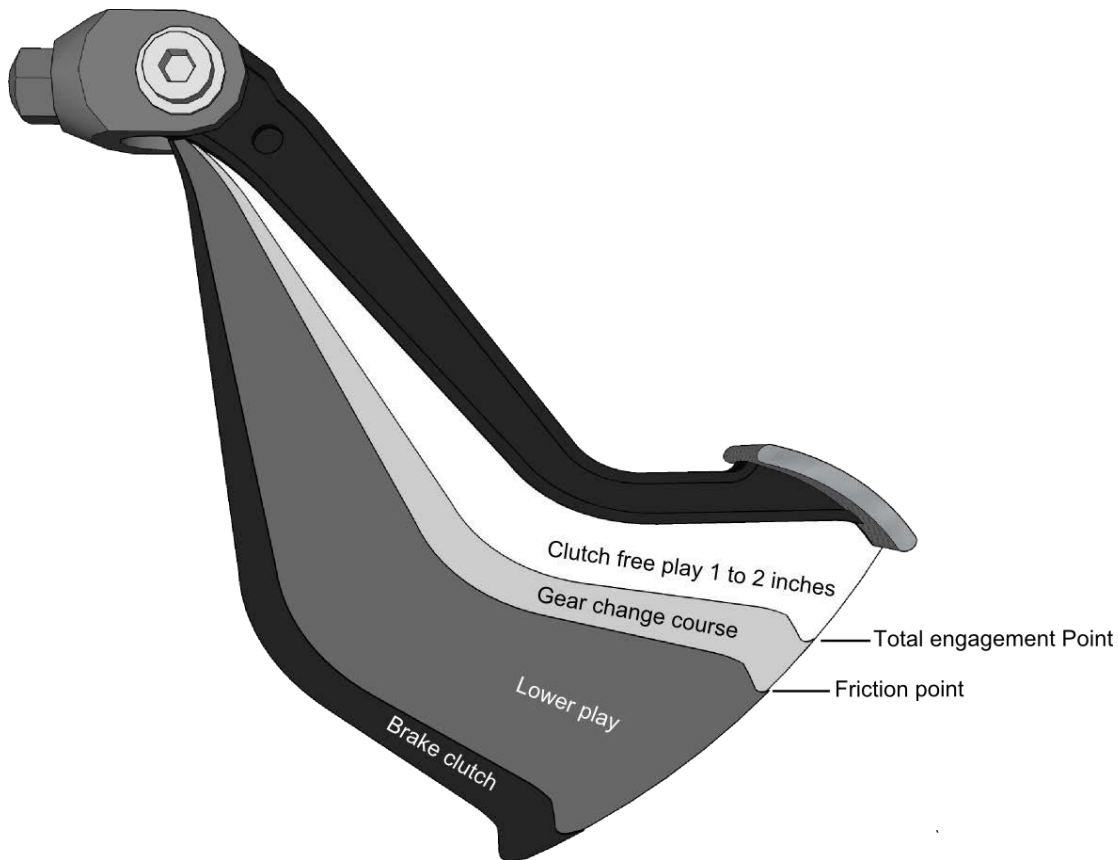
### **Tractor and semi-trailer together**

***(not recommended because it requires too much air pressure consumption)***

- Release the parking brakes of the tractor and semi-trailer.
- Press the service brake pedal as far as it will go and wait **at least three seconds**.
- Release the service brake and wait **at least three seconds**.
- Repeat several times as needed and check the adjustment.

**NB:** *Always consult a mechanic if you have doubts about the operation of the automatic slack adjuster system.*

## CLUTCH PEDAL TRAVEL PLAY



## ENGINE START-UP PROCEDURE

1. Make sure that the parking brake is engaged.
2. Put the gearshift of the transmission in NEUTRAL.
3. Press the clutch pedal.
4. Turn the ignition key to ON.
5. Press the start-up button or turn the ignition key.  
Make the engine turn over until it starts.
6. Make sure that the oil pressure rises in less than 15 seconds. If it does not, shut off the engine and see your instructor.

**NB:** A more detail procedure will be looked at in Module 2.



## **Statement of competency**

Ability to perform basic driving techniques description.

## **Elements of competency**

### **1 Truck start-up.**

- Pre-trip inspection.
- Accurate interpretation of manufacturer's and carrier firm's instruction.
- Compliance with the start-up techniques.

### **2 Semi-trailer hitching / unhitching.**

- Semi-trailer inspection.
- Compliance with the work steps.
- Safe techniques rule.

### **3 Truck driving.**

- Appropriate gear changes.
- Proper turning techniques.
- Proper stopping techniques.
- Appropriate safe parking of the vehicle.

### **4 Truck backing.**

- Correct handling of the steering wheel.
- Accurate interpretation of the road signs.
- Appropriate gear changes.
- Verify the area behind the vehicle.
- Use of turn signals.

## **Student's responsibilities**

Throughout the module 5, you have to respect the highway safety Code as well as health and safety Code.

It is your responsibility to keep track of what you are learning and to report it to the instructor coaching you.

Your success depends on the interest you take in the training as well as the amount of effort you devote to it.

# OCCUPATIONAL SAFETY AND HEALTH INFORMATION



Here is the list of hazardous situations that may be encountered in this module

New

Opening the hood  
Climbing and descending from truck (3 point support)  
Moving of truck / Forgetting to apply the parking brake  
Moving in the yard or around the truck  
Fueling the truck and topping off the fluid levels  
Hitching and unhitching  
Backup (see CFTR procedure #26)  
Access to flat bed or dry box trailer



## Reminder

- Make sure you have received the information from your teacher concerning risk situation that may be encountered in this module. If necessary, confirm the manoeuvre with your teacher prior to executing it so as to ensure it is done in a safe manner.
- Certain occupational health and safety elements have already been put into action during the module 4. It is your responsibility to continue to apply these elements throughout your training so as to develop good working habits.
- **Be careful not to hit your head under the semi-trailer's frame.**

**NB: Remember to wear your safety vest and safety boots.**

Have a nice day!

*To keep track of what you are learning, use the daily training record on the following page.*



**Module 5**  
**Training follow up grid**  
**Statement of the competency : To perform basic driving techniques**

<b>Autonomous work</b>																								<b>Adequate work</b>	<b>Evaluation for ends of sanctions :</b>	
<b>Supervised work</b>																										<b>Evaluated by :</b>
<b>Competency requirement work</b>																										
	<b>Apprenticeship date</b>																									
➤ <b>Pre-trip inspection</b>																										
➤ <b>Hitching</b>																										
➤ <b>Unhitching</b>																										
➤ <b>Up shifting</b>																										
➤ <b>Down shifting</b>																										
➤ <b>Anticipation</b>																										
➤ <b>Left turning</b>																										
➤ <b>Right turning</b>																										
➤ <b>Curves with yield</b>																										
➤ <b>Straight-line backing</b>																										
➤ <b>Angle backing</b>																										





**Module 5  
Training follow up grid**

**Statement of the competency : To perform basic driving techniques**

Autonomous work																							Adequate work	Evaluation for ends of sanctions :		
Supervised work																										
<b>Competency requirement work</b> 																									Evaluated by :	
➤ Friction point																										
➤ Progressive shifting																										
➤ Back-up tractor only																										
➤ Gap finding procedure																										
➤ Miss Gearshift recovery																										
➤ Gap variation Hi-lo RPM + Range																										
➤ Straight line Back-up Truck handling																										
➤ Double downshift																										
➤																										
➤																										
➤																										





## Module 5 Basic driving techniques

Reference to help the apprenticeship :

### Driving a heavy vehicle

CFTR procedure (see appendix 1 to 7)

**Self-evaluation:** Awareness of the training followed by the student.  
 (This step is validated by the teacher)

Teacher's  
 evaluation

Self evaluation

Reference  
 procedure

Date/  
 unit no

**Training comments**






**Module 5 Basic driving techniques**

**Reference to help the apprenticeship :**

**Driving a heavy vehicle**

**CFTR procedure (see appendix 1 to 7)**

**Self-evaluation:** Awareness of the training followed by the student.  
(This step is validated by the teacher)

**Training comments**

Teacher's  
evaluation

Self evaluation

Reference  
procedure

Date/  
unit no

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**Module 5 Basic driving techniques**

**Reference to help the apprenticeship :**

**Driving a heavy vehicle**

**CFTR procedure (see appendix 1 to 7)**

**Self-evaluation:** Awareness of the training followed by the student.  
 (This step is validated by the teacher)

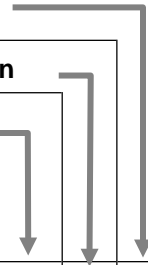
**Training comments**

Teacher's  
evaluation

Self evaluation

Reference  
procedure

Date/  
unit no



A large area with horizontal lines for writing training comments.





**BACKING MANŒUVRE TRIP SHEET Module 5**

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

**BACKING MANŒUVRE TRIP SHEET Module 5**

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Semi-trailer	

Student's self-evaluation :

Instructor's comments :

# **Techniques associated with driving maneuvers**

**RÉFÉRENCES GUIDE**

## Annexe 2

### PROCEDURE – HITCHING A SEMI-TRAILER

#### HEALTH AND SAFETY

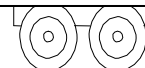
##### REMEMBER TO ALWAYS APPLY THESE RULES :

- **Personal safety equipment:** gloves, safety vest, and safety boots.
- **Parking brake:** Always make sure the the parking brake is applied before inspecting your vehicles.
- **Climbing on and off the vehicle :**
  - Use the required equipment when available;
  - Always face the vehicle and use the 3 point rule;
  - Do not jump off the vehicle.
- **Walking around the vehicle :**
  - Always walk facing the danger;
  - Do not cross-over under the semi-trailer.
- **Safety when backing up:**
  - Use the 4-way flashers;
  - Both side windows must be open.
- **Cables:** do not walk over the cables.
- **Landing gear:** sudden moves can cause injuries.

*These elements are part of the competence that needs to be developed and will be verified all through the training.*

**Before hitching, your teacher will assure that you know and respect the following procedures:**

- |                |                              |
|----------------|------------------------------|
| <b>Step 1:</b> | <b>Approach and hitching</b> |
| <b>Step 2:</b> | <b>Circle check (part 1)</b> |
| <b>Step 3:</b> | <b>Circle check (part 2)</b> |
| <b>Step 4:</b> | <b>The cabin</b>             |
| <b>Step 5:</b> | <b>Documents</b>             |



## Step 1 : Approach and hitching

### Tractor :

- Place the tractor in a straight line with the semi-trailer
- Stop once the back wheels are underneath the semi-trailer
- Shut off engine if necessary
- Apply the parking brake

### Fifth wheel :

- Verify the height of the trailer compared to the fifth-wheel
- Verify the angle of the fifth-wheel
- Verify that the kingpin is centered with the fifth-wheel
- Verify that the kingpin is not damaged (section 1) \*
- Verify that the kingpin plate is not damaged (section 1)
- Verify the the fifth wheel is unlocked
- Verify the trailer's underside and cross members (section 2)

- **Enter the cabin and start the engine.**
- **Release the parking brake and back up until the fifth-wheel locks.**
- **Pull forward with the tractor to confirm the fifth-wheel is locked, apply the parking brake, and turn off the headlights, shut off the engine.**
  - Verify the fifth The lements wheel jaws and the locking mechanisms (section 1)

- Plug-in the 3 cables into the semi-trailer
- Start the engine.
- Supply air to the semi-trailer by pressing the red parking brake button
  - Let the pressure attain its maximum (compressor shut off)
  - Wait until the pressure is stable in the system
  - Compressor may have to turn on again, wait until it shuts off again  
(*This may take several minutes until the system is stable.*)

- Apply the brake on the semi-trailer

- Shut off the engine

- Turn on the parking lights and the right turn signal

- Proceed to inspect the truck

\* The elements in parentheses ( ) are references to the *Circle Check Guide* and *Driving a Heavy Vehicle (DHV)*.

### **Part 2 : Circle check (part 1)**

- Verify the registration and SAAQ inspection tag on the truck
- Lift the landing gear verifying both sides are up

#### **Carefully inspect the following elements :**

- Fixed elements of the chassis (section 2)
- Top and bottom chassis as well as cross members (section 2)
- Sub frame and locking pins (section 2)
  
- Tires and valves (section 9)
- Wheels and nuts (section 12)
- Wheel hub lubricant (section 12)
- Suspension : air bags, leafs and other parts (section 14)
- Parking lights (section 8)
- Right side turn signal (section 8)
- License plate light (section 8)
- Fixed parts on the body (section 2)
- Brake push rod (Indicator should be in the middle of both indicators)
  
- Cargo securement and verifying the doors are well secured (norme 10)
- Verify the doors are locked at the top and bottom

**Verify the same components on the right side of the semi-trailer**

### **Part 3 : Circle check (part 2)**

**Climb onboard; activate the left signal light, continuer with the following elements.**

- Left signal light (section 8)
- Brake lights with the brake pedal (section 8)

#### **Step 4 : Cabin**

##### **Climb onboard for the following elements**

- Semi-trailer parking brake efficiency (section 19)
- Release of semi-trailer parking brake (section 19)  
*In a safe area*
- Semi-trailer service brake efficiency (section 19)  
*In a safe area*
- With both parking brakes released, proceed with the efficiency and leakage test
- Apply the parking brake on both vehicle

#### **Step 5 : Documents**

- Complete the necessary documents (paper form or electronic)



## Annexe 3

### PROCEDURE – UNHITCHING A SEMI-TRAILER

#### HEALTH AND SAFETY

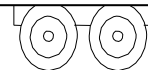
REMEMBER TO ALWAYS APPLY THESE RULES :

- **Personal safety equipment:** gloves, safety vest, and safety boots.
- **Parking brake:** Always make sure the the parking brake is applied before inspecting your vehicles.
- **Climbing on and off the vehicle:**
  - Use the required equipment when available;
  - Always face the vehicle and use the 3 point rule;
  - Do not jump off the vehicle.
- **Walking around the vehicle :**
  - Always walk facing the danger;
  - Do not cross-over under the semi-trailer.
- **Safety when backing up:**
  - Use the 4-way flashers;
  - Both side windows must be open.
- **Cables:** do not walk over the cables.
- **Landing gear:** sudden moves can cause injuries.

*These elements are part of the competence that needs to be developed and will be verified all through the training.*

**Before unhitching, your teacher will assure that you know and respect the following procedures:**

- |                 |   |
|-----------------|---|
| <b>Step 1 :</b> | <b>Parking and inspection of the semi-trailer</b> |
| <b>Step 2 :</b> | <b>Unhitching</b>                                 |
| <b>Step 3 :</b> | <b>Storing the tractor after work</b>             |



### **Step 1 : Parking and inspection of the semi-trailer**

- Parking the semi-trailer at an appropriate spot
- Apply the parking brake
- Shut off the engine

#### **Proceed with the following inspection starting on the passenger's side :**

- Tires and wheels
- Suspension : air bags, suspension arm, u-bolt
- Parking lights
- 4-way flashers
- License plate light
- Deflate the suspension
- Purge the air tanks
- Repeat the procedures for the same elements on either side of the semi-trailer
  
- Lower the landing gear about 3 centimeters from the ground making sure both sides were lowered
- Disconnect the cables
- Unlock the fifth-wheel

## Step 2: Cabin - Unhitching

**Prepare** to move the tractor forward :

- Release the parking brake, engage the transmission into first gear
- Identify the suspension pressure gauge as well as the switch to lower the suspension
- **Activate** the switch to lower the suspension and wait until the pressure is down to
- 5psi (Usual pressure for a bobtail tractor)
- Proceed forward until the trailer is off the fifth wheel and above the back axle
- Confirm that the trailer is stable
- Reactivate the suspension as you move away from the trailer

## Step 3 : Storing the tractor after work

- Park the tractor in a safe place, apply the parking brake and shut off the engine

**Verify the following elements:**

- Tires and wheels
- Suspension parts : air bags, leafs, u-bolts
- Parking lights
- Signal lights
- Headlights
- Any element that might be out of place
- Purge the air tanks
- Shut off all the lights
- Close the windows and lock the doors

### Statement of competency

To handle the loading and unloading of a truck.

### Elements of competency

#### **1 Prepare the job.**

- Accurate interpretation of instructions concerning the vehicle and the shipment.
- Precise planning regarding the load-securing equipment.

#### **2 Position the vehicle.**

- Correct inspection of the area behind the truck.
- Observance of techniques for backing up and stopping.

#### **3 Perform the manoeuvres involved in loading and unloading.**

- Accurate interpretation of symbols written on the shipment.
- Appropriate and safe handling of shipment.
- Precise calculation of authorized loads.
- Appropriate arrangement regarding the load.
- Thorough inspection of the integrity and quantity of merchandise.

#### **4 Carry out the weighing process and make adjustments.**

- Observance of techniques for approaching and stopping.
- Observance of weighing techniques.
- Appropriate adjustment of axles and the fifth wheel.
- 

#### **5 Secure the merchandise and undo the load-securing devices.**

- Careful handling of tools and equipment.
- Application of appropriate techniques.
- Safe and compliant installation of stakes and tarpaulin, according to the merchandise.
- Observance of manufacturer's specifications concerning load-securing devices.

#### **6 Communicate information.**

- Documents duly completed.
- Precision regarding information and terms used.
- Pertinent transmission of information to the person concerned.

### Student's responsibilities

Throughout the module you have to respect health and safety Code.

It is your responsibility to keep track of what you are learning and to report it to your instructor.

Your success depends on the interest you take in the training as well as the amount of effort you devote to it.

# OCCUPATIONAL SAFETY AND HEALTH INFORMATION



Here is the list of hazardous situations that may be encountered in this module

New

Climbing and descending from truck (3 point support)  
Moving of truck / Forgetting to apply the parking brake  
Moving in the yard or around the truck  
Hitching and unhitching  
Backup (respecting CFTR procedure)  
Access to flat bed or dry box trailer  
Handling  
Manipulation of cargo securement tools  
Tension employed on tiedowns  
Axle and fifth wheel displacement



## Reminder

- Make sure you have received the information from your teacher concerning risk situation that may be encountered in this module. If necessary, confirm the manoeuvre with your teacher prior to executing it so as to ensure it is done in a safe manner.
- Certain occupational health and safety elements have already been put into action during the modules 4, 5 and 8. It is your responsibility to continue to apply these elements throughout your training so as to develop good working habits.
- Be careful not to hit your head under the semi-trailer's frame.

**NB: Don't forget your hard hat, safety vest, gloves and your work boots.**

Have a nice day!

To keep track of what you are learning, use the daily training record on the following page.



**Module 7**  
**Training follow up grid**  
**Statement of competency : To handle the loading and unloading of a truck**

<b>Autonomous work</b>			
<b>Supervised work</b>			
<p><b>Competency requirements worked</b></p>	<p><b>Apprenticeship date</b></p>	<b>Adequate work</b>	
➢ Interpretation of documents			
➢ Use of appropriate guides			
<b>Loading / unloading</b>			
➢ Choice of securing devices			
➢ Conformity of devices			
➢ Manipulation of securing devices			
➢ Conformity of the load security			
<b>Axles / Fifth wheel</b>			
➢ Weighing technique			
➢ Axle adjustment procedure			
➢ Fifth wheel adjustment procedure			
➢ Weight conformity			
➢ Enrichment			

**Evaluation for ends of sanction / date :**

**Evaluated by :**













## Annexe 4

### PROCEDURE – AXLE DISPLACEMENT

#### Health and safety

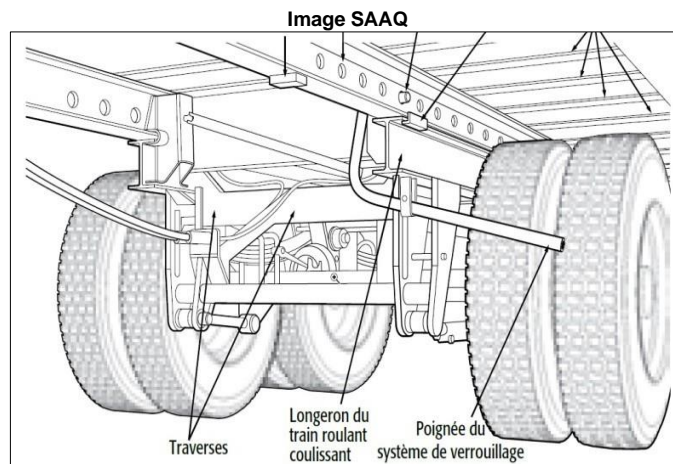
##### REMEMBER TO ALWAYS APPLY THESE BASIC RULES:

- **Personal safety equipment:** gloves, safety vest, and safety boots.
- **Parking brake:** Always make sure the the parking brake is applied before inspecting your vehicles.
- **Climbing on and off the vehicle :**
  - Use the required equipment when available;
  - Always face the vehicle and use the 3 point rule;
  - Do not jump off the vehicle.
- **Walking around the vehicle :**
  - Always walk facing the danger;
  - Do not cross-over under the semi-trailer.

**Avoid making sudden movements, they may cause injuries**

*These elements are part of the competence that needs to be developed and will be verified all through the training.*

**Before proceeding with axle displacement your teacher will assure that you know well the following procedures:**



Cross-members Sub-frame Locking system handle

### **DIFFERENT REASONS TO DISPLACE THE AXLE**

- Distribute the weight evenly among the different axles
- Facilitate tight turns.

***ALWAYS VERIFY THAT THE PARKING BRAKE IS APPLIED ON THE TRACTOR AND TRAILER BEFORE EXITING THE VEHICLE.***

<b>Axle displacement</b>
➤ Park on level ground with the tractor aligned with the trailer
➤ Apply the parking brake
➤ Deflate the suspension on the semi-trailer
➤ Unlock the locking pins on the chassis
➤ Confirm that all 4 locking pins are unlocked
➤ Verify that the cables underneath the semi-trailer has sufficient length to reach the axle
➤ Plan your execution manoeuvre before proceeding (guide bar, mark on the chassis, etc.)
➤ Release the tractor parking brake and move forward or backwards depending on your strategy
➤ Release the semi-trailer's locking pins
➤ Visually confirm that the 4 locking pins have been released
➤ Inflate the semi-trailer suspension
➤ Confirm the weight transfer by driving onto a weigh scale
➤ Barrer de nouveau le mécanisme de blocage des essieux de la semi-remorque.
➤ Vérifier si les goupilles se sont bien engagées de chaque côté.
➤ Gonfler la suspension de la semi-remorque
➤ Vérifier la répartition de la charge sur les essieux en passant sur une balance idéalement.

## Annexe 4 (suite)

### PROCEDURE – FIFTH WHEEL DISPLACEMENT

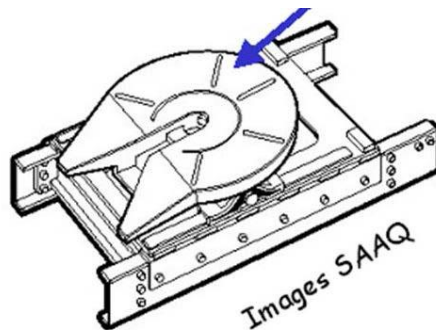
#### HEALTH AND SAFETY

REMEMBER TO ALWAYS APPLY THESE RULES :

- **Personal safety equipment:** gloves, safety vest, and safety boots.
- **Parking brake:** Always make sure the the parking brake is applied before inspecting your vehicles.
- **Climbing on and off the vehicle :**
  - Use the required equipment when available;
  - Always face the vehicle and use the 3 point rule;
  - Do not jump off the vehicle.
- **Walking around the vehicle :**
  - Always walk facing the danger;
  - Do not cross-over under the semi-trailer.
- **Avoid making sudden movements, they may cause injuries**

*These elements are part of the competence that needs to be developed and will be verified all through the training.*

**Before proceeding with fifth wheel displacement, your teacher will assure that you know well the following procedures:**



- |  |
|--|
| <ul style="list-style-type: none"> <li>- <b>WHEN IS FIFTH WHEEL DISPLACEMENT NECESSARY?</b></li> <li>- Distribute the weight in respect to regulations.</li> <li>- Add traction to the front steering axle.</li> <li>- Add traction to the rear traction axles.</li> </ul> |
|--|

***ALWAYS APPLY THE PARKING BRAKE BEFORE EXITING THE VEHICLE.***

<b>Fifth-wheel displacement</b>
➤ Park the tractor-trailer on level ground
➤ Lower the landing gear
➤ Lower the tractor suspension
➤ Unlock the fifth wheel from inside the cabin
➤ Confirm visually that the locking pins are unlocked
➤ Release the tractor parking brake
➤ Proceed forward or backward depending on the results wanted
➤ Lock the fifth wheel locking pins
➤ Apply the tractor parking brake
➤ Visually confirm that the locking pins are in place
➤ Inflate the suspension
➤ Raise the landing gear
➤ Confirm the result by weighing the vehicle

### **Statement of competency**

To drive a truck on rural roads and highway.

### **Elements of competency**

- 1 Prepare the trip.**
  - Inspection and accurate interpretation of dispatcher's instructions.
  - Appropriate preparation of regulatory documents.
  - Verification of the presence of necessary equipment according to vehicle type.
- 2 Inspect and start up the truck.**
  - Observance of the various steps involved in a pre-trip inspection.
  - Observance of starting techniques.
  - Safe hitching of the semi-trailer to the tractor.
- 3 Drive the truck.**
  - Good handling of the vehicle.
  - Appropriate application of techniques adapted to the driving situation.
  - Correct use of the truck's different systems.
- 4 Report to a weigh station.**
  - Observance of techniques for approaching and stopping.
  - Observance of weighing techniques.
- 5 Store the vehicle.**
  - Observance of safety standards.
  - Observance of techniques for backing up the truck to park the semi-trailer.
  - Appropriate inspection of the vehicle.
  - Correct unhitching of the semi-trailer.
  - Appropriate storage according to vehicle type and instructions received.
  - Clean vehicle.
- 6 Submit documents.**
  - Clarity and precision of the information.

### **Student's responsibilities**

Throughout the module 8 you have to respect the highway health and safety Code.

It is your responsibility to keep track of what you are learning and to report it to your instructor.

Your success depends on the interest you take in the training as well as the amount of effort you devote to it.



## OCCUPATIONAL SAFETY AND HEALTH INFORMATION



Here is the list of hazardous situations that may be encountered in this module

New

Opening the hood  
Climbing and descending from truck (3 point support)  
Moving of truck / Forgetting to apply the parking brake  
Moving in the yard or around the truck  
Fueling the truck and topping off the fluid levels  
Hitching and unhitching  
Backup (respecting CFTR procedure)  
Access to flat bed or dry box trailer  
Driver fatigue



### Reminder

- Make sure you have received the information from your teacher concerning risk situation that may be encountered in this module. If necessary, confirm the manoeuvre with your teacher prior to executing it so as to ensure it is done in a safe manner.
- Certain occupational health and safety elements have already been put into action during the modules 4 and 5. It is your responsibility to continue to apply these elements throughout your training so as to develop good working habits.
- **Practice preventive driving with the help of the information received during the Lesson 8.1.**

Have a nice day!

## **FOLLOWER TRUCK INSTRUCTIONS**

### **(MODULE 8 AND 9)**

**1. Follow the lead truck (teacher) at any time and from a safe distance.**

-Avoid using the cruise control.

-Use with respect and civility the engine brake (If equipped).

**2. If you lose sight with the lead truck, contact your teacher through the radio transmitter (FM) and stay with the initial itinerary establish with your teacher at time of departure.**

-At all times, **it is forbidden** to make U-turns in an unauthorized places such as: shopping center, Transport Company or other private property, even if there is enough space to perform a turning maneuver;

**You must remain on public roads.**

**3. If you have been authorized by your teacher to continue your route and you arrive at your destination before the lead truck:**

-Always be in contact radio with your teacher.

-Do not enter a company premises without the presence of your teacher.

-Wait for your teacher, park a bit away on the public road and activate the emergency flashers.

-Advise your teacher, that you have reached your destination.

-Do not start any back-up maneuvers to a company premises, without the presence of your teacher.

## **FOLLOWER TRUCK INSTRUCTIONS**

(MODULE 8 AND 9)(Next)

- 4. If you are lost and you cannot contact your teacher, go to an address that you had pre-determined with your teacher before departure or return to your CFTR Center and wait for the return of your teacher.**

### **OTHER IMPORTANT INFORMATION**

-You are responsible for your actions on the roads.

-Confirm that, no restrictions apply to your vehicle before you commit yourself on a road segment. (Ex. NO TRUCK or TRANSIT).

-If a weigh station is open (flashing lights), you must enter and pass on the scale.

-As a training center, we are still obliged by the rules and laws of the Road Safety Code. Tickets can still be issued to students by the police or the DOT law enforcers.

-You must comply with these rules in the best interests and safety of all.

-You will have to sign a document to that effect during the initial training or during the presentation of the CFTR code of conduct.

Thank you and drive safely.


## Hours of service

In the **module 8**, the competency element that you have to develop is the application of the hours of service regulations.

At the end of this module, validating this element will consist of verifying the **clarity** and the **accuracy of the information**.

- **Clarity of information:** Clear and legible document with remarks in connection with the hours grid.
- **Accuracy of information:** All general information (*it is to say above and below the grid*) of the document, the information from past days, as well as the signature.

## Yard practice example

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Odometer reading inscription is only a suggestion and not a requirement when working in the yard.

If registered, the mileage should equal the total mileage of the truck (single driver).

You find documents like these, on the following pages.

**FICHE RÉCAPITULATIVE MENSUELLE / MONTHLY SUMMARY RECAP.  
MOIS / MONTH \_\_\_\_\_**

1	2		Canada Cycle 1		Canada Cycle 2	
	HRS DE TRAVAIL AUJOURD'HUI (TOTAL LIGNES 3 ET 4 DU CARNET DE BORD) (HOURS WORK TODAY (TOTAL LINES 3 & 4 OF DAILY LOG))		3	4	5	6
DERNIERS 6, 7 OU 13 JOURS DU MOIS PRÉCÉDENT LAST 6, 7 OR 13 DAYS IN PREVIOUS MONTH	7	13	70 H/HR CYCLE 7 JOURS/DAYS		120 H/HR CYCLE 14 JOURS/DAYS	
	6	12	TOTAL D'HR DE TRAVAIL AU COURS DES DERNIERS 6 JOURS (COL. 2)	TOTAL D'HR RESTANTES DEMAIN (70 HRS MOINS COL. 3)	TOTAL D'HR DE TRAVAIL AU COURS DES DERNIERS 13 JOURS (COL. 2)	TOTAL D'HR RESTANTES DEMAIN (120 HRS MOINS COL. 5)
	5	11	TOTAL HOURS ON DUTY LAST 6 DAYS (COL. 2)	TOTAL HOURS AVAILABLE TOMORROW (70 HOURS MINUS COL. 3)	TOTAL HOURS ON DUTY LAST 13 DAYS (COL. 2)	TOTAL HOURS AVAILABLE TOMORROW (120 HOURS MINUS COL. 5)
	4	10				
	3	9				
	2	8				
	DERNIER JOUR LAST DAY					
	1					
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1  Jour 2   
 Day 1  Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																								
2. Couchette/S.B																								
3. Conduite/Driving																								
4. Travail autre que conduite/On duty (not driving)																								
Remarques / Remarks																								

Learning document

Transporteur(s) / Carrier(s)	Jours précédents/Days ago	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Nom du conducteur / Driver's name	Travail/On Duty														
Signature du conducteur / Driver's signature	Repos/Off Duty														
	Nom du conducteur de relève / Co-driver's name														

No. doc. d'expédition / Shipping doc. no.      Expéditeur / Shipper      Marchandises / Commodities

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1  Jour 2   
 Day 1  Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																								
2. Couchette/S.B																								
3. Conduite/Driving																								
4. Travail autre que conduite/On duty (not driving)																								
Remarques / Remarks																								

Learning document

Transporteur(s) / Carrier(s)	Jours précédents/Days ago	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Nom du conducteur / Driver's name	Travail/On Duty														
Signature du conducteur / Driver's signature	Repos/Off Duty														
	Nom du conducteur de relève / Co-driver's name														

No. doc. d'expédition / Shipping doc. no.      Expéditeur / Shipper      Marchandises / Commodities

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document



Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
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Heures totales / Total hours

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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Heures totales / Total hours

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_

Expéditeur / Shipper \_\_\_\_\_

Marchandises / Commodities \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

# Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_

Expéditeur / Shipper \_\_\_\_\_

Marchandises / Commodities \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

# Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document



Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé  
Off duty deferral  
Jour 1  Jour 2   
Day 1 Day 2

Heure de début, autre que minuit  
Day start time, other than midnight

Odomètre fin/Ending odometer  
Odomètre début/Starting odometer

Km (milles) parcourus  
Km (miles) driven

Utilisation à des fins personnelles  
Personal use  
Od. début Starting od. \_\_\_\_\_  
Od fin Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales  
Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques  
Remarks

Transporteur(s)  
Carrier(s)

Nom du conducteur  
Driver's name

Signature du conducteur  
Driver's signature

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève  
Co-driver's name

No. doc. d'expédition  
Shipping doc. no.

Expéditeur  
Shipper

Marchandises  
Commodities

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé  
Off duty deferral  
Jour 1  Jour 2   
Day 1 Day 2

Heure de début, autre que minuit  
Day start time, other than midnight

Odomètre fin/Ending odometer  
Odomètre début/Starting odometer

Km (milles) parcourus  
Km (miles) driven

Utilisation à des fins personnelles  
Personal use  
Od. début Starting od. \_\_\_\_\_  
Od fin Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales  
Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques  
Remarks

Transporteur(s)  
Carrier(s)

Nom du conducteur  
Driver's name

Signature du conducteur  
Driver's signature

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève  
Co-driver's name

No. doc. d'expédition  
Shipping doc. no.

Expéditeur  
Shipper

Marchandises  
Commodities

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1  Jour 2   
 Day 1  Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty														
Repos/Off Duty														

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1  Jour 2   
 Day 1  Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty														
Repos/Off Duty														

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache/Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
**CFTR**  
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	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

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Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

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Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
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Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
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Heures totales / Total hours

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document



Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal / Principal place of business  
**CFTR**  
**17000, rue Aubin, Mirabel (Québec) J7J 1B1**

Adresse du terminal d'attache / Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents / Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail / On Duty

Repos / Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal / Principal place of business  
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Adresse du terminal d'attache / Home Terminal address

Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents / Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail / On Duty

Repos / Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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Heures totales / Total hours

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
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Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

Adresse de l'établissement principal/Principal place of business  
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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
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Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
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Adresse de l'établissement principal/Principal place of business  
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1. Repos/Off duty																									_____
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3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
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 Od fin / Ending od. \_\_\_\_\_

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Heures totales / Total hours

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1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

Learning document

Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1 Day 1  Jour 2 Day 2

Heure de début, autre que minuit / Day start time, other than midnight

Odomètre fin/Ending odometer  
 Odomètre début/Starting odometer

Km (milles) parcourus / Km (miles) driven

Utilisation à des fins personnelles / Personal use  
 Od. début / Starting od. \_\_\_\_\_  
 Od fin / Ending od. \_\_\_\_\_

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Heures totales / Total hours

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
1. Repos/Off duty																									_____
2. Couchette/S.B																									_____
3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

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Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

Signature du conducteur / Driver's signature \_\_\_\_\_

Jours précédents/Days ago: 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Travail/On Duty

Repos/Off Duty

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

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Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

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Jours précédents/Days ago

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Travail/On Duty													
Repos/Off Duty													

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Date : / /

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4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

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Jours précédents/Days ago

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Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

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Date : / /

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3. Conduite/Driving																									_____
4. Travail autre que conduite/On duty (not driving)																									_____

Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

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Jours précédents/Days ago

14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

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Date : / /

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Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

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Travail/On Duty													
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Nom du conducteur / Driver's name \_\_\_\_\_

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Jours précédents/Days ago

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Travail/On Duty													
Repos/Off Duty													

Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

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Remarques / Remarks

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Nom du conducteur / Driver's name \_\_\_\_\_

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Travail/On Duty													
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Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

No. doc. d'expédition / Shipping doc. no. \_\_\_\_\_ Expéditeur / Shipper \_\_\_\_\_ Marchandises / Commodities \_\_\_\_\_

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Date : / /

Cycle 1 (7 jours - 7 days)  
 Cycle 2 (14 jours - 14 days)

Repos différé / Off duty deferral  
 Jour 1  Jour 2   
 Day 1  Day 2

Heure de début, autre que minuit / Day start time, other than midnight

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Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

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Travail/On Duty														
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Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

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Remarques / Remarks

Transporteur(s) / Carrier(s) \_\_\_\_\_

Nom du conducteur / Driver's name \_\_\_\_\_

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Jours précédents/Days ago	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Travail/On Duty														
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Nom du conducteur de relève / Co-driver's name \_\_\_\_\_

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Learning document



## Class 1 Evaluation

As stated in paragraph 4 of your Reference Guide:

The Class 1 evaluation is a **service offered to the CFTR students**, but is not part of the Vocational Training Program.

The Class 1 evaluations are offered within the vocational training curriculum.

The access to the Class 1 evaluations, which lead to the class 1 deliverance by SAAQ and autonomous driving (follower), is granted upon the successful completion of the class 1 pre-evaluation.

**Compliance with the requirements of the Société de l'assurance automobile du Québec (SAAQ).**

You're allowed 1 evaluation and 2 retakes for the SAAQ Class 1 test. If you failed again after the 3<sup>rd</sup> evaluation, you must go on your own to the SAAQ.

### **Congratulations! Your module 5 is successful!**

You are now progressing toward the module 8 objectives and the Class 1, although the module 8 achievement is not a prerequisite for the SAAQ Class 1 test, it is highly recommended that the Module 8 objectives are SUCCESSFULLY completed before presenting yourself to the Class 1 evaluation. Achieving the module 8 competency will grant you the privilege for autonomous driving. (Follower)

### **N.B.**

For students who already have their Class 1, the module 8 competency and the class 1 pre-evaluation, must be achieved prior of being granted the privilege for autonomous driving. (Follower)

## PRE-EVALUATION

### CLASS 1

When the objectives are achieved consistently please sign and date:

	Teacher signature :	Date :
<b>20 minutes pre-trip</b>		
<ul style="list-style-type: none"> <li>Identify out loud during the inspection, the minors and majors defects.</li> </ul>		
<ul style="list-style-type: none"> <li>Perform brake tests DCLEEWPS</li> </ul>		
<ul style="list-style-type: none"> <li>TIGHT RIGHT TURNS</li> </ul>		
<ul style="list-style-type: none"> <li>LEFT TURNS</li> <li>SINGLE LANE</li> <li>MULTIPLE LANES</li> </ul>		
<ul style="list-style-type: none"> <li>YIELED RIGHT TURN</li> </ul>		
<ul style="list-style-type: none"> <li>REAR-VIEW MIRRORS APPROPRIATE USE</li> </ul>		
<ul style="list-style-type: none"> <li>LANE CHANGE</li> </ul>		
<ul style="list-style-type: none"> <li>TURN SIGNAL LIGHTS APPROPRIATE USE</li> </ul>		
<ul style="list-style-type: none"> <li>ROAD HANDLING</li> </ul>		
<ul style="list-style-type: none"> <li>UPSHIFT</li> <li>(Double Clutch)</li> </ul>		
<ul style="list-style-type: none"> <li>DOWNSHIFT</li> <li>(Double Clutch)</li> </ul>		

	Teacher signature :	Date :
<ul style="list-style-type: none"> <li>MANDATORY STOP SIGNS</li> </ul>		
<ul style="list-style-type: none"> <li>TRAFFIC LIGHTS ANTICIPATION (RED)</li> </ul>		
<ul style="list-style-type: none"> <li>TRAFFIC LIGHTS STOP</li> </ul>		
<ul style="list-style-type: none"> <li>STOP BEHING ANOTHER VEHICLE;</li> </ul>		
<ul style="list-style-type: none"> <li>RAILROAD CROSSING</li> </ul>		
<ul style="list-style-type: none"> <li>RESPECT FOR SPEED LIMITS</li> </ul>		
<ul style="list-style-type: none"> <li>RESPECT FOR HIGHWAY SAFETY CODE</li> </ul>		
<ul style="list-style-type: none"> <li>SEFL-CONTROL</li> </ul>		
<ul style="list-style-type: none"> <li>BACK-UPS</li> </ul>		



**Module 8**  
**Training follow up grid**  
**Statement of competency : To drive a truck on rural roads and highways**

Autonomous work																							<b>Adequate work</b>	<b>Evaluation for ends of sanctions :</b>												
Supervised work																									<b>Evaluated by :</b>											
<div style="text-align: center;"> <b>Competency requirements worked</b>  </div>	 <b>Apprenticeship date</b>																				<b>Evaluated by :</b>															
	➤ Documents and itinerary																									<b>Evaluated by :</b>										
	➤ follow ups																								<b>Evaluated by :</b>											
	➤ Good handling on the road																										<b>Evaluated by :</b>									
	➤ Highway area																											<b>Evaluated by :</b>								
	➤ Rural area																												<b>Evaluated by :</b>							
	➤ Anticipation																													<b>Evaluated by :</b>						
	➤ Signalisation																														<b>Evaluated by :</b>					
	➤ Up shifting																															<b>Evaluated by :</b>				
	➤ Down shifting																																<b>Evaluated by :</b>			
	➤ Weigh station																																	<b>Evaluated by :</b>		
	➤ Complementary brakes																																		<b>Evaluated by :</b>	
	➤ Cruise control																																			<b>Evaluated by :</b>
	➤ Backing up (dock)																																			



**Module 8**  
**Training follow up grid**  
**Statement of competency : To drive a truck on rural roads and highways**

<b>Autonomous work</b> <b>Supervised work</b>																			<b>Adequate work</b>	<b>Evaluation for ends of sanctions :</b>
<b>Competency requirements worked</b>																			<b>Evaluated by :</b>	







**Module 8 Rural and highway driving**

**Reference to help the apprenticeship :**

**CFTR procedure (see appendix 1 to 7)**

**Self-evaluation:** Awareness of the training followed by the student.  
(This step is validated by the teacher)

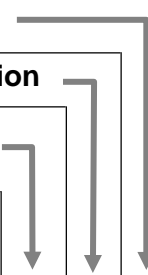
**Training comments**

**Teacher's evaluation**

**Self evaluation**

**Reference procedure**

**Date/  
unit no**




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# **Techniques associated with driving maneuvers**

**RÉFÉRENCES GUIDE**

# Circle Check inspection with a hitched semi-trailer

## HEALTH AND SAFETY

### REMEMBER TO ALWAYS APPLY THESE RULES :

- **Personal safety equipment:** gloves, safety vest, and safety boots.
- **Parking brake:** Always make sure the the parking brake is applied before inspecting your vehicles.
- **Climbing on and off the vehicle :**
  - Use the required equipment when available;
  - Always face the vehicle and use the 3 point rule;
  - Do not jump off the vehicle.
- **Verify tire pressure:** Always use a hammer
- **Opening and closing the hood:**
  - Verify weight of the hood
  - Make sure you have a good grip
  - Make sure there is enough room behind you for when the hood is open.
- **Climbing up on the vehicle:** Only if necessary.
- **Never work on a running engine:**

*These elements are part of the competence that needs to be developed and will be verified all through the training.*

## CIRCEL CHEK SAFETY ROUND HITCHED IN 5 STEP

- Step 1 : Approching the vehicle
- Step 2 : Inspection inside the engine compartment
- Step 3 : Inspection inside the cab (part1)
- Step 4 : Inspection outside the vehicle
  - Left side
  - Semi-trailer
  - Right side
  - Tractor
  - Final part, front and back of the vehicle
- Step 5 : Inspection inside the cab (part 2)

*This is a visual inspection, except for certain elements. One possible defect per element must be mentioned (ex. The rim is not cracked).*

### Step 1 : Approching the vehicle

Liquid on the ground
Vehicle leaning on one side
Safety equipement
Driver's door
Confirm the brake is applied
Login to ISAAC and start the inspection in ISAAQ
Registrations, Insurance and inspection tag

## Step 2 : Engine compartment

Oil level

Engine anti-freeze level

Power-steering liquid level

Clutch oil

Windshield washer level

Any visible leaks on the engine

Fuel system and filters

Air system

Alternator

Radiator, fan and belt

Power steering and column

Air compressor

Chassis

Brake receptors

Suspension and its components

Tires and valves

Rims and nuts

Wheel hub oil level

Bumber is well fixed at each extremity

Close and latch the hood

### Step 3 : Inside the cabin part 1

The elements in bold character can be done together

Star the engine
Release the parking brake
<b>Lower the air pressure to verify the low-level alarms (55lb/po<sup>2</sup>)</b>
Windows and windshield
Rear-view mirrors
Wipers and washer fluid
Defog
No exhaust fumes inside the cabin
Steering column firmly in place
Power steering
Horns
Seat
Seat belt
Press firmly on the brake pedal
<b>Efficiency test (above 90lb/po<sup>2</sup>)</b>
<b>Disengagement (between 117lb/po<sup>2</sup> and 137lb/po<sup>2</sup>)</b>
Shut off the engine
<b>Leak test (not more than 7lb/po<sup>2</sup> in 1 minute)</b>
Start the engine
Lower the air pressure by 20lbs
<b>Engagement (above 80lbs)</b>
Wait for the disengagement
Apply the parking brake on both vehicles
Shut off the engine
Turn on all the lights
Activate the right signal light

## Part 4 : Inspection outside the vehicle – left side

Rear-view mirrors

Fuel tank and cap

Cabin suspension

Chassis and cross-members

Fifth-wheel securement

Fifth wheel blocking pins

Fifth-wheel locking elements

Suspension elements

Rear differentials

Brake receptors

Tires and valves

Rims and nuts

All fixed elements on the vehicle

Wheel hubs liquid

Tail lights

Right signal light

Suspension air bags

Fifth-wheel locking mechanism

Semi-trailer crossmembers

License plate and inspection tag

Front clearance light on the semi-trailer

Top and bottom chassis

Landing gear

Fixed elements on the semi-trailer

Spare tire if applicable

Subframe and locking pins

Tires and valves

Rims and nuts

Wheel hub lubricant

Suspension elements

**Step 4 : Exterior of vehicle – Behind semi-trailer**

Lights

Clearance lights

Signal lights

Plate light

Fixed components

Brake boosters

Load securement

**Step 4: Inspection outside the vehicle – right side**

Subframe and locking pins

Tires and valves

Rims and nuts

Wheel hub lubricant

Suspension

Top and bottom chassis

Side signal light

Tractor suspension

Fifth wheel elements

Fifth-wheel locking pins

Chassis and crossmembers

Tires and valves

Wheel hubs lubricant

Rims and nuts

Fixed elements

Tail pipe

Passenger door

Fuel tank and cap

Mirrors

**Part 4 : Front of tractor**

Head lights

Marker and clearance lights

Signal lights

**Step 4 – Final part front and back**

Turn on left signal light

Turn on High beams

Verify the high beams

All signal lights

Brake lights with application of the brake pedal

## Step 5 : Inside the cabin – part 2

Start the engine

Verify fuel pedal

Verify tractor parking brake

Verify the semi-trailer parking brake

Verify that the parking brake is released

Verify service brake

Verify semi-trailer service brake (Bendix)

Verify the clutch pedal

***Park the vehicle in a safe place. Replace or place the vehicle in appropriate location***

Apply the parking brake

Complete the information in ISAAC



### **Statement of competency**

To make a trip with a delivery.

### **Elements of competency**

#### **1 Plan the trip.**

- Accurate interpretation of the dispatcher's instructions.
- Precise determination of the itinerary places and addresses.
- Accurate estimation of the time needed to load and deliver the shipment.

#### **2 Inspect and start up the truck.**

- Observance of steps involved in the pre-trip inspection.
- Observance of techniques for starting up the truck.
- Safe hitching of semi-trailer to tractor.

#### **3 Take possession of the shipment.**

- Appropriate approach to the loading dock.
- Observance of techniques for backing up.
- Correct positioning of truck at the dock.
- Careful inspection of shipment.
- Observance of standards of securing the load, weights and dimensions.

#### **4 Drive the truck.**

- Good handling of the road.
- Careful application of techniques according to driving situation.
- Correct use of various systems.
- Periodic inspection of equipment.

#### **5 Communicate during the trip.**

- Accurate interpretation of codes.
- Observance of techniques specific to various communications devices.
- Effective and respectful communication.
- Prompt transmission of information in the event of an incident or accident.

## **6 Report to a weigh station.**

- Observance of techniques for approaching and stopping.
- Observance of weighing techniques.

## **7 Deliver the shipment.**

- Appropriate approach to the place of delivery.
- Observance of techniques for backing up.
- Appropriate monitoring of shipment.
- Courtesy towards the customer.

## **8 Inspect and store the truck.**

- Observance of safety standards.
- Appropriate inspection of the vehicle.
- Safe unhitching of the semi-trailer.
- Appropriate storage according to type of vehicle and instructions received.
- Clean vehicle.

## **9 Submit the documents.**

- Precision and clarity of information regarding driving time and hours of work, pre-trip inspection and repairs to report.
- Immediate transmission of documents to the designated persons.

## **Student's responsibilities**

Throughout the module 9 you have to respect highway health and safety Code.

It is your responsibility to keep track of what you are learning and to report it to your instructor.

Your success depends on the interest you take in the training as well as the amount of effort you devote to it.

## **Hours of service**

In the **module 9**, the competency element that you have to develop is the application of the hours of service regulations.

At the end of this module, validating this element will consist of verifying the **exactness** and the **clarity of the information**.

- **Exactness of information** : All general information (it is to say above and below the grid) of the document, the coherence of the different types of work in the grid, the remarks, the information from past days, as well as the signature.
- **Clarity of information** : Clear and legible document.

## OCCUPATIONAL SAFETY AND HEALTH INFORMATION



Here is the list of hazardous situations that may be encountered in this module

New

Opening the hood  
Climbing and descending from truck (3 point support)  
Moving of truck / Forgetting to apply the parking brake  
Moving in the yard or around the truck  
Fueling the truck and topping off the fluid levels  
Hitching and unhitching  
Backup (respecting CFTR procedure)  
Access to flat bed or dry box trailer  
Driver fatigue



### Reminder

- Make sure you have received the information from your teacher concerning risk situation that may be encountered in this module. If necessary, confirm the manoeuvre with your teacher prior to executing it so as to ensure it is done in a safe manner.
- Certain occupational health and safety elements have already been put into action during the modules 4 and 5. It is your responsibility to continue to apply these elements throughout your training so as to develop good working habits.
- **Practice preventive driving with the help of the information received during the Lesson 8.1.**

Have a nice day!

*To keep track of what you are learning, use the daily training record on the following page.*

## **FOLLOWER TRUCK INSTRUCTIONS**

### **(MODULE 8 AND 9)**

**1. Follow the lead truck (teacher) at any time and from a safe distance.**

-Avoid using the cruise control.

-Use with respect and civility the engine brake (If equipped).

**2. If you lose sight with the lead truck, contact your teacher through the radio transmitter (FM) and stay with the initial itinerary establish with your teacher at time of departure.**

-At all times, **it is forbidden** to make U-turns in an unauthorized places such as: shopping center, Transport Company or other private property, even if there is enough space to perform a turning maneuver;

**You must remain on public roads.**

**3. If you have been authorized by your teacher to continue your route and you arrive at your destination before the lead truck:**

-Always be in contact radio with your teacher.

-Do not enter a company premises without the presence of your teacher.

-Wait for your teacher, park a bit away on the public road and activate the emergency flashers.

-Advise your teacher, that you have reached your destination.

-Do not start any back-up maneuvers to a company premises, without the presence of your teacher.

## **FOLLOWER TRUCK INSTRUCTIONS**

(MODULE 8 AND 9)(Next)

- 4. If you are lost and you cannot contact your teacher, go to an address that you had pre-determined with your teacher before departure or return to your CFTR Center and wait for the return of your teacher.**

### **OTHER IMPORTANT INFORMATION**

-You are responsible for your actions on the roads.

-Confirm that, no restrictions apply to your vehicle before you commit yourself on a road segment. (Ex. NO TRUCK or TRANSIT).

-If a weigh station is open (flashing lights), you must enter and pass on the scale.

-As a training center, we are still obliged by the rules and laws of the Road Safety Code. Tickets can still be issued to students by the police or the DOT law enforcers.

-You must comply with these rules in the best interests and safety of all.

-You will have to sign a document to that effect during the initial training or during the presentation of the CFTR code of conduct.

Thank you and drive safely.

Autonomous work																									Adequate work	Evaluation for ends of sanction :
Supervised work																										
<div style="text-align: center;"> <p>Competency requirements worked</p> </div>	Apprenticeship dates																									
➤ Plan the trip																										
➤ Draw an follow the itinerary																										
➤ Good handling on the road																										
➤ Urban area																										
➤ Driving up and downhill																										
➤ Preventive driving																										
➤ Economical driving																										
➤ Up shifting																										
➤ Downshifting																										
➤ Inner / Inter-axles																										
➤ Complementary brakes/ Cruise control																										
➤ Backing up																										

Evaluated by :

Autonomous work

Supervised work

Adequate work

Evaluation for ends of sanction :

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Competency requirements worked

Apprenticeship dates

➤ Plan the trip

➤ Draw an follow the itinerary

➤ Good handling on the road

➤ Urban area

➤ Driving up and downhill

➤ Preventive driving

➤ Economical driving

➤ Up shifting

➤ Downshifting

➤ Inner / Inter-axles

➤ Complementary brakes/  
Cruise control

➤ Backing up







**Module 9 Delivery trips**

**Reference to help the apprenticeship :**

**CFTR procedure (see appendix 1 to 7)**

**Self-evaluation:** Awareness of the training followed by the student.  
(This step is validated by the teacher)

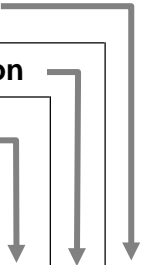
**Training comments**

**Teacher's  
evaluation**

**Self evaluation**

**Reference  
procedure**

**Date/  
unit no**



Teacher's evaluation	Self evaluation	Reference procedure	Date/ unit no	Training comments
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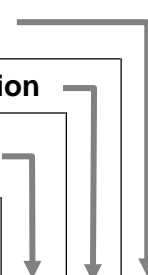
**Training comments**

Teacher's  
evaluation

Self evaluation

Reference  
procedure

Date/  
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**Reference  
procedure**

**Date/  
unit no**

A large table area with four vertical columns and many horizontal rows. The columns correspond to the labels: Teacher's evaluation, Self evaluation, Reference procedure, and Date/unit no. The rightmost part of the table is a large area for 'Training comments', consisting of many horizontal lines.





### **Module 9 Delivery trips**

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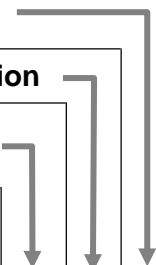
#### **Training comments**

**Teacher's evaluation**

**Self evaluation**

**Reference procedure**

**Date/  
unit no**







**ADDRESS SEARCH AND BACKING MANŒUVRE TRIP SHEET Module 9**

Check reason for vehicle movement

Date	Client's Name	Truck	Odometer reading	Semi-trailer	Arrival time	Departure time	Address search	Backing manoeuvre

Student's self-evaluation :

Instructor's comments :

Date	Client's Name	Truck	Odometer reading	Semi-trailer	Arrival time	Departure time	Address search	Backing manoeuvre

Student's self-evaluation :

Instructor's comments :

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Student's self-evaluation :

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Instructor's comments :

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Date	Client's Name	Truck	Odometer reading	Semi-trailer	Arrival time	Departure time	Address search	Backing manoeuvre

Student's self-evaluation :

Instructor's comments :

# **Driving Procedures and maneuvers**

## **LEARNING ASSIST REFERENCES**

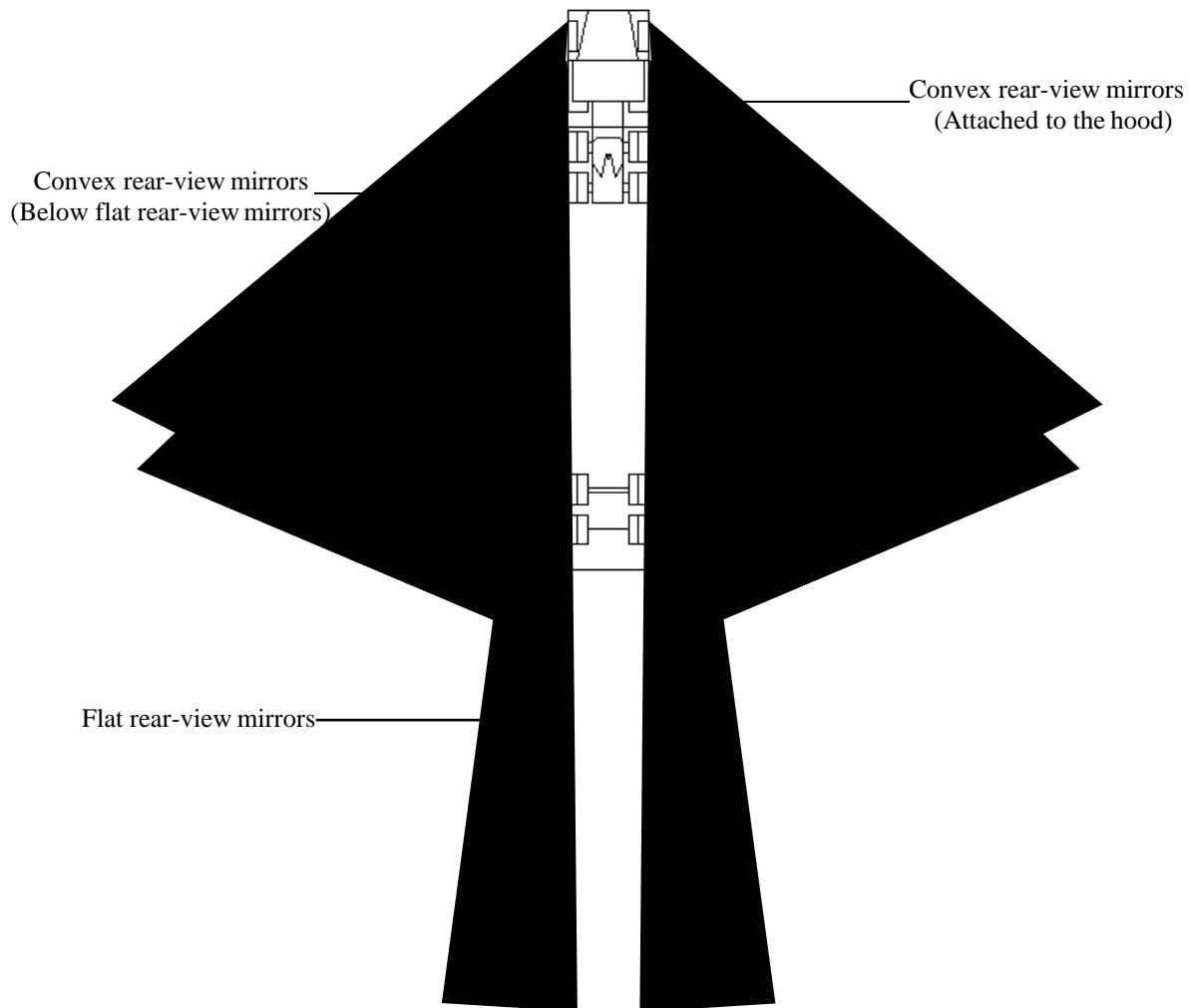
# 1

## REAR-VIEW MIRROR Adjustment

Since a tractor type truck is designed to pull a semi-trailer, it is essential that the semi-trailer be hitched to the tractor before you can properly adjust the rear-view mirrors.

**NB:** With a bobtail tractor, efforts to see the sides of the vehicle as well as the tires in flat rear-view mirrors, is considered normal.

- a) **BE COMFORTABLE:** Adjust the driver's seat and the steering wheel so that you can easily reach the pedals and vehicle controls;
- b) **VEHICLE ALIGNMENT:** The tractor and the semi-trailer must be correctly aligned straight with one another;
- c) **HORIZONTAL VIEW:** Adjust the flat rear-view mirrors so that you just barely see the sides of the semi-trailer without having to make an effort to see them;
- d) **VERTICAL VIEW:** Adjust the flat rear-view mirrors so that, without making an effort, you can obtain a distant rear view and be able to see the tires of the semi-trailer from the moment you start making a turn;
- e) **CONVEX REAR-VIEW MIRRORS:** Adjust the convex rear-view mirrors so that they cover as effectively as possible the areas (blind spots) that the flat rear-view mirrors do not cover.





<b>2</b> <b>ENGAGING THE TRANSMISSION</b>	<b>3</b> <b>MOVING THE VEHICLE</b> <b>(On a Flat Road)</b>
<ul style="list-style-type: none"> <li>a) Press the service brake and release the parking brake;</li> <li>b) Press the clutch pedal to the floor;</li> <li>c) Wait a few seconds to allow the transmission gear assembly to stop turning;</li> <li>d) Engage the transmission.</li> </ul>	<ul style="list-style-type: none"> <li>a) Engage the transmission;</li> <li>b) Release the clutch gently until you reach the friction point;</li> <li>c) Release the service brake;</li> <li>d) Continue to gently release the clutch;</li> <li>e) Then smoothly press the accelerator.</li> </ul>

<b>4</b> <b>DOUBLE CLUTCH GEAR-SHIFTING</b>	<b>5</b> <b>FIND THE RPM GAP</b>
<p>The double clutch gear-shifting method, implies that you must press the clutch pedal twice when shifting gears, as follows:</p> <ul style="list-style-type: none"> <li>a) Press the clutch pedal until you slightly exceed the friction point (avoid pressing the clutch too far);</li> <li>b) Release the clutch pedal so as to establish contact with the gear (slightly above the friction point);</li> <li>c) Clutch pedal, accelerator and gear-shift lever movements must be perfectly synchronized (i.e. same time).</li> </ul>	<ul style="list-style-type: none"> <li>a) Select the lowest gear in the upper range;</li> <li>b) Keep the engine speed constant at 1,500 RPM;</li> <li>c) Take note of the vehicle speed;</li> <li>d) Shift into the next highest gear;</li> <li>e) Adjust the vehicle speed as previously noted;</li> <li>f) Take note of the engine speed;</li> <li>g) Calculate the difference in RPM between the two engine speeds observed (gap).</li> </ul> <p><i><b>NB:</b> The gap is a guide, which may vary from one gear to the next.</i></p>

<b>6</b> <b>UPSHIFTING</b>	<b>7</b> <b>DOWNSHIFTING</b>
<p>The RPM gap is controlled by the actual gear shift lever movement (Smooth Tempo) which, is itself governed by the speed at which the (RPM) decreases.</p> <ul style="list-style-type: none"> <li>a) Maintain an even speed on the accelerator;</li> <li>b) Press the clutch pedal;</li> <li>c) Decrease pressure on the accelerator; and</li> <li>d) At the same time move the gear shift into neutral;</li> <li>e) Then release the clutch; and</li> <li>f) Press the clutch again while at the same time</li> <li>g) Moving the gear shift into the next highest gear;</li> <li>h) Then release clutch pedal gently past the friction point; and</li> <li>i) Gradually increase pressure on the accelerator.</li> </ul>	<ul style="list-style-type: none"> <li>a) Maintain an even speed on the accelerator;</li> <li>b) Press the clutch pedal;</li> <li>c) Decrease pressure on the accelerator; and</li> <li>d) At the same time move the gear shift into neutral;</li> <li>e) Then release the clutch; and</li> <li>f) Increase the engine speed and as soon as the engine speed is about to match the gear speed;</li> <li>g) Press the clutch again while at the same time</li> <li>h) Moving the gear shift into the next lowest gear;</li> <li>i) Maintain an even speed on the accelerator;</li> <li>j) Then release clutch pedal; and</li> <li>k) Gradually increase pressure on the accelerator.</li> </ul>

8 GEAR RANGE SELECTOR	9 KEY POINT MARKERS
<p><i>Example: 13-speed transmission</i></p> <p><b>UPSHIFTING</b></p> <p>With the transmission in 4th gear, lift the range selector and shift into 5th gear.</p> <p><b>DOWNSHIFTING</b></p> <p>With the transmission in 5th gear, lower the range selector and shift into 4th gear.</p> <p><i>NB: Gear Range Selector becomes effective only when the gear shift lever passes through neutral.</i></p>	<p>Key point markers allow you a fast recovery following a missed gear change.</p> <ol style="list-style-type: none"> <li>Select the last gear in the lower range;</li> <li>Note the engine speed when the vehicle speed is, for example, 20 km/h;</li> <li>Then note what the vehicle speed was in the previous gear and in the next highest gear when the engine speed is identical to the previously noted speed.</li> </ol> <p><i>Example: Truck 3091 (18-speed transmission)</i></p> <ul style="list-style-type: none"> <li>3rd gear at 1,150 RPM <math>\approx</math> 15 km/h</li> <li>4th gear at 1,150 RPM <math>\approx</math> 20 km/h</li> <li>5th gear at 1,150 RPM <math>\approx</math> 27 km/h</li> </ul>

10 GAP VARIATION (Based on RPM)	11 PROGRESSIVE SHIFTING
<p><i>Example: 18-speed transmission (6 HI and 5 HI)</i></p> <p>Low RPM = Narrower gap High RPM = Wider gap</p>	<p><b>LOWER RANGE</b></p> <p>Change gears as soon as possible while gently and gradually increasing the engine speed as you shift into the higher gears.</p> <p><b>HIGHER RANGE</b></p> <p>Increase the engine speed so that the pick-up occurs at an RPM slightly higher than the rated torque.</p>

12 UPSHIFTING using SPLIT GEARS(Splitter)	13 DOWNSHIFTING using SPLIT GEARS(Splitter)
<p><b>IN THE SAME GEAR</b></p> <ol style="list-style-type: none"> <li>Place the gear selector in HI position;</li> <li>Decrease pressure on the accelerator while</li> <li>Pressing the clutch pedal;</li> <li>Release the clutch pedal; and</li> <li>Gradually increase pressure on the accelerator.</li> </ol> <p><b>FROM ONE GEAR TO THE NEXT</b></p> <ol style="list-style-type: none"> <li>Place the gear selector in LO position; and</li> <li>Change gears as you would for normal upshifting.</li> </ol> <p><i>NB: Since the RPM gap decreases by half, change gears more quickly.</i></p>	<p><b>IN THE SAME GEAR</b></p> <ol style="list-style-type: none"> <li>Place the gear selector in LO position;</li> <li><b>Gently</b> decrease pressure on the accelerator while</li> <li>Pressing the clutch pedal;</li> <li>Release the clutch pedal; and</li> <li><b>Immediately</b> increase pressure on the accelerator.</li> </ol> <p><b>FROM ONE GEAR TO THE NEXT</b></p> <ol style="list-style-type: none"> <li>Place the gear selector in HI position; and</li> <li>Change gears as you would for normal downshifting.</li> </ol> <p><i>NB: Since the RPM gap decreases by half, increase pressure on the accelerator proportionately.</i></p>

14 DOUBLE DOWNSHIFT (on flat road )	15 Typical VARIATIONS RPM GAP on HILLS
<p>Resulting from an important speed loss, it may be necessary to do a “double downshift.” When double downshifting, your engine speed must be low enough so the engine can go through two RPM gaps.</p> <p><i>NB: You can even jump several gears if the engine speed is low enough when you begin double downshifting to allow you to go through the appropriate number of RPM ranges.</i></p>	

16 MOVING THE VEHICLE (Incline Grade)	17 UPSHIFTING GEARS (Incline Grade)
<p><b><u>UPHILL GRADE</u></b></p> <ol style="list-style-type: none"> <li>Shift into the lowest gear of the transmission that will easily put the vehicle into motion;</li> <li>Continue gear shifting as you would on a flat road stretch.</li> </ol> <p><b><u>DOWNHILL GRADE</u></b></p> <p>Select the gear that allows you to compensate for the vehicle’s natural tendency to move due to the force of gravity.</p> <p><i>Example: Select 3rd gear if the vehicle has a 10-gear transmission and 2nd gear if the vehicle has a 13-gear or 18-gear transmission.</i></p>	<p><b><u>FIRST GEAR CHANGE</u></b></p> <p>To prevent the vehicle from stopping while you upshift the gears, you must change gears quickly. To do that, the RPM range must be small; so increase the engine speed to a maximum of 1,000 RPM.</p> <p><b><u>SUBSEQUENT GEAR CHANGES</u></b></p> <p>Since the RPM range increases as you up shift gears on an incline grade, you must compensate by increasing the engine speed by 100 to 300 RPM more than would be on a flat road stretch. By using this method, you prevent the engine from losing torque as it gain speed.</p>

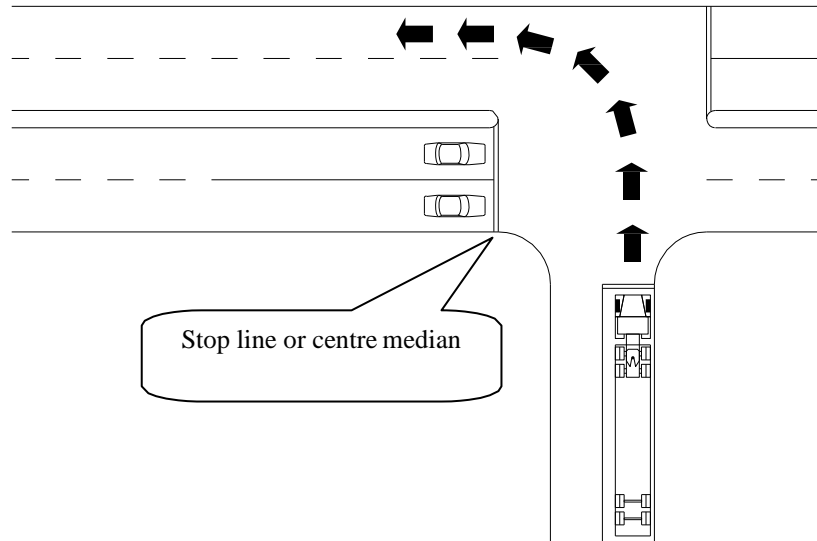
18 UPSHIFTING GEARS (Downhill Grade)	19 DOWNSHIFTING GEARS (Downhill Grade)
<p><b><u>ONE GEAR AT A TIME</u></b></p> <p>Since gravity causes the vehicle to accelerate, the RPM gap decreases and the gear change is done more quickly than you would on a flat road stretch.</p> <p><i>NB: Do not use half gears in the lower range. It is not always indicated that they should be used in the higher range.</i></p> <p><b><u>JUMPING A GEAR</u></b></p> <p>Jump a gear to compensate for the vehicle’s acceleration due to the force of gravity.</p> <p><i>NB: The speed at which you change gears will be closer to what it would be on a flat road stretch</i></p>	<p>Since gravity causes the vehicle to accelerate, the RPM gap decreases and it is therefore essential to down shift gears at the lowest engine speed in order to maintain a safety margin when the engine RPM increases.</p> <p>Brake until the engine speed is a maximum 1,000 RPM before downshifting gears.</p> <p><i>NB: Determining factors for successful downshifting on a downhill grade are proportional pressure on the accelerator and quick gear shifting.</i></p> <p><i>NB: Do not downshift a half gear in the same gear when going down a downhill grade (e.g., from 6 HI to 6 LO).</i></p>

<p style="text-align: center;"><b>20</b> <b>TORQUE MANAGEMENT</b> <b>(Incline Grade)</b></p>	<p style="text-align: center;"><b>21</b> <b>DOWNSHIFTING GEARS INCLINE GRADE</b> <b>(UPHILL)</b></p>
<p><i><b>NB:</b> Downshift gears only if the engine is unable to maintain the maximum rated peak torque RPM</i></p> <p><i><b>NB:</b> Keep an eye on the engine temperature gauges and downshift one gear if the temperature is too high:</i></p> <ul style="list-style-type: none"> <li>• <i>Cooling fluid: About 220°F</i></li> <li>• <i>Exhaust gas: About 1,000°F</i></li> </ul> <p><b><u>GRADE WITH UP TO 10% INCLINE</u></b></p> <p>Allow the engine speed to decrease to the rated peak torque before downshifting.</p> <p><b><u>GRADE WITH MORE THAN 10% INCLINE</u></b></p> <p>Downshift gears when the engine speed is about 100 to 200 RPM higher than the rated torque.</p>	<p><b><u>ONE GEAR AT A TIME</u></b></p> <p>When downshifting gears on an incline grade, the force of gravity causes the vehicle to lose speed, resulting in a smaller RPM range.</p> <p><i><b>NB:</b> Determining factors for successful downshifting on an uphill grade are proportional pressure on the accelerator and quick gear shifting.</i></p> <p><b><u>JUMPING A GEAR</u></b></p> <p>Jump a gear to compensate for the vehicle's substantial loss of speed due to the force of gravity (on steep hills).</p> <p>Allow the engine speed to decrease to the rated peak torque and jump a gear. The RPM range is almost similar to what it would be for normal downshifting on a slight uphill grade.</p>

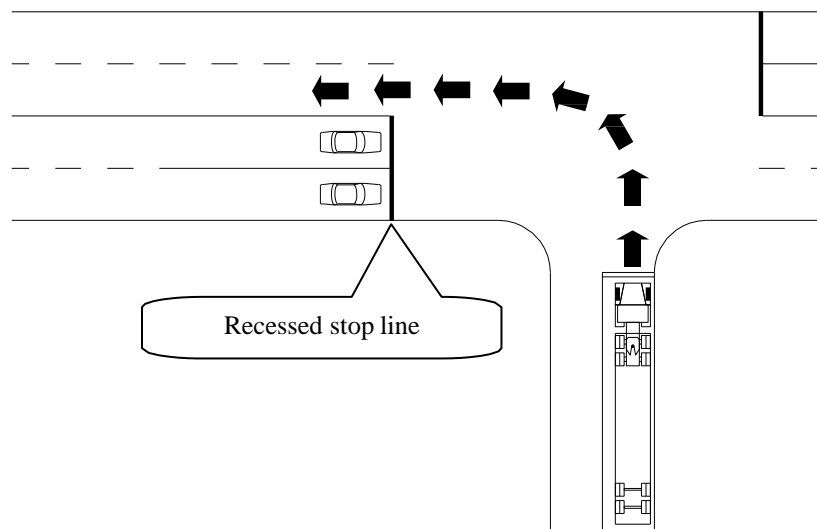
**22**  
**LEFT TURNS**

- a) Turn on your left turn signal at the appropriate time;
- b) Position your vehicle in the appropriate traffic lane based on space availability and the required space for a safe and proper turning maneuver;
- c) Shift into an appropriate gear (e.g., 4th gear if your vehicle has a 10-speed transmission);
- d) Maintain the engine speed at about 1,100 RPM;
- e) Alternately, keep an eye on the front of your vehicle, the semi-trailer wheels and the intersection;
- f) Steer your vehicle into the closest left traffic lane that you can use;
- g) Do not upshift gears when the tractor and the semi-trailer form a sharp open angle to one another;
- h) Turn off the turn signal when the turn is completed.

**Turning path usually followed with a 48-foot or 53-foot semi-trailer**

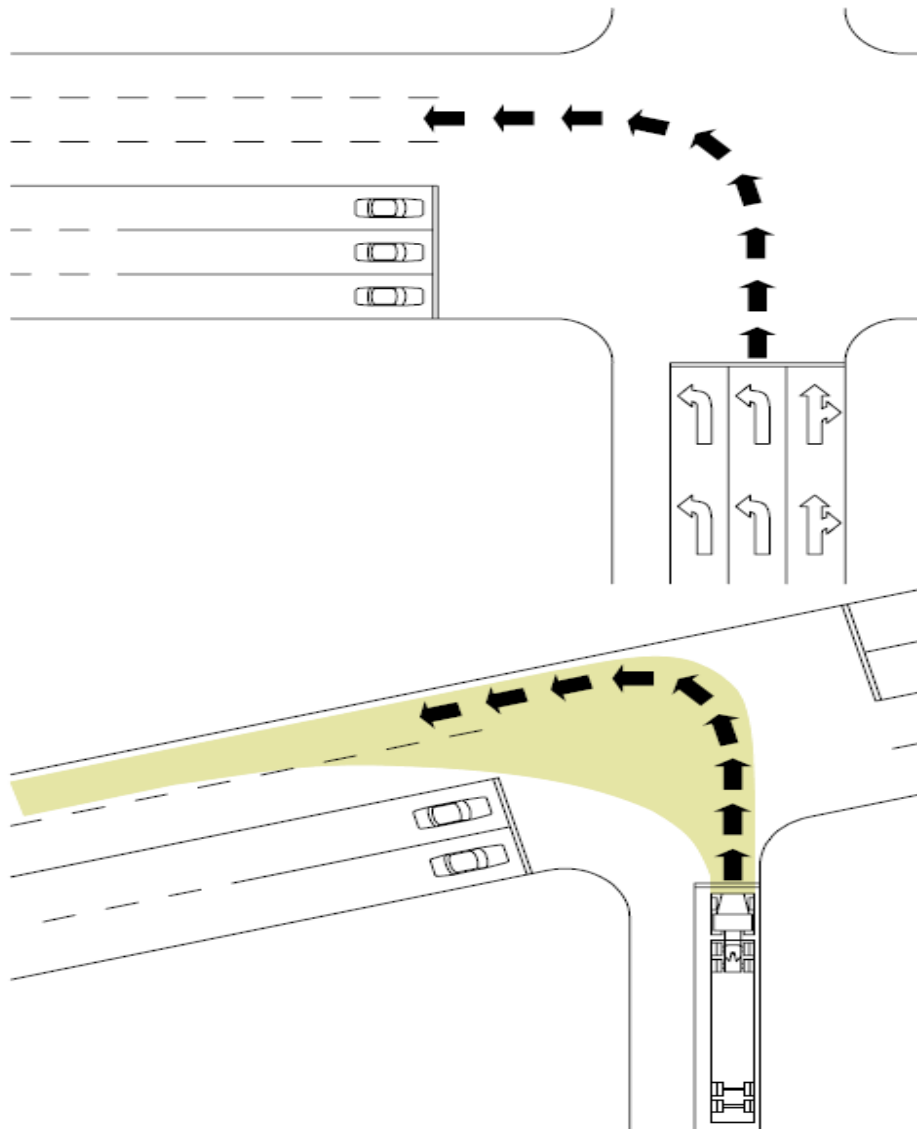


**Turning path recommended by the SAAQ, but rarely possible with a 48-foot or 53-foot semi-trailer**



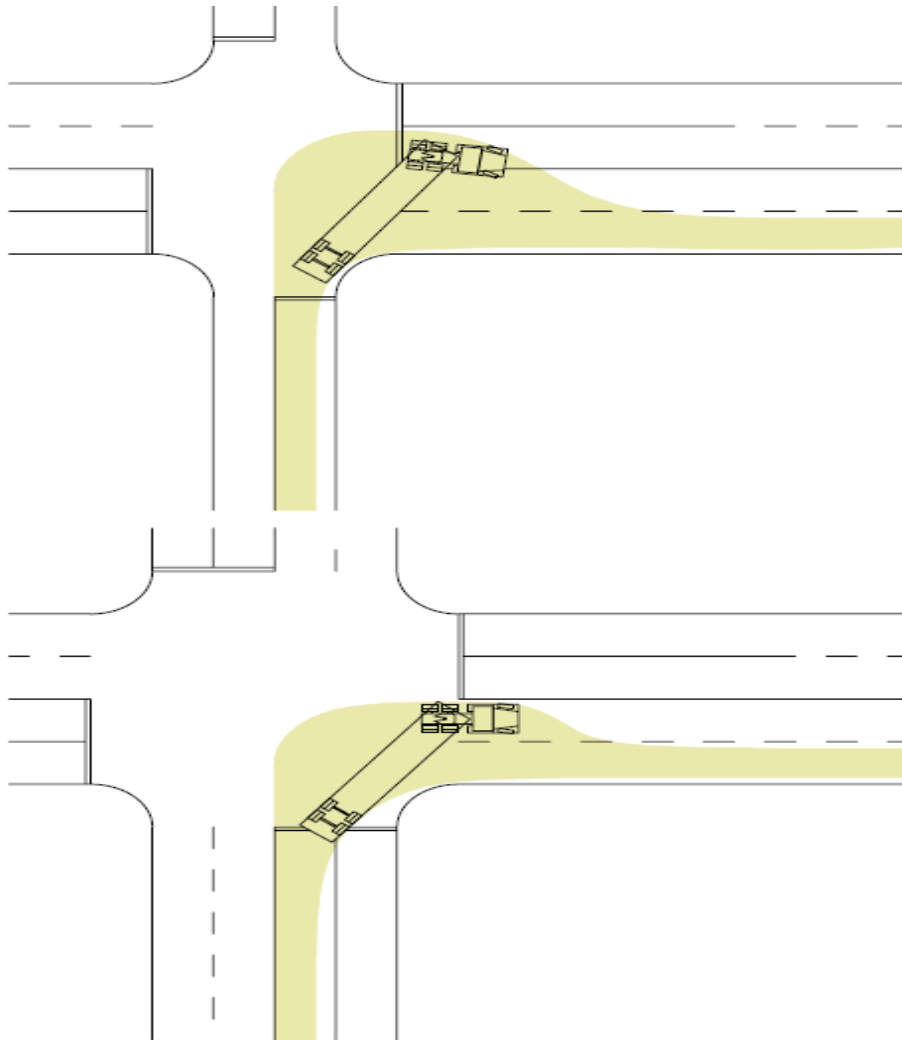
## 23 Special LEFT TURNS

- a) Turn on your left turn signal at the appropriate time;
- b) Position your vehicle in the appropriate traffic lane based on space availability and the required space for a safe and proper turning maneuver;
- c) Use a gear that is appropriate for the situation;
- d) Maintain the engine speed at about 1,100 RPM;
- e) Alternately, keep an eye on the front of your vehicle, the semi-trailer wheels and the intersection;
- f) Steer your vehicle into the appropriate traffic lane;
- g) Do not upshift gears when the tractor and the semi-trailer form a sharp open angle to one another;
- h) Turn off the turn signal when the turn is completed.



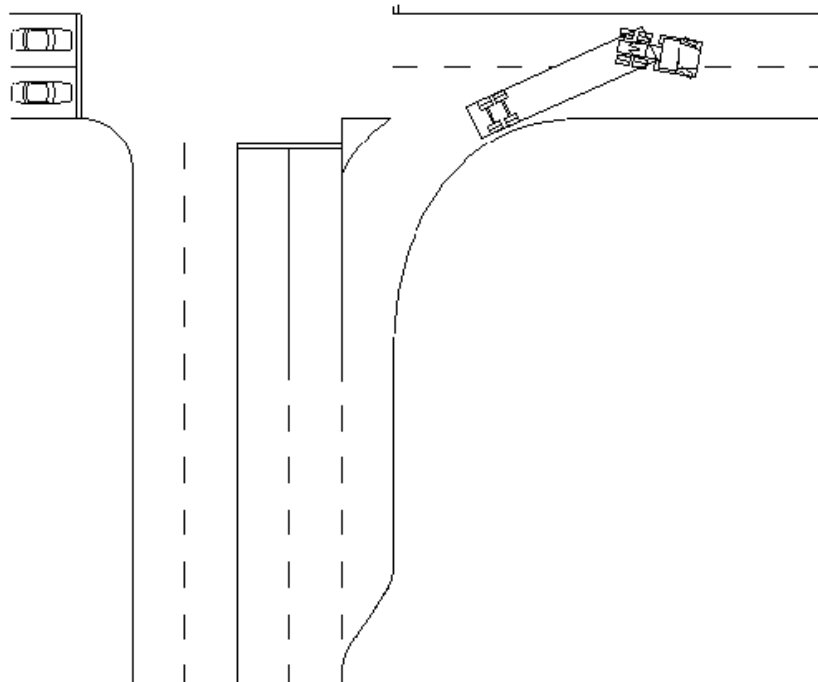
## 24 RIGHT TURNS

- a) Turn on your right turn signal at the appropriate time;
- b) Position your vehicle in the appropriate traffic lane based on space availability and the required space for a safe and proper turning maneuver;
- c) Use an appropriate gear (e.g., 3rd gear if your vehicle has a 10-speed transmission);
- d) Maintain the engine speed at about 1,100 RPM;
- e) Alternately, keep an eye on the front of your vehicle, the semi-trailer wheels and the intersection;
- f) Steer your vehicle so that it enters the right-hand lane without the semi-trailer wheels going up on the sidewalk, onto the shoulder or into the adjacent lane;
- g) Do not upshift gears when the tractor and the semi-trailer form a sharp open angle to one another;
- h) Turn off the turn signal when the turn is completed.



**Right TURNS with YIELDING OF RIGHT OF WAY**

- a) Turn on your right turn signal at the appropriate time;
- b) Slow down your vehicle and position it in the right-hand lane based on space availability and the required space for a safe and proper turning manoeuvre;
- c) Downshift into the appropriate gear in the lower range (depending on the situation);
- d) Maintain the engine speed at about 1,100 RPM;
- e) Alternately, keep an eye on the front of your vehicle, the semi-trailer wheels and the intersection (Watch for vehicles coming from your left);
- f) Yield the right of way, if necessary;
- g) Steer your vehicle so that it enters the right-hand lane without the semi-trailer wheels going up on the sidewalk, onto the shoulder or into the adjacent lane;
- h) Turn off the turn signal when the turn is completed.





## 26

### Back-up Procedure

- 1) **This procedure always applies. EXCEPT, on industrial client property, the term OBSERVER refers only to the teacher in charge of the students.**
- 2) Before starting your back-up maneuver, check the environment and assure it is clear of obstacles.
- 3) Position the truck correctly according to your intended back-up location (approach).
- 4) Turn the four-way flashers on and roll down the windows to hear of any signs of danger. Trucks equipped with manual window, roll down the driver side window only.
- 5) At all time during the backup procedure select the lowest gear as possible. Do not press the accelerator while backing up.
- 6) Make sure that, the observer is in a position as such to prevent the risk of an incident or snagging. It is essential that, the observer remains within the indicated corridors as shown on the illustration below and at least 3 metres from the vehicle to be in your line of sight at all time.
- 7) Look constantly in both mirrors on both sides of the truck to make sure the trailer is moving in the right direction and to avoid any risk of snagging.
- 8) Never back up the trailer against the dock. You must stop within one metre from the dock to avoid any damages.
- 9) The observer must always have a visual contact with the driver.
- 10) The observer assisting with the backup maneuver must supervise only one (1) truck at a time. He must be positioned as shown on the illustration below, while remaining in the safety corridor outside the tractor's wheels range of motion.
- 11) It is forbidden for anyone to walk behind the semi-trailer when the unit is in motion.

#### Observer Position

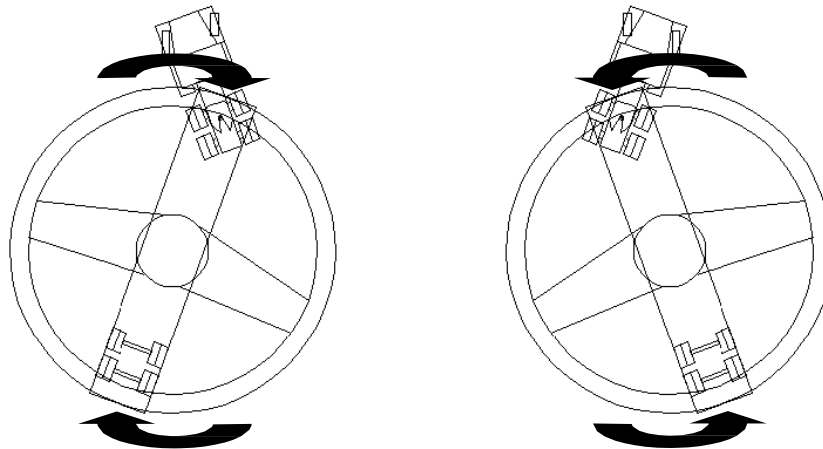


## 26

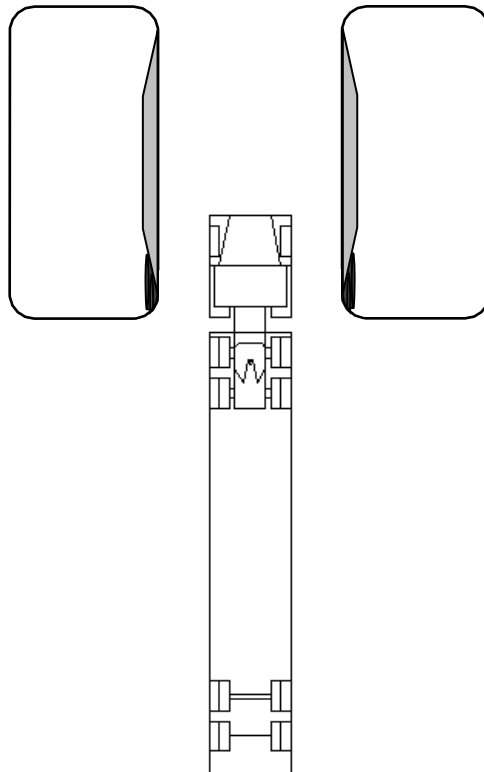
### BACKING UP – Steering Wheel CONTROL

You must fully understand the relationship between steering wheel movements and the direction that the semi-trailer will take when you back up the vehicle. Assuming that the bottom of the steering wheel represents the rear of the semi-trailer and the top of the steering wheel represents the front of the semi-trailer:

- a) To steer the rear of the semi-trailer to the left, turn the bottom of the steering wheel to the left;
- b) To steer the rear of the semi-trailer to the right, turn the bottom of the steering wheel to the right;
- c) To steer the front of the semi-trailer to the left, turn the top of the steering wheel to the left;
- d) To steer the front of the semi-trailer to the right, turn the top of the steering wheel to the right;



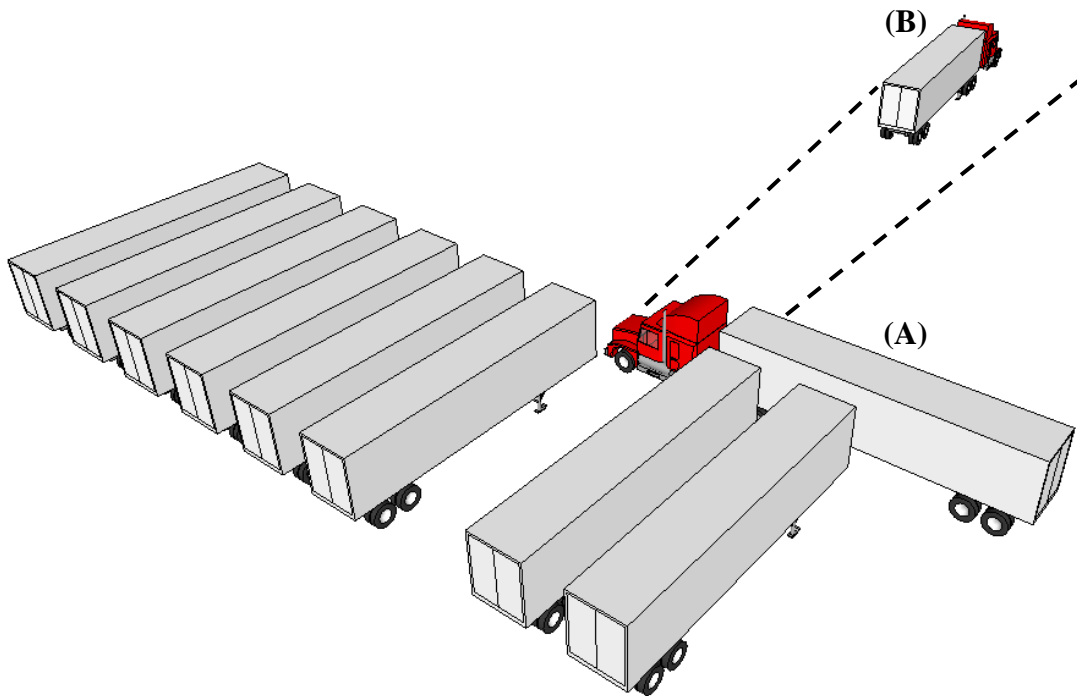
- e) To ensure that the tractor is correctly aligned with the semi-trailer, both flat rear-view mirrors views should be similar.



**STRAIGHT LINE BACK-UP**

The straight line back-up method can be used only if; there is enough room to manoeuvre in front of the corridor. Assuming that the extension of the corridor represents a traffic lane, the approach for this back-up procedure will be similar to making a turn at an intersection.

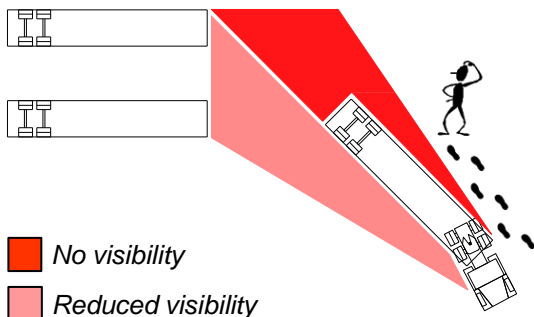
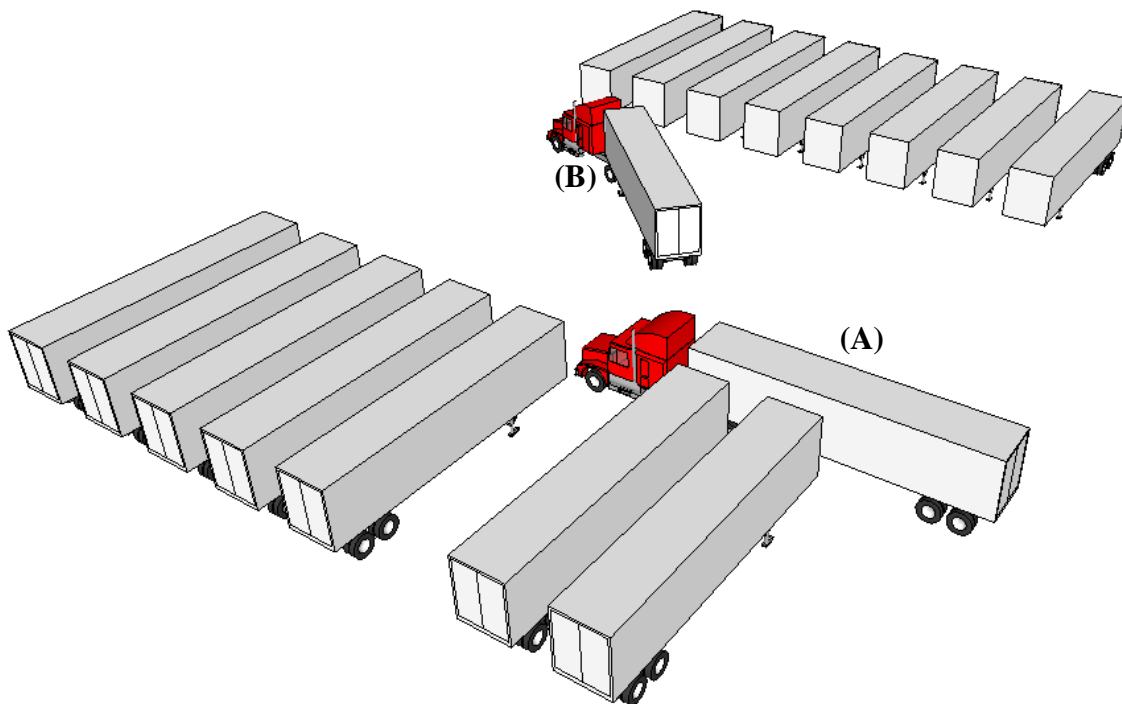
- a) Turn on the hazard lights and lower the left-side window of the cab;
- b) Approach the corridor at an angle perpendicular to the corridor and at a distance of about 1 metre from the corridor opening (**A**);
- c) Drive your vehicle past the front of the corridor and select a point of reference in order to visualize the extension of the corridor;
- d) Turn your vehicle as you would at an intersection by steering the tractor into the extension of the corridor (**B**); picture the right side of the corridor as extending straight outwards and position your vehicle at a slight angle away from the left side line of the corridor extension, as shown below;
- e) As soon as you see the opening of the corridor in the rear-view mirror located on the turning side, straighten out the tractor semi-trailer;
- f) Start backing up and complete the backing manoeuvre.



## 28 ANGLE BACK-UP

The angle back-up method is used when there is not enough room to manoeuvre in front of the corridor to permit the straight line back-up manoeuvre.

- Turn on the hazard lights and lower the left-side window of the cab;
- Approach the corridor at an angle perpendicular to the corridor and at a distance of about 1 metre from the corridor opening (A);
- Turn the steering wheel at about the same time as you would if you were using the straight line method;
- Steer the tractor so that when the vehicle combination is in the final position (B), it appears to be coming out of the corridor, and be sure to
- Keep enough room to manoeuvre (2 to 3 metres) between the tractor and the obstacle in front of the corridor;
- Start backing up and complete the backing manoeuvre;
- At each stage of the backing manoeuvre, the position of the vehicle combination should give the impression that it is coming out of the corridor.



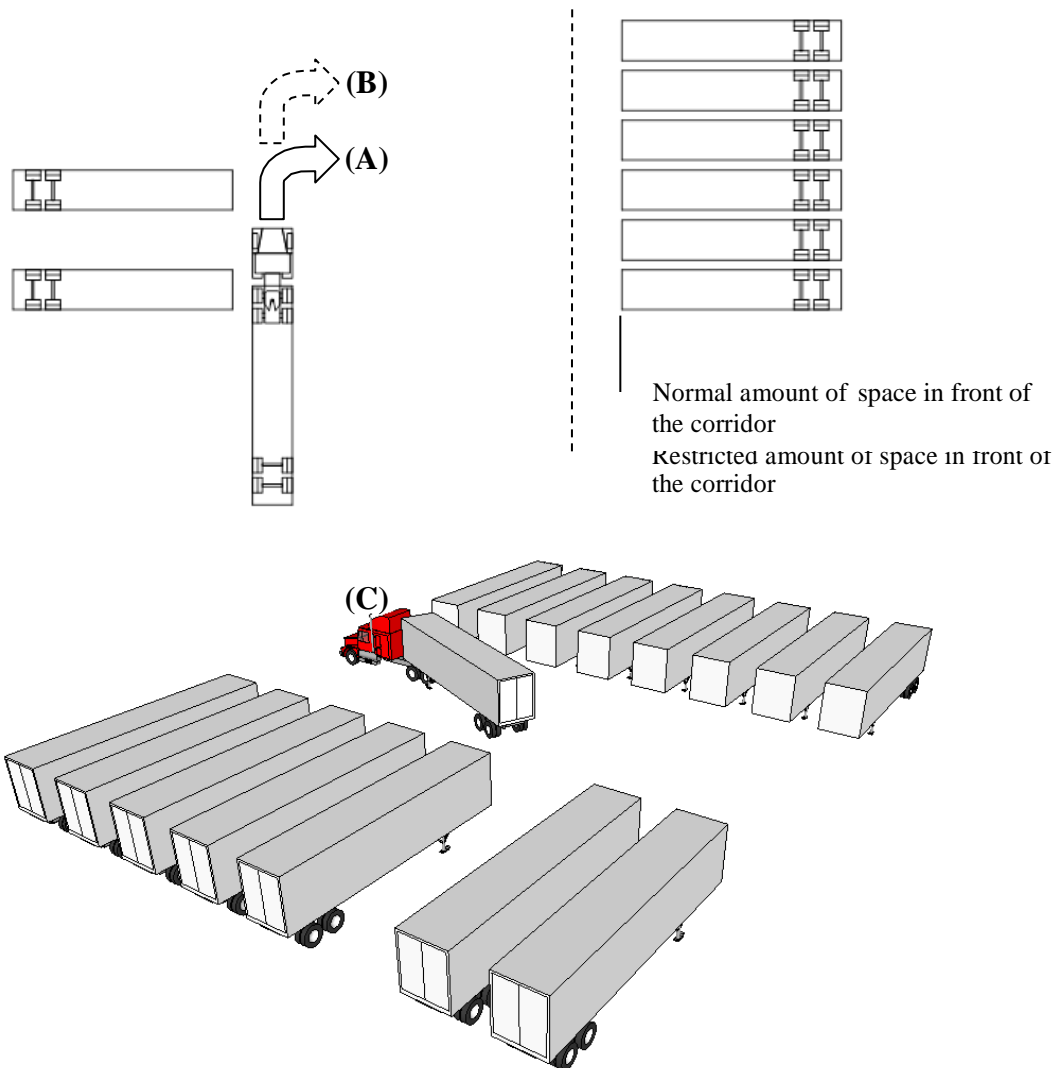
**NB:** Unless you cannot do otherwise, angle backing can be done by approaching from the right side (blind side). Right-angle backing is more difficult to execute because what the driver sees is limited to what he or she sees in the rear-view mirrors. So in order to compensate for this reduced visibility, engage the tractor parking brake, lower the right-side window of the cab and look outside to check the vehicle's position. Then back up only 2 to 3 metres at a time. If necessary, get out of the cab to check the position of the vehicle in relation to the corridor.

## TIGHT SPACE BACK-UP

When the available room to manoeuvre in front of the corridor is restricted, an angle back-up can be initiated, which must be adapted with the available manoeuvring space.

- Turn on the hazard lights and lower the left-side window of the cab;
- Approach the corridor at an angle perpendicular to the corridor and at a distance of about 1 metre from the corridor opening;
- Turn the steering wheel when the vehicle is at a greater distance **(B)** than it would be if you were doing standard angle backing **(A)**;
- Steer the tractor so that when the vehicle combination is in the final position **(C)**, it appears to be coming out of the corridor, and be sure to
  - Keep enough room to manoeuvre (2 to 3 metres) between the tractor and the obstacle in front of the corridor;
  - Start backing up and complete the backing manoeuvre;
  - At each stage of the backing manoeuvre, the position of the vehicle combination should give the impression that it is coming out of the corridor.

**NB:** With this back-up manoeuvre, it can be necessary to initiate the approach manoeuvre from a traffic lane, as shown below. Use caution since there might be another vehicle in a blind spot. Use all available safety methods (e.g., flagman or reflective triangles).



<b>30</b> <b>LOOK FAR AHEAD</b>	<b>31</b> <b>EXTEND YOUR FIELD OF VISION</b>
<ul style="list-style-type: none"> <li>a) Look ahead over the distance that your vehicle will cover in the next 12 to 15 seconds;</li> <li>b) Look far ahead to avoid zigzagging of your vehicle;</li> <li>c) Look towards the centre of the traffic lane in order to keep the vehicle centred in the lane.</li> </ul>	<ul style="list-style-type: none"> <li>a) Look in the flat rear-view mirrors frequently, i.e., every 12 seconds or oftener;</li> <li>b) Use the convex rear-view mirrors to check your blind spots.</li> </ul>

<b>32</b> <b>KEEP YOUR EYES MOVING(Scan)</b>	<b>33</b> <b>MAKE SURE TO BE SEEN BY OTHERS</b>
<p>By moving your eyes from one source of information to another, i.e., the road, pedestrians, traffic signs, dashboard, etc., you keep your brain alert.</p> <p><i>NB: Keeping your eyes immobile narrows your field of vision and may have a hypnotic effect.</i></p> <p><i>NB: Do not look at an object for too long because there is a natural tendency to steer your way towards the object.</i></p>	<ul style="list-style-type: none"> <li>a) If necessary, signal your presence by sounding the horn or flashing your headlights to attract the attention of persons whose attention may be elsewhere;</li> <li>b) Signal your intentions by using your turn signals: <ul style="list-style-type: none"> <li>- Far enough in advance to properly indicate your intentions; and</li> <li>- Not too far in advance as it may confuse other road users;</li> </ul> </li> <li>c) Turn on your flashing hazard lights only in emergency situations or when the vehicle poses a hazard to other road users, for example, <ul style="list-style-type: none"> <li>- If you have to stop in an emergency;</li> <li>- If you are driving more slowly than the minimum speed limit; or</li> <li>- If you are backing up your vehicle.</li> </ul> </li> </ul>

<b>34</b> <b>ALWAYS HAVE AN EXIT ROUTE</b>
<p><b><u>WHEN YOUR VEHICLE IS STOPPED</u></b></p> <p>Keep enough space between your vehicle and the vehicle preceding you so, that you can go around it, if need be, without having to back up.</p> <p><b><u>ON THE ROAD</u></b></p> <p>Allow an one-second interval for every three metres of your vehicle's length in order to calculate the required safe distance between your vehicle and the vehicle ahead of you.</p>

<b>35</b> <b>CORRECT STEERING WHEEL HANDLING</b>	<b>36</b> <b>OBSERVE TRAFFIC SIGNS</b>
<ul style="list-style-type: none"> <li>a) Keep both hands on the steering wheel;</li> <li>b) Do not hold the steering wheel by the steering wheel spokes;</li> <li>c) Position your hand on the steering wheel so that your thumb is pointed towards the top of the steering wheel;</li> <li>d) Do not keep your hand on the gearshift lever, except when performing a quick gear changes sequence.</li> </ul>	<ul style="list-style-type: none"> <li>a) Watch for traffic signs;</li> <li>b) Quickly assess the information on the signs;</li> <li>c) Act in accordance with the information relative to the situation or with the direction to be taken.</li> </ul>

<b>37</b> <b>STOP SIGNS</b>	<b>38</b> <b>TRAFFIC LIGHTS</b>
<ul style="list-style-type: none"> <li>a) Anticipate the best time to ease up on the accelerator in order to slow down under engine compression;</li> <li>b) Slow down and downshift into the lowest gear in the upper range;</li> <li>c) Only press the clutch pedal when the engine reaches about 800 RPM;</li> <li>d) Bring your vehicle to a stop about 1 metre from the stop line;</li> <li>e) Lower the range selector and shift into the appropriate gear.</li> </ul>	<ul style="list-style-type: none"> <li>a) If possible, anticipate when the light will turn green by easing up on the accelerator in order to slow down under engine compression and downshift gears to try to keep the vehicle moving;</li> <li>b) If a full stop become necessary, only press the clutch pedal when the engine reaches about 800 RPM;</li> <li>c) Bring your vehicle to a stop about 1 metre from the stop line;</li> <li>d) Shift into the appropriate gear at the appropriate time.</li> </ul>

<b>39</b> <b>LEVEL CROSSINGS</b>	<b>40</b> <b>ANTICIPATING INTERSECTIONS</b>
<ul style="list-style-type: none"> <li>a) Watch for road signs;</li> <li>b) Slow down, if necessary;</li> <li>c) Look both ways;</li> <li>d) If anything obstructs your field of vision, lower the side windows in order to listen for the sound of a train that might be coming;</li> <li>e) Avoid changing gears as you cross over the train tracks.</li> </ul> <p><i><b>NB:</b> If you have hazard placards (hazardous materials) mounted on your vehicle, do not change gears as you cross over train tracks.</i></p>	<ul style="list-style-type: none"> <li>a) Watch for road signs;</li> <li>b) Anticipate the best time to ease up on the accelerator in order to slow down under engine compression; and</li> <li>c) Turn on your turn signal at the appropriate time;</li> <li>d) Downshift to be able to select the appropriate gear before making your turn;</li> <li>e) Watch what the semi-trailer is doing while you make the turn;</li> <li>f) Turn off the turn signal when the turn is completed.</li> </ul>

<b>41</b> <b>NEGOCIATING CURVES</b>	<b>42</b> <b>STRAIGHT ROAD DRIVING</b>
<ul style="list-style-type: none"> <li>a) Watch for road signs, if any, and assess the sharpness of the curve;</li> <li>b) Slow down before you reach the curve (to below the suggested speed);</li> <li>c) Steer the tractor so that the semi-trailer stays within the traffic lane ;</li> <li>d) Maintain your vehicle's traction as you go around the curve (except if you are on a downhill grade).</li> </ul>	<ul style="list-style-type: none"> <li>a) Watch your vehicle's position in the traffic lane;</li> <li>b) Reduce speed (to below the speed limit, if necessary);</li> <li>c) Before meeting a heavy vehicle coming from the opposite direction, position your vehicle slightly to the right in your traffic lane.</li> </ul>

<b>43</b> <b>CHANGING LANES</b>	<b>44</b> <b>MULTIPLE LANE CHANGES</b>
<ul style="list-style-type: none"> <li>a) Look in the rear-view mirrors (flat rear-view mirror and convex rear-view mirror) to see if the way is clear to change lanes;</li> <li>b) Turn on the appropriate turn signal;</li> <li>c) Check the rear-view mirrors again;</li> <li>d) Change lanes when the way is clear to do so;</li> <li>e) Turn off the turn signal when the lane change is completed.</li> </ul>	<p>Change lanes one lane at a time.</p> <p><i>NB: Never cross several lanes at the same time in a single movement.</i></p>

<b>45</b> <b>HIGHWAY ENTRANCE</b>	<b>46</b> <b>HIGHWAY EXIT</b>
<p>Use the acceleration lane to increase your vehicle's speed to 60 km/h or more.</p> <ul style="list-style-type: none"> <li>a) Turn on the appropriate turn signal at the appropriate time;</li> <li>b) Alternately, watch what is ahead of your vehicle and the traffic in the lane that you wish to enter;</li> <li>c) Yield the right of way, if necessary;</li> <li>d) Continue to accelerate in order to enter the fast lane;</li> <li>e) Turn off the turn signal when entry onto the highway is completed.</li> </ul> <p><i>NB: When driving in the fast lane, turn on your emergency flashers if your speed is below 60 km/h.</i></p>	<p>Unless specifically indicated otherwise, drive at the 60-km/h minimum speed limit before entering the deceleration lane.</p> <ul style="list-style-type: none"> <li>a) Watch for road signs announcing the exit you wish to take;</li> <li>b) Anticipate the best time to ease up on the accelerator in order to slow down under engine compression; and</li> <li>c) Turn on the turn signal at the appropriate time;</li> <li>d) Downshift gears, if necessary;</li> <li>e) Enter the deceleration lane;</li> <li>f) Continue slowing down and downshifting;</li> <li>g) Turn off the turn signal.</li> </ul>



<b>47</b> <b>CRUISE CONTROL</b>	<b>48</b> <b>ENGINE BRAKE</b>
<ul style="list-style-type: none"> <li>a) Set your vehicle at your selected speed;</li> <li>b) Set cruise control ON-OFF switch to ON position;</li> <li>c) Move the cruise control switch into SET position;</li> <li>d) To turn off cruise control while keeping the set speed in the memory, simply press the clutch or the brake pedal;</li> <li>e) To resume cruise control at the previously set speed, move the cruise control switch to RESUME position;</li> <li>f) When the switch is in OFF position or the engine is shut off, the cruise control setting is cancelled and the entered speed is erased from the memory.</li> </ul> <p><i><b>NB:</b> Do not use cruise control on slippery roads.</i></p>	<ul style="list-style-type: none"> <li>a) Assess the condition of the road;</li> <li>b) Assess the steepness of the downhill grade, if any;</li> <li>c) Engage the engine brake, and monitor the selected holding power.</li> </ul> <p><i><b>NB:</b> Unless it is absolutely necessary, avoid engine braking in areas where there are signs prohibiting engine braking, as well as in urban areas (50 km/h and lower speed limits). If possible, avoid engine braking in semi-urban areas (70-km/h speed limits) where properties are close together.</i></p>

<b>49</b> <b>DOWNHILL GRADE</b>	<b>50</b> <b>UPHILL GRADE</b>
<ul style="list-style-type: none"> <li>a) Determine steepness degree and select the proper gear that will take you safely downhill;</li> <li>b) You <b>must</b> initiate the down grade at the proper speed and gear selection to assure a safe downhill operation;</li> <li>c) Use engine compression (<b>at about the rated speed</b>) to keep brake use to a minimum;</li> <li>d) Use the engine brake at the desired holding power in order to keep brake use to a minimum.</li> </ul> <p><i><b>NB:</b> If the road surface is too slippery, do not use the engine brake. Downshift gears and reduce engine RPM to prevent wheel lock from engine compression</i></p> <p><b><u>SERVICE BRAKE</u></b></p> <p>Apply the brakes in sequence (without pumping them) or continuously (gentle braking) in order to maintain a safe speed while making sure not to exceed the maximum engine speed.</p>	<ul style="list-style-type: none"> <li>a) Drive at the maximum speed that road conditions will allow (<b>keep within the required speed limit at all times</b>);</li> <li>b) Keep an eye on the engine RPM indicator and downshift if necessary;</li> <li>c) When downshifting through a series of gears in quick succession, keep your hand on the gearshift lever so as to be able to shift gears quickly.</li> </ul>

**51****INTER-AXLE DIFFERENTIAL LOCK****ENGAGING THE INTER-AXLE DIFFERENTIAL LOCK**

- a) Maintain a constant speed;
- b) Make sure that none of the drive wheels are skidding;
- c) Set the control to LOCK;
- d) Ease up on the accelerator momentarily (optionally, press the clutch).

**DISENGAGING THE INTER-AXLE DIFFERENTIAL LOCK**

- a) Maintain a constant speed;
- b) Set the control to UNLOCK;
- c) Ease up on the accelerator momentarily (optionally, press the clutch).

**52****INTER-WHEEL DIFFERENTIAL LOCK****ENGAGING THE INTER-WHEEL DIFFERENTIAL LOCK**

- a) If the vehicle is moving, it must be moving in a straight line;
- b) Maintain a constant speed;
- c) Make sure that none of the drive wheels are skidding;
- d) Set the control to LOCK;
- e) Ease up on the accelerator momentarily (optionally, press the clutch).

*NB: Use of the inter-wheel differential lock causes understeering. Do not use at speeds above 40 km/h.*

**DISENGAGING THE INTER-WHEEL DIFFERENTIAL LOCK**

- a) If the vehicle is moving, it must be moving in a straight line;
- b) Maintain a constant speed;
- c) Set the control to UNLOCK;
- d) Ease up on the accelerator momentarily (optionally, press the clutch).



