



# Log Book, Load Securement & Fatigue Management Detailed Outline

## Chapter 1:

- Importance of Safety Training
- Hazard Assessment, Control and Elimination
- The Value of Life
- Communicating & Training
- Due diligence
- Documentation
- Competent person
- Attitude
- Culture

## Chapter 2: Log Book

- Federal Regulations
- General Exemptions
- Emergencies Conditions Exemption
- Adverse Driving Conditions Exemptions
- Driver Duties
- Federal Driving Limitations:
  - Daily Limits
  - Work Shift Limits
  - Driving Cycles Limits
- Sleeper Berths:
  - Single & Team Driver
- Permits
- Federal Logbooks
- Carrier Responsibilities
- Enforcement and Penalties
- Responsibilities of Others
- Additional Information

## Chapter 3: Log Book

- Provincial Regulations
- General Exemptions
- Drivers Duties
- Provincial Driving Limitations
- Logbooks
- Carrier Responsibilities

## Chapter 4: Load Securement

- Part 1- For general cargo securement requirements:
  - Section 1: Fundamentals of Cargo Securement
  - Section 2: Cargo Securement Requirements
- Part 2- To correctly secure specific commodities:
  - Sections 1, 2, 3, 4, 5, 6, 7a, 7b, 7c, 8 & 9
- Part 3- App'x A: Default WLLs for Unmarked Tiedowns
- Glossary
- Part 4: Additional Resources

## Chapter 5: Fatigue Management

- Fatigue – Physical, Mental, Causes, Signs & Symptoms
- Comparison with sleepiness
- Fatigue Risk, Consequences
- High risk times for fatigue
- Commuting
- Time changes
- Chronic fatigue
- How the cause of fatigue is diagnosed
- Fatigue prevention & treatment
- Importance of fatigue risk management training program
- The 24-hour Clock
  - Individual differences
- Sleep Stages, Environment, Setting up your bedroom
- Routine
  - Exercise
  - Stimulants - coffee, alcohol, food
  - Smoking & Drugs
  - Gastrointestinal problems
  - Personal & social life
  - The wrong body temperature
  - A busy mind
- Napping
- Sleep Inertia
- Insomnia
- Microsleep Statistics, Causes, Symptoms, Prevention
- Glossary

### Practical Portion

Every student will complete Logbook, Load Securement and Fatigue Management exercises as detailed in the individual courses. Please reference them for more information.

