

Hours of instruction by module

| Module | Theory Training | In-Yard Around the Vehicle | In-Cab (Behind the Wheel) | | Total Hours | |
|--|-----------------|----------------------------|---------------------------|-----------------|-------------|----|
| | | | Off-Road Maneuvers | On-Road Driving | | |
| 1. Overview of the Trucking Industry | 3 | - | - | - | 3 | |
| 2. Vehicle Components and Systems | 3.5 | 2 | - | - | 5.5 | |
| 3. Driving Techniques | 6 | - | - | 40 | 46 | |
| 4. Professional Driving Habits | 4 | - | - | 10 | 14 | |
| 5. Off-Road Tasks & Maneuvers | Backing | 2 | - | 12 | - | 14 |
| | Coupling/Slide | 1 | 1 | 6 | - | 8 |
| | Chain up | 1 | 2 | - | - | 3 |
| 25 | | | | | | |
| 6. Documents, Regulations and Planning | 5 | - | - | - | 5 | |
| 7. Vehicle Inspection Activities | 3.5 | 10 | - | - | 13.5 | |
| 8. Hours of Service Compliance | 5 | - | - | - | 5 | |
| 9. Cargo Securement and Loss Prevention | 4 | 2 | - | - | 6 | |
| 10. Air Brakes | 9 | 2* | - | - | 11 | |
| Total Hours by Learning Environment | 47 | 19 | 18 | 50 | 134 | |
| Mandatory practical flexible time | - | 6 | | 6 | | |
| Total Theory and Practical Hours | 47 | 93 | | 140 | | |

*Total practical air brake time is 6.5 hours. This includes 2 hours as part of the air brake practical unit and an additional 4.5 hours of practical training in yard during pre-trip inspection lessons.