



# Log Book Detailed Course Outline

## Chapter 1

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

## Chapter 2

- Driving Hazards
- Federal Regulations
- General Exemptions
- Emergencies Conditions Exemption
- Adverse Driving Conditions Exemptions
- Driver Duties
- Federal Driving Limitations
- Sleeper Berths
- Federal Logbooks
- Possession of Logs & Support Documents
- Enforcement and Penalties
- Responsibilities of Others
- Additional Information

## Chapter 3

- British Columbia Provincial Regulations
- Alberta Provincial Regulations
- Saskatchewan Provincial Regulations
  
- Additional Resources

## Practical:

Every participant will:

- Complete a Journey Management Safety Plan
- Complete log book entries based on:
  - 13 hour driving time
  - 14 hour on-duty work shift
  - 16 hour elapsed time work shift

