



Hours of Service legislation outlines regulations that commercial vehicle drivers must follow when operating a commercial vehicle in Alberta. To ensure that drivers get an adequate amount of sleep to prevent fatigue and fatigue related collisions, these rules have a maximum allowable driving time and minimum required off-duty times for drivers. In this course, you will be presented with information on this legislation, fatigue, driver responsibilities, and log books.

This **two-hour** course is part of the THRIL certificate program series developed by Gemini and well-known, highly respected industry professionals. THRIL certificates are designed to easily and inexpensively obtain essential training that leads towards recognized certification and qualifies for compulsory certification maintenance points to preserve ROH and CRSP designations.

### On completion of this course you will be able to:

- Define the terms of the Hours of Service Legislation,
- Describe the fatigue prevention responsibilities for drivers and employers,
- Identify the symptoms of fatigue,
- Define the dangers of fatigue and its effects on the human body,
- Describe methods to eliminate sleep debt,
- Identify what Duty Status means and how it applies to drivers,
- Define the daily rules for drivers,
- List the work shift rules for drivers,
- Describe the rules for deferral of off-duty time,
- Describe how to use a log book and explain its purpose,
- List the two cycles and their differences, and
- Define the 160km rule.

THRIL assessments are also available for all THRIL courses ideal for learners that wish to challenge the course for recertification purposes.

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