



# Delivery Drivers On Road Coaching and Workshop

## Course Overview

- This hybrid of a workshop and on-road driver coaching session is specifically for home delivery drivers.
- Specific training identifying driving risks at the delivery address.
- Develops safer on road driving behaviours.
- Guided through proven defensive driving and delivery techniques.
- Suitable for any driver of light commercial vehicles delivering goods or parcels to both private and commercial addresses.

## Delivery Formats

### Duration

7.5  
hours

### Delegates

1  
driver

or

2  
drivers

# Course Outline

## Introduction

- Why the training and the risks associated with making deliveries.
- Factors that can affect driving performance.
- Distracted driving (mobile phones, in vehicle technology).

## Coaching Session

- Look at drivers normal working environment / workload.
- Recognition of speed limits.
- Defining appropriate speed.
- Environments: Urban, Rural, Dual Carriageways, Motorways.
- Pre-journey checks.
- Where and how best to park to reduce damage.
- Identifying risk prior to stopping and making a delivery.
- Safe and fuel-efficient driving.
- Overcoming barriers, time/stress management.

## Course Review

- Benefits of developing safer on road behaviours.
- Reduced fleet running costs and collisions.
- Safer "last mile" deliveries.
- Increased positive perception by customer at their address.

## To book...

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# At the end of the course driver's will be able to:



Explain factors which could affect personal driving performance and overcome barriers to safe on-road behaviours.



Demonstrate pre-journey safety checks, controlled manoeuvring and safe parking, and identify key hazards.



Demonstrate a dynamic risk assessment at the delivery address.



Develop eco-safe driving skills whilst applying the principles of good observations, anticipation and forward planning.



Identify appropriate speed limits for different vehicle categories and roads.

## Logistics

Our delivery is facilitated both in a classroom and in-vehicle. In order to facilitate the classroom element of this course we will require:

- A suitable room to comfortably seat all attending.
- Flipchart and pens.
- Suitable toilet facilities and access to refreshments.

## For in-vehicle training we will require:

- Drivers to be able to read a number plate from 20 metres in good day light with or without corrective vision.
- Produce their driving licence or if they do not have it with them, agree to undertake a check with the DVLA.
- All vehicle lights and warning instruments to be in good working order.
- All vehicle tyres have at least 1.6mm tread and correct air pressure.
- All vehicle fluid levels at the appropriate levels e.g. oil & washer fluid.
- Vehicle meets all Road Traffic Act requirements.