



COMPETENCY 1 TRADE AND TRAINING REALITIES OF THE TRADE



- **Rules of the class**
- **Educational planning**
- (Enter the dates in the notebook).



PROFESSIONAL REQUIREMENTS

REQUIRED QUALITIES

- ❖ **Autonomy**
- ❖ **Good worker**
- ❖ **good physical condition**
- ❖ **Good organizational skills**
- ❖ **Organized and structured**
- ❖ **Patient, calm and courteous**
- ❖ **Good sense of direction**
- ❖ **Resistance to stress or pressure**



Tasks and working conditions

- ★ Ensure truck is in good condition (Circle Check)
- ★ Understand and respect the regulations (Law 430)
- ★ Establish itineraries (routes) based on clients and appointments
- ★ Observe and respect road signs
- ★ Manage traffic, detours, unexpected delays and weather
- ★ Be prepared to work long hours
- ★ Manage the pressure of the dispatcher and customers
- ★ Be away from your family for long periods of time
- ★ And more



There is no better job...if you do it right.

TRUCK DRIVING...JOB STRESSFUL?



NO SIR!! I'M 36 YEARS OLD AND I FEEL GREAT!



TASKS AND WORKING CONDITIONS (CONT'D)

- The driver must ensure that all documents are submitted to the employer related to pick-ups, deliveries and custom clearances of each load.
- Be familiar with American regulations (if necessary).
- And of course, basic tasks like driving, coupling, uncoupling, loading, unloading, etc.
- You will need to be available to work on irregular schedules like weekends, civil holidays, night shift, etc.



→ **ATTENTION!** ←

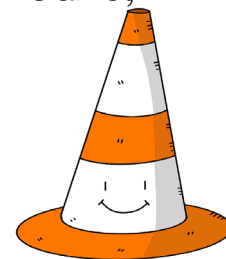
C.F.T.R teaches you skills, but the industry hires attitudes.

- Never forget that you are representing your employer.
- Your attitude on the road or at the customers warehouse says a lot about your professional
- Transportation is based on customer service.



Health and safety risks

- Excessive speed and dangerous driving
- Improper working methods
- Lack of alertness
- Inadequate vehicle maintenance
- Lack of training and unconventional schedules. long hours, nights
- Distraction (text, tablet, map, tec.)
- Weather conditions
- Heavy traffic



The employer and the worker must comply with the legal obligations of the CNESST

RIGHTS AND RESPONSABILITIES

Every employment comes with its own responsibilities. Respecting these are essential in order to guarantee good working conditions, safety, productivity and professionalism for all those involved.

- A heavy vehicle driver should make sure to keep a good driving record.
- To inspect your equipment and to keep it in order.
- To comply with all regulations and to be up to date.
- To be aware of restrictions (load, size, routes, etc.)
- To properly fill out documents (quantities, signature or other).
- To secure merchandise properly and securely.
- Respect deadlines.