



**EXPEDITING FREIGHT ACROSS BORDERS  
ON TIME - ON BUDGET - TRUST THOMPSON**

# **2021 THOMPSON DRIVER TRAINING**



# ***MODULE 1 - INTRO***

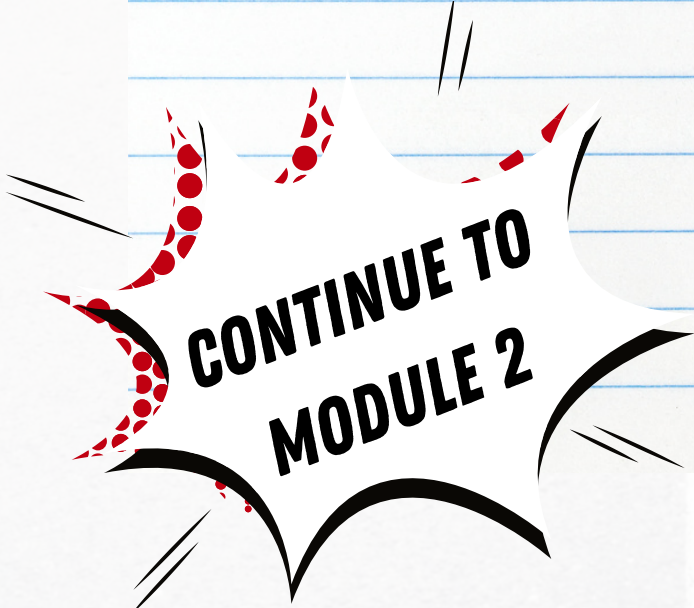
Steps:

- **Follow along with the course pack checking off all required boxes as we go.**
- Go to **[www.ThompsonDrivers.ca](http://www.ThompsonDrivers.ca)**
- Click "**Thompson New Driver Training.**"
- Complete Each video Module.
- At the end of each you will be asked to take a **quiz.**
- Once you submit your quiz you can return to the main module and continue with the course pack.
- **A signed completed copy of the course pack is required upon completion of the course.**  
You will hand this in on your review date where you will be provided with the summary booklet.



# NOTES

A large sheet of white paper with horizontal blue lines, intended for taking notes.



**CONTINUE TO  
MODULE 2**

# ***MODULE 2***

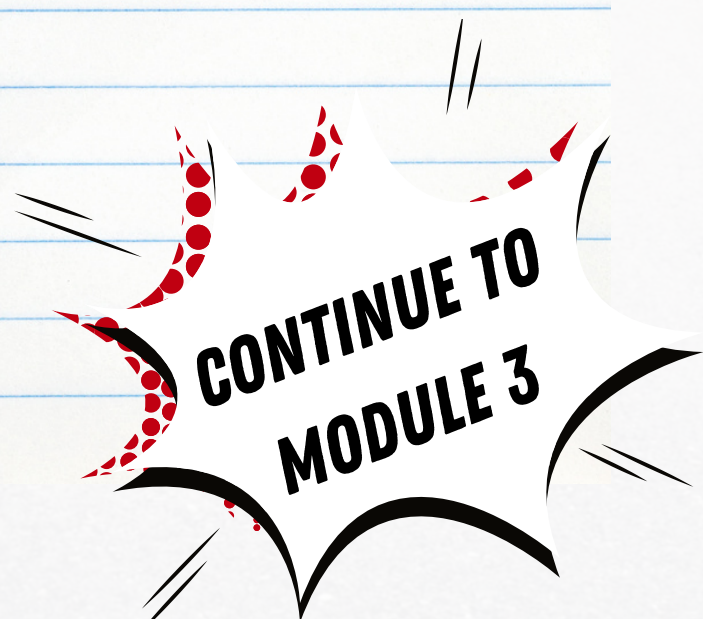


Click on Lesson 2

Watch the Full Video

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 3**

# **MODULE 3**

**ROAD SIDE  
EMERGENCIES**

**#3**



**CLICK HERE TO PLAY**

Click on Lesson 3

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Do I need to move over for any vehicle on the side of the road?

**A: Yes! You should slow down and move over if it is safe to do so.**

Q: Should I call dispatch if I breakdown?

**A: Yes. Always keep your dispatch informed of what is happening.**

Q: Should I get out of my vehicle for a breakdown?

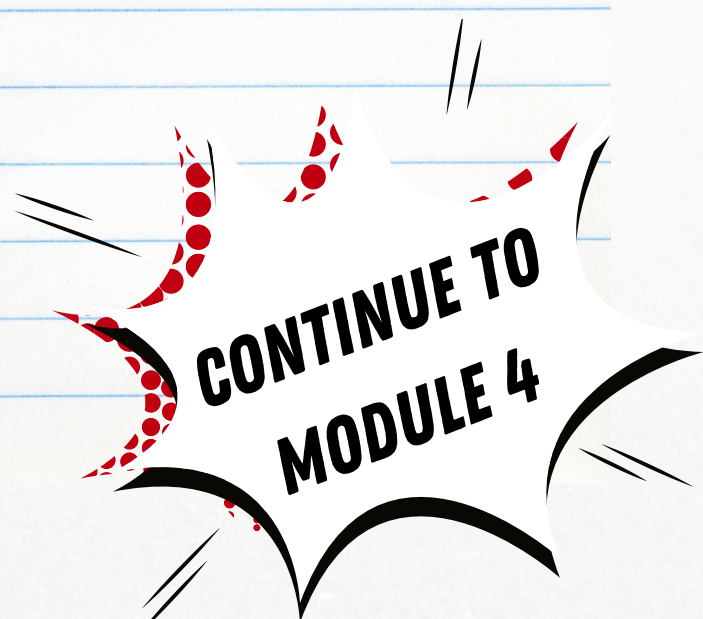
**A: Only if it is safe to do so and you have somewhere safe to move to.**

Q: How do I make myself visible to other drivers?

**A: Turn on your emergency flashers and keep all other lights on.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 4**

# **MODULE 4**

**DEFENSIVE DRIVING**

**#4**



**CLICK HERE TO PLAY**

Click on Lesson 4

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Do I have to follow the safe distance rule all of the time?

**A: Yes, except when you are passing another vehicle.**

Q: How much space do I need to give between me and the driver in front of me?

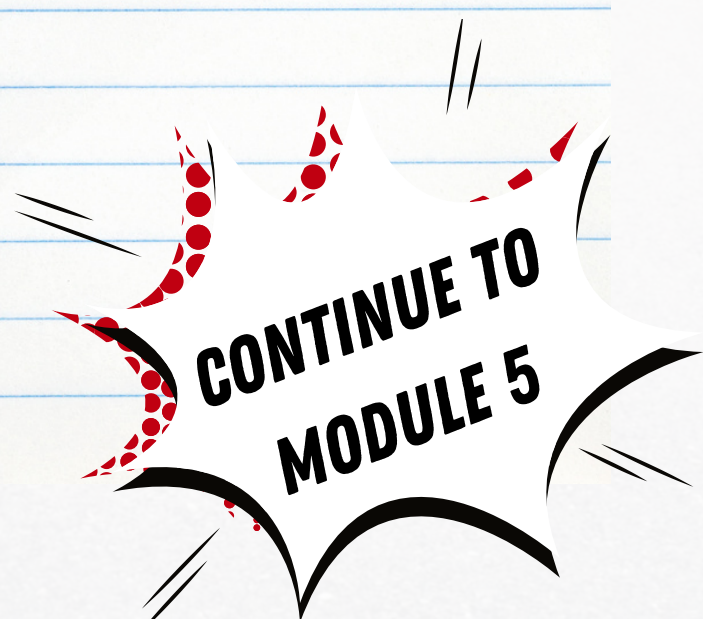
**A: You cannot follow within 60 meters (or 2.5 tractor lengths) of another motor vehicle.**

Q: Can I still work with a stunt driving charge?

**A: No. You will be uninsurable which means you will not be able to work as a driver.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 5**

# **MODULE 5**

**DRUGS AND  
ALCOHOL**

**#5**



**CLICK HERE TO PLAY**

Click on Lesson 5

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Do I have to take the test if I am asked to?

**A: You can refuse but you will not be able to work. A refusal is treated the same as testing positive.**

Q: Is drug and alcohol testing necessary?

**A: Yes.**

Q: If I have a positive test, can I still work?

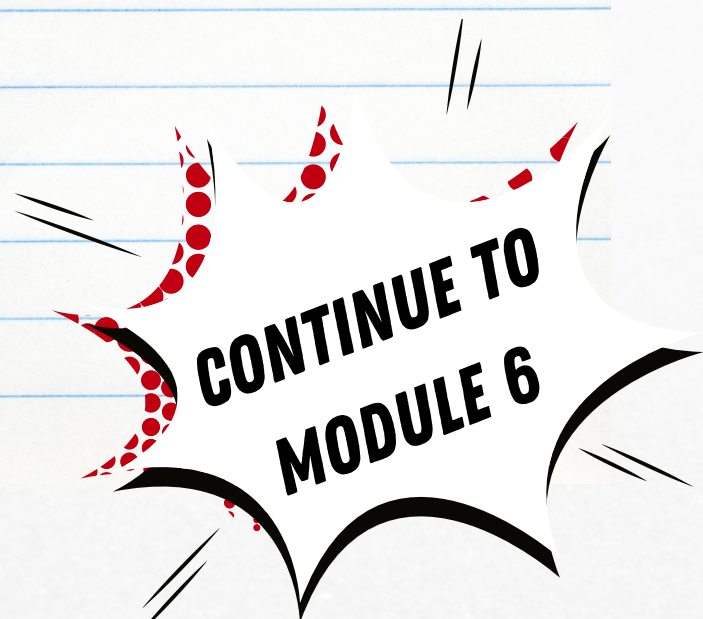
**A: No. You must complete a negative return to duty test. Then 6 negative follow up tests randomly throughout the year.**

Q: What if I take medication that makes me test positive?

**A: An MRO will contact you, look into your medication, and overturn the results if applicable.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 6**

# MODULE 6

**DRUG & ALCOHOL  
CLEARING HOUSE**

**#6**



**CLICK HERE TO PLAY**

Click on Lesson 6

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: What is the clearinghouse?

**A: A secure online database providing information about CDL holders' drug and alcohol abuse.**

Q: Is it required for me to participate in the clearinghouse?

**A: Yes, commercial drivers must participate.**

Q: What happens if I do not participate?

**A: You will not be able to work as a driver.**

Q: Can anyone see my information?

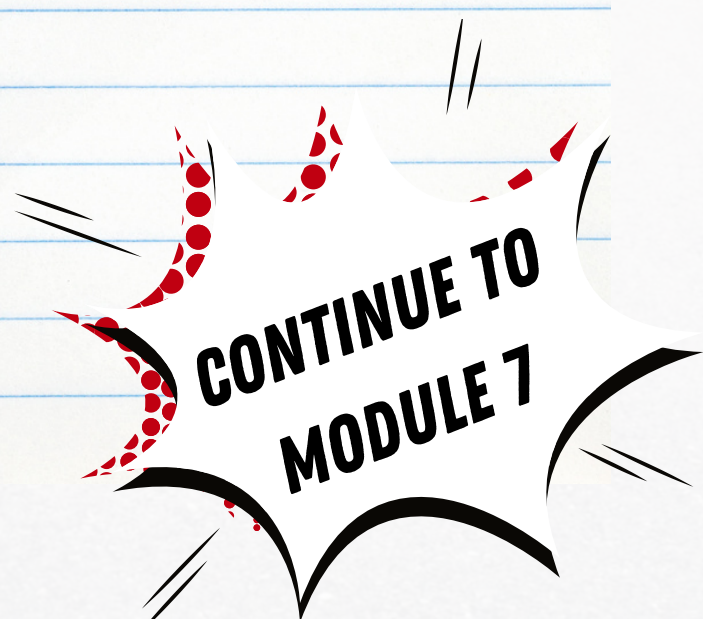
**A: No. You must provide consent before they can see your information.**

Q: How long do positive results stay in the system?

**A: 5 years or until you successfully complete return to duty and follow up testing.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 7**

# **MODULE 7**



**C-TPAT & PIP  
SECURITY TRAINING**

**#7**

**CLICK HERE TO PLAY**

Click on Lesson 7

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Do I always have to seal my truck?

**A: You must seal your truck for all international shipments.**

Q: What if the seal I used gets broken?

**A: Record who broke it, when, where and why. Tell your dispatch and provide them with the new seal number.**

Q: Is it really necessary to do an inspection of my truck every time?

**A: Yes! Do a systematic inspection so nothing is missed.**

Q: When should I do an inspection?

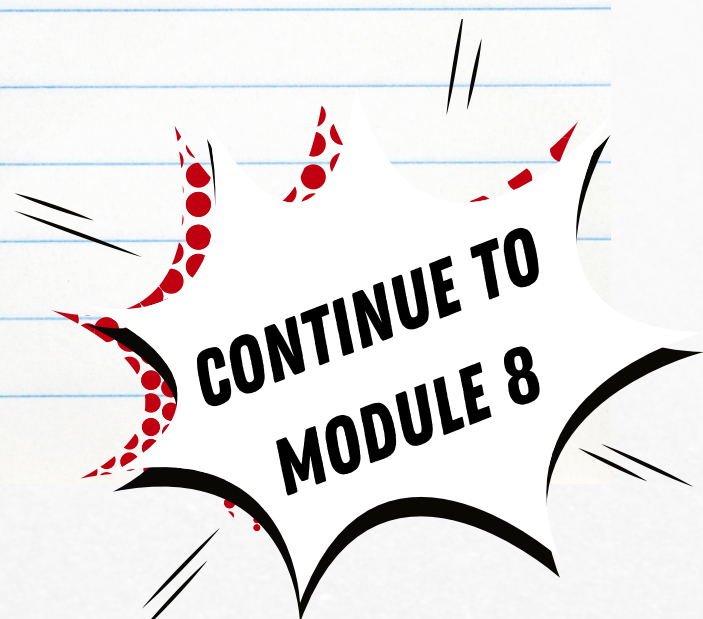
**A: During your pre-trip, at the shipper's yard, before the border and post-trip.**

Q: What do I do if I find something suspicious?

**A: Do not touch it! Call dispatch.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 8**

# MODULE 8

**C-TPAT & PIP  
AGRICULTURAL TRAINING**

**#8**

**CTPAT™**  
YOUR SUPPLY CHAIN'S STRONGEST LINK.

MSC Agricultural Security

**CLICK HERE TO PLAY**

Click on Lesson 8

Watch the Full Video

# ***FREQUENTLY ASKED QUESTIONS***

Q: Why is agricultural security important?

**A: To protect our economic viability.**

Q: What should I look for?

**A: Insects and insect eggs, plant material and seeds, soil, snails, organic material and garbage.**

Q: What do I do if I notice contaminates?

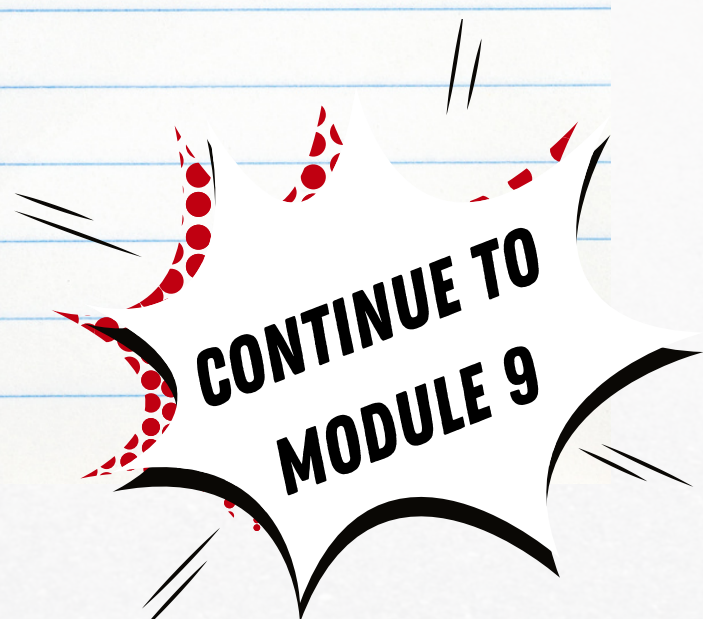
**A: Call your dispatch. You can use a vacuum, blower or broom to remove them from your truck.**

Q: How do I know the wood packaging for the freight is safe?

**A: You will see it stamped with IPPC logo, country code, treatment type and facility number.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 9**

# **MODULE 9**

**GOOD PAPERWORK HABITS**

**#9**



**CLICK HERE TO PLAY**

Click on Lesson 9

Watch the Full Video

# ***FREQUENTLY ASKED QUESTIONS***

Q: How often should I hand in paperwork?

**A: The more often you hand it in the better, but don't wait longer than 2 weeks.**

Q: Does the receiver need to sign for the freight?

**A: Yes. The pod/receiver signature is what you get paid on.**

Q: What do I do if the receiver wants a copy of my paperwork or pod?

**A: Have them make photocopies and return the original documents to you.**

Q: When should I send my pods virtually.

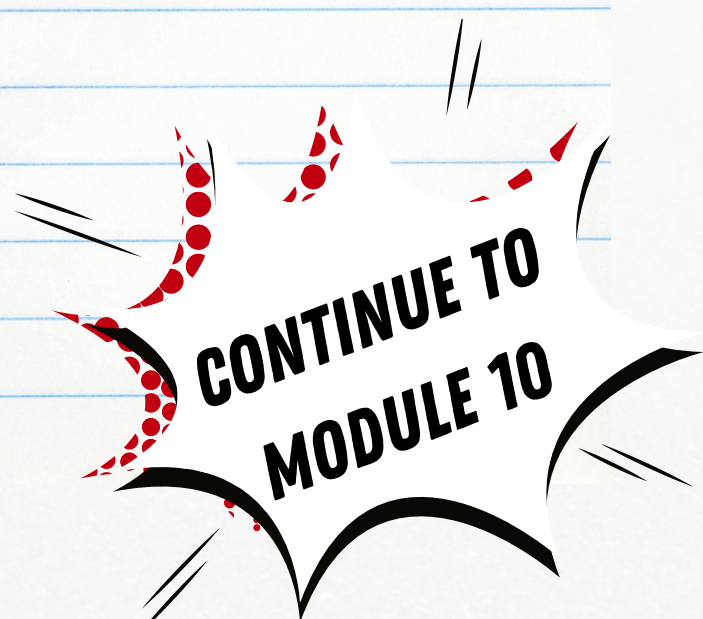
**A: Immediately after you deliver your load.**

Q: Should I send toll or fuel receipts through Sylectus?

**A: No. Hand in the originals with your truck number and pro number written on them.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 10**

# **MODULE 10**

**AIR FREIGHT TRAINING**

**#10**



**CLICK HERE TO PLAY**

Click on Lesson 10

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: What do I do say when I arrive to pick up my load?

**A: Tell the shipper the final destination of the freight and the AWB # or Tail #.**

Q: Do I really need to watch the freight being loaded?

**A: Yes. Compare the size to the dims given by dispatch, check for damage and labels.**

Q: What do I do if the freight is damaged?

**A: Take pictures and call dispatch.**

Q: What if a label is missing or I am missing paperwork?

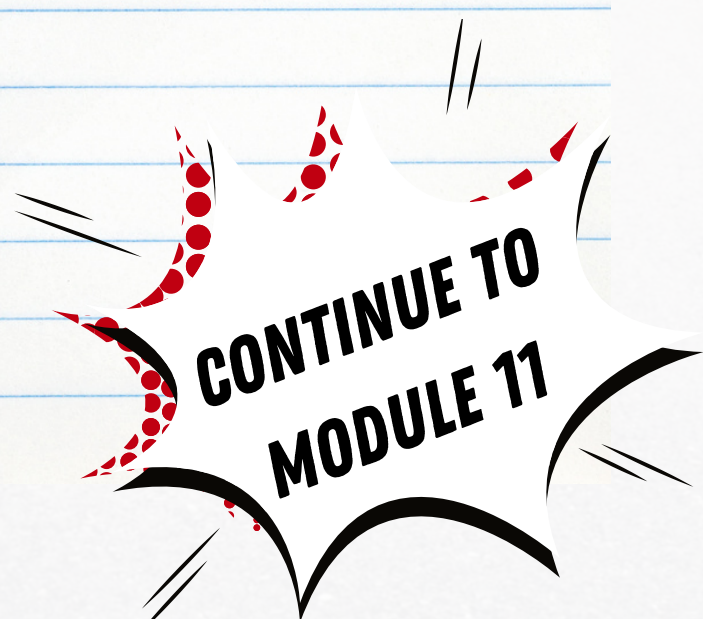
**A: Call dispatch.**

Q: Do I really need to tell dispatch about delays?

**A: Yes, notify dispatch ASAP.**

# NOTES

A large rectangular area of white paper with horizontal blue lines, intended for writing notes.



# MODULE 11

**TRUCKERS AGAINST  
TRAFFICKING** **#11**



**CLICK HERE TO PLAY**

The image is a video player thumbnail. At the top, a red banner contains the text 'TRUCKERS AGAINST TRAFFICKING' on the left and '#11' on the right. Below this is a central image showing a semi-truck on a road at sunset. On the left side of the image is a circular logo with a truck wheel hub in the center. The words 'TRUCKERS AGAINST' are written along the top inner edge of the circle, and 'TRAFFICKING' is written along the bottom inner edge. In the center of the wheel hub, the letters 'T', 'A', and 'A' are arranged vertically. At the bottom of the wheel hub, the letter 'A' is visible. Below the central image is another red banner with the text 'CLICK HERE TO PLAY'.

Click on Lesson 11

Watch the Full Video

# ***FREQUENTLY ASKED QUESTIONS***

Q: What is human trafficking?

**A: The exploitation of human beings for commercial sex or forced labour.**

Q: How can I tell if someone is a victim of trafficking?

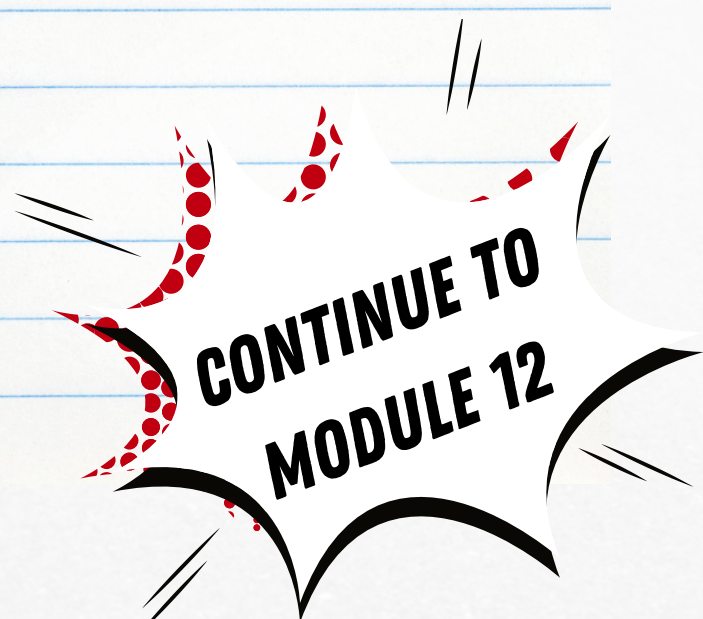
**A: They may be fearful/anxious, under surveillance, have restricted communication, have signs of abuse (cuts, scars, bruises, malnourished), avoid eye contact, no ID, not know their address.**

Q: What do I do if I suspect someone is a victim of trafficking?

**A: Call 911 or 1-888-373-7888.**

# NOTES

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# **MODULE 12**

**EXTREME WEATHER**

**#12**



**CLICK HERE TO PLAY**

Click on Lesson 12

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Do I really need to inspect my truck before driving in extreme weather conditions?

**A: Yes! Making sure everything is operating correctly keeps you safe on the road.**

Q: How much should I increase my breaking distance in bad weather?

**A: 4-10 times what you would on dry pavement.**

Q: Should I reduce my speed in bad weather?

**A: Yes, slow down and increase your cushion.**

Q: Should I use my lowbeam or highbeam headlights in low visibility?

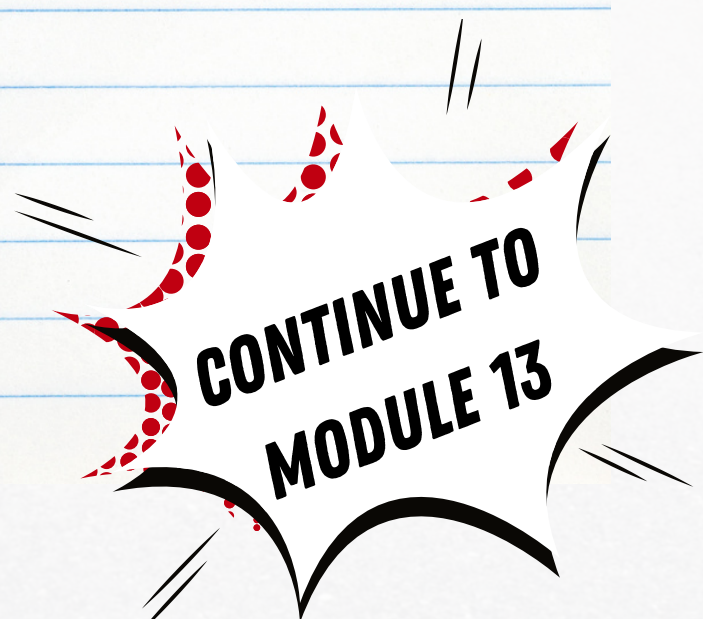
**A: Lowbeam headlights are best.**

Q: What do I do if i feel it is not safe to drive?

**A: Call your dispatch and let them know your situation.**

# NOTES

Lined area for notes.



# **MODULE 13**

***DISTRACTED DRIVING***

**#13**



**CLICK HERE TO PLAY**

Click on Lesson 13

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: What do I do if dispatch calls me?

**A: Use a hands free device or pull over somewhere safe to answer the phone. If it is not safe to answer, do not answer.**

Q: Is distracted driving worse than drunk driving?

**A: Yes.**

Q: What are visual distractions?

**A: Distractions that lure your eyes away from the road.**

Q: What are physical distractions?

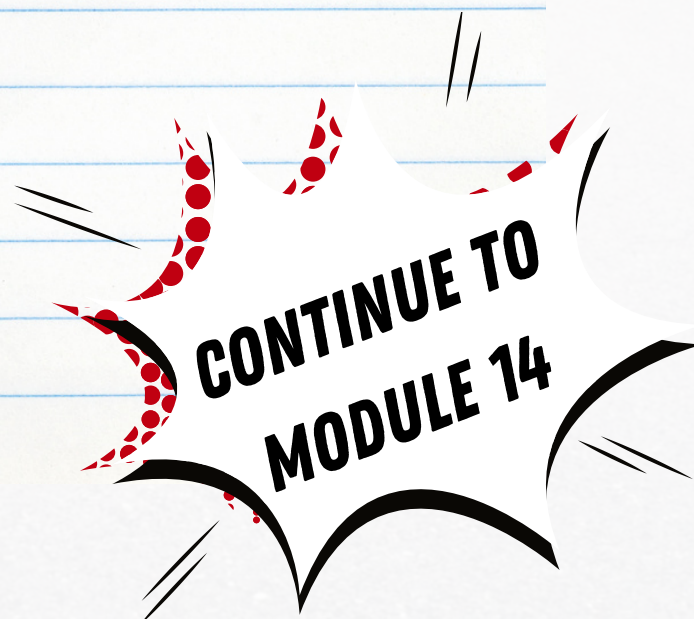
**A: Distractions that trigger you to take your hands off the steering wheel.**

Q: What are mental distractions?

**A: When your mind wanders to something other than driving.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 14**

# MODULE 14



Click on Lesson 14

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Why do I have to secure the freight?

**A: To prevent it from moving or shifting in transit and causing damage to you, your truck and the freight.**

Q: What do I do if my load strap is unmarked?

**A: Do not use it!**

Q: Do I really need to check my load is secure 80 km from my pick up?

**A: Yes. You want to ensure it will not shift in transit. If it has shifted, adjust the straps and make sure it is secure before moving.**

Q: Do I have to record myself as On Duty when checking the freight?

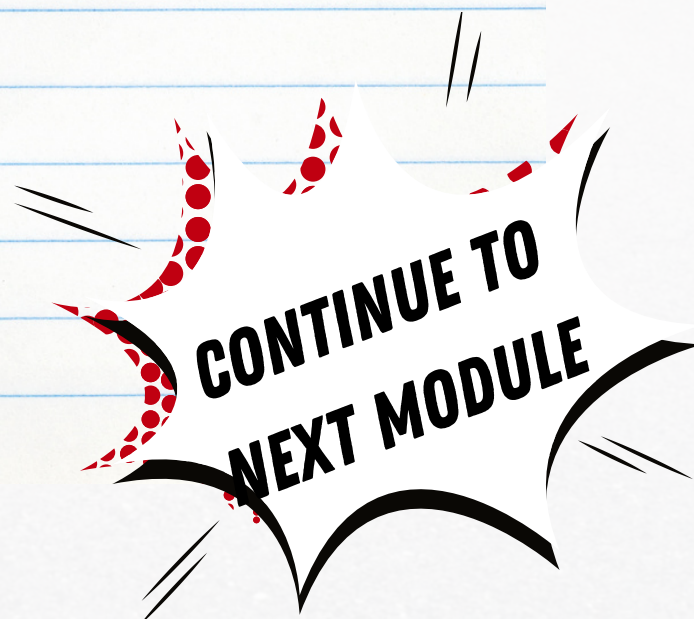
**A: Yes! Not doing so puts you in violation.**

Q: How do I secure the freight?

**A: You can use load straps, load bars and/or blocking as means to secure the freight.**

# NOTES

A large rectangular area of white paper with horizontal blue lines, intended for writing notes.



# COMMERCIAL DRIVERS

**Van drivers,** please proceed to Welcome to Dispatch module in your virtual training and the Checklist in this course pack.

Steps:

- **Follow along with the course pack checking off all required boxes as we go.**
- Click the screen that says "**Commercial Drivers Click Here to Continue.**"
- Complete Each video Module.
- At the end of each module you will be asked to take a **quiz.**
- Once you submit your quiz you can return to the main module and continue with the course pack.



# **MODULE 1**

**E-LOGS**

**#1**



**CLICK HERE TO PLAY**

Click on Lesson 1

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: What is an ELD?

**A: An ELD is an electronic Logging Device.**

Q: Do I have to use an ELD?

**A: Yes, it is the law.**

Q: Can I make edits to my drive time?

**A: Automatically entered drive time cannot be edited.**

Q: What if I forget to log myself off duty?

**A: Call your dispatch and inform them.**

Q: If I run out of hours, can I keep going?

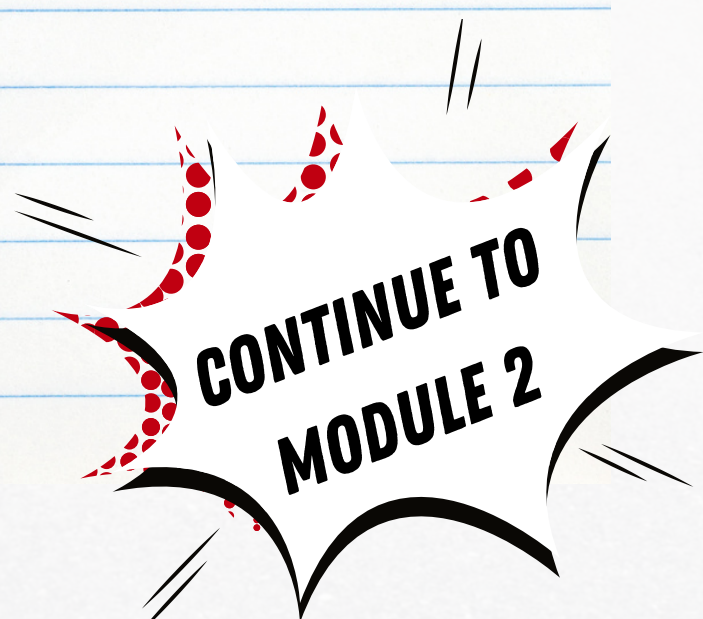
**A: No! you must stop your vehicle. Use personal conveyance to get somewhere safe to shutdown.**

Q: Can I turn my ELD off and drive?

**A: No. It still records the data and populates it in your log once it is turned back on.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 2**

# **MODULE 2**

**VEHICLE INSPECTION**

**#2**



**CLICK HERE TO PLAY**

Click on Lesson 2

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Why do I need to do a vehicle inspection?

**A: The law and regulations require it and It helps prevent breakdowns.**

Q: What do I do if i notice a defect?

**A: Record it on your DVIR, notify dispatch, and then repair it.**

Q: Can I Drive with a defect?

**A: NO, if it is a major defect; Yes, if it is a minor defect and you have recorded it and notified dispatch.**

Q: How long is my inspection valid?

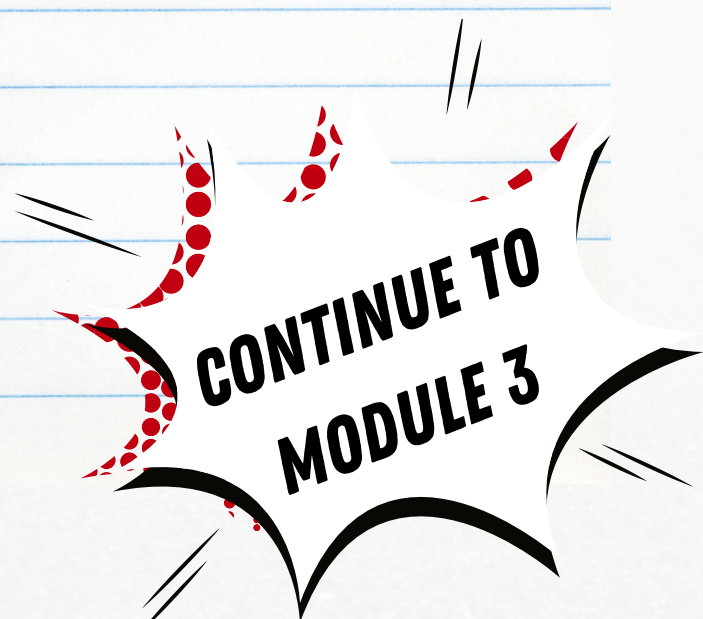
**A: An inspection is valid for 24 hours.**

Q: Do I need to verify my inspection?

**A: Yes, you must verify each inspection.**

# NOTES

Lined area for taking notes.



**CONTINUE TO  
MODULE 3**

# ***MODULE 3***

***HOURS OF SERVICE*** ***#3***



***CLICK HERE TO PLAY***

Click on Lesson 3

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Which Rule set will i need to follow?

**A: The Canada 7/70 hrs and US 8/70 hrs.**

Q: How will my ELD know which rule set to use?

**A: Rule sets change automatically if you cross the border and can be changed manually.**

Q: How many hours off do I need to do a reset?

**A: You need 36 hours off duty consecutively.**

Q: How accurate does my log need to be?

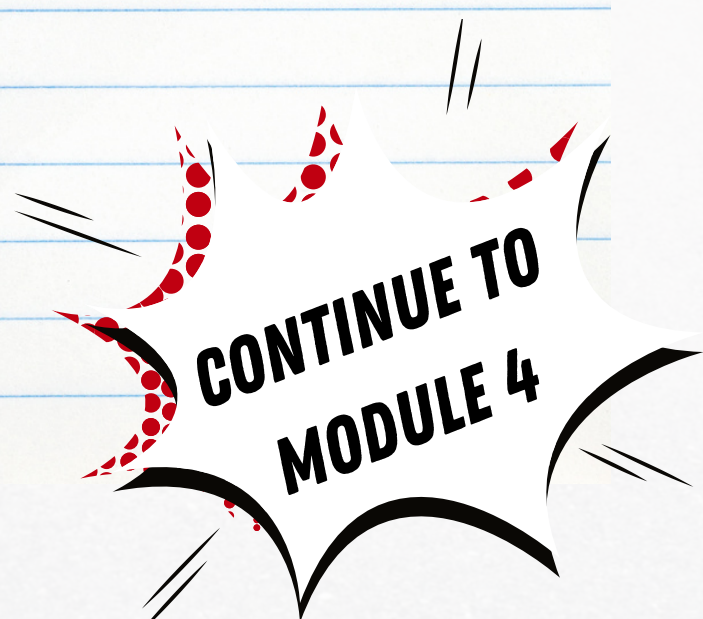
**A: Your log needs to be current ot the last duty status.**

Q: Why do I need to know the rules? Doesn't the ELD do all of that?

**A: ELDs use rule sets to calculate hours and violations. You need to know the rules to ensure you are not in violation and you need to be able to do a paper log if the ELD stops working.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 4**

# **MODULE 4**

**DISTRACTED DRIVING #4**



**CLICK HERE TO PLAY**

Click on Lesson 4

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: What do I do if dispatch calls me?

**A: Use a hands free device or pull over somewhere safe to answer the phone. If it is not safe to answer, do not answer.**

Q: Is distracted driving worse than drunk driving?

**A: Yes.**

Q: What are visual distractions?

**A: Distractions that lure your eyes away from the road.**

Q: What are physical distractions?

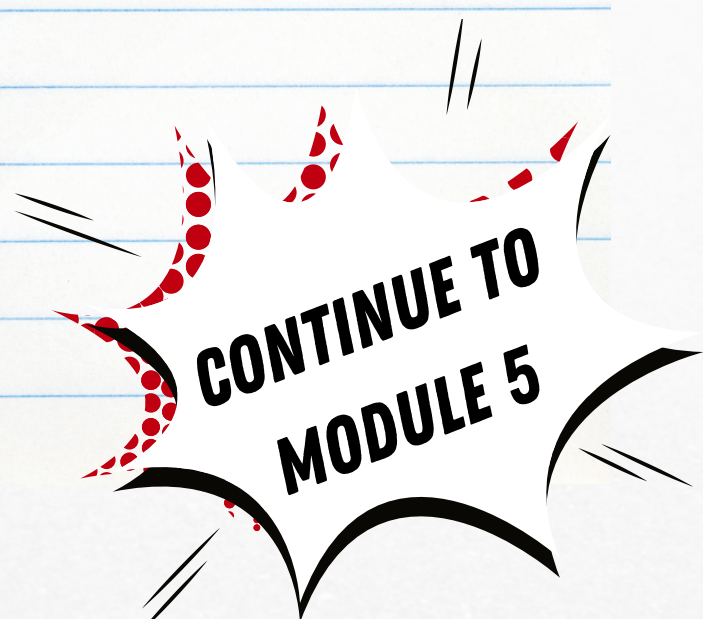
**A: Distractions that trigger you to take your hands off the steering wheel.**

Q: What are mental distractions?

**A: When your mind wanders to something other than driving.**

# NOTES

Lined area for notes.



**CONTINUE TO  
MODULE 5**

# ***MODULE 5***

**EXTREME WEATHER**

**#5**



**CLICK HERE TO PLAY**

Click on Lesson 5

Watch the Full Video

Complete the Quiz

# ***FREQUENTLY ASKED QUESTIONS***

Q: Do I really need to inspect my truck before driving in extreme weather conditions?

**A: Yes! Making sure everything is operating correctly keeps you safe on the road.**

Q: How much should I increase my breaking distance in bad weather?

**A: 4-10 times what you would on dry pavement.**

Q: Should I reduce my speed in bad weather?

**A: Yes, slow down and increase your cushion.**

Q: Should I use my lowbeam or highbeam headlights in low visibility?

**A: Lowbeam headlights are best.**

Q: What do I do if i feel it is not safe to drive?

**A: Call your dispatch and let them know your situation.**

# NOTES

A large rectangular area of white paper with horizontal blue lines, intended for writing notes.



# ***THOMPSON CHECK LIST***

Date Received: \_\_\_\_\_

Driver Name: \_\_\_\_\_

Date Completed Training: \_\_\_\_\_

- Birth Certificate
- Passport
- FAST Card
- Driver's Licence
- Social Insurance Number
- Citizenship Card
- Criminal Record Search
- Medical (Current 3 Years)
- Driver Abstract/CVOR (Commercial Motor Vehicle Operators Record)
- Vehicle Registration (Green Registration Permit)
- Lease Agreement or Bill of Sale
- Annual Inspection Certificate
- Emission Test if Required
- Business License or Article of Incorporation
- PPE/Safety Items (Safety Glasses, Safety Boots, Safety Vest, etc.)
- 1GB of additional phone data to be used in Canada & USA
- Letter of Authority to plate vehicle from Leasing Company
- Void Cheque or Banking Information for Direct Deposit
- HVUT (Heavy Vehicle Usage Tax) Sheet
- Transponder Number
- WSIB number

Signature: \_\_\_\_\_