















# RiskCOACH® Training Catalog

RiskCOACH interactive eLearning modules incorporate the latest cognitive science to help drivers identify and change at-risk behaviors, with subject-specific formats ranging from 3-20 minutes to maximize engagement and minimize lost work time. Available in dozens of languages, RiskCOACH training modules include Q&A, best practice feedback, and knowledge checks to reinforce learning, and are delivered directly to a driver's smartphone, tablet or computer. Our latest subject-specific RiskCOACH titles, designated by the camera icon, use engaging video and animation, and feature an entertaining host who guides learners through the topic and covers best practices for becoming a safer driver.

Module Name and Description	All Vehicles	Two/Three Wheeler	Four Wheeler	Truck/LGV
<b>Act Now</b> To help prevent you from future collisions that may result in injuring yourself or others and encourage you to avoid committing future driving offenses. 			✓	✓
<b>Attitude</b> Reinforces the importance of having the right attitude and focus when operating for work purposes. 	✓			
<b>Avoiding Rear End Collisions</b> Help prevent from being hit from behind using escape routes and also avoid rear ending another vehicle. 	✓			
<b>Blinds Spots</b> Explores the importance of paying attention to blind spots around your vehicle to create a safer driving environment for you and other road users. 	✓			
<b>Concentration</b> Explores what can happen with lack of concentration and focus and how to avoid loss of concentration. 			✓	✓
<b>Controlling Emotions</b> Highlights the impact emotions have while driving and how controlling emotions can make you a safer driver while driving for work purposes. 			✓	✓
<b>Distraction</b> Explores the dangers of multi-tasking and the importance of staying focused on driving, refraining from using electronic devices, reading maps, etc. 	✓			
<b>DUI/DWI</b> Explains the dangers of driving while under the influence of drugs or alcohol. 			✓	✓
<b>Ergonomics</b> Ergonomics (or human factors) relates to human interactions with objects, equipment and environments. 			✓	✓

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<b>Fatigue</b> Illustrates causes of fatigue, such as lack of sleep and driving at times when your body is expecting to be at rest. Also provides guidance on how to lower your risk of being fatigued while driving for work purposes.		✓			
<b>Hazard Recognition</b> Helps increase skills to spot potential hazards far in advance in order to react safely.		✓			
<b>Parking Pitfalls</b> Learning how to park defensively and avoid damage while parked.				✓	
<b>Risky Weather</b> Identifying and minimizing the risks associated with driving in such conditions.		✓			
<b>Speeding</b> Explores how speed is the biggest single contributory factor in road crashes, and the dangers of speeding for you and other road users.		✓			
<b>Cold Plate Management</b> Illustrates the maintenance and use of a refrigerated delivery vehicle – pre-loading requirements, pre-cooling instructions, and how to deal with frost buildup.					✓
<b>Decision Making</b> Making the right decisions on the road can allow you to stay safe and protect other road users.				✓	✓
<b>Eco-Driving</b> Eco-Driving is a method of driving which reduces fuel consumption and greenhouse gas emissions through defensive driving.				✓	✓
<b>Fifth Wheel</b> Explores the correct procedures for using the fifth wheel on large trucks, which can have catastrophic results if not used correctly.					✓
<b>Fog</b> Driving in fog can be very dangerous. This module walks through steps to minimize risks associated with this type of inclement weather.			✓		✓
<b>Inexperienced Drivers</b> Young and inexperienced drivers face significant risks in the workplace. This module identifies some of the risks and focuses on best practices to minimize them.				✓	✓

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<b>Knowledge</b> Safety knowledge of Powered Industrial Trucks (PIT) equipment – pre- and post-shift inspections, etc.	✓			
<b>Lane Changes/Merges/Passing</b> Changing lanes, merging and passing are similar in that they all involve moving your vehicle from one lane to another. This RiskCOACH highlights the key aspects to carry out before changing lanes, merging or passing.			✓	✓
<b>Lift Gate</b> Highlights how the improper use of lift gates can result in severe injury and even death when loading and unloading items, and how to safely operate a lift gate.				✓
<b>Lights and Tires</b> Explores the simple checks of the vehicle's lights and tires, which is a MUST for all truck drivers.				✓
<b>Low Speed Maneuvering and Backing</b> Highlights how to drive your vehicle safely at slower speeds and during backing maneuvers. By following the techniques outlined in this RiskCOACH, drivers will be able to reduce their chance of having one of these incidents, and also make parking areas and traffic jams safer for everyone.				✓
<b>Pre-Shift Inspections</b> Carrying out inspections on the lift truck prior to using it can help avoid potential injuries/incidents.				✓
<b>Red Mist</b> Frustration and anger can take over any driving situation and cause you to make unsafe risky decisions. This RiskCOACH helps you minimize Red Mist from occurring.			✓	✓
<b>Road Rage</b> Driving while stressed or angry can be extremely distracting and affect the way you drive. Driving with road rage can increase your chance of being involved in a crash.			✓	✓
<b>Road Warrior</b> This RiskCOACH will examine why Sales and Service Professionals are in a high-risk profession, and how they can limit the dangers they face on the roads.			✓	✓
<b>Roadside Inspections</b> Highlights the roadside inspections program carried out by the North American Standard Inspections (NASI).				✓
<b>Rural Road Safety</b> Hanging back, slowing down and chilling out to prioritize safety above arriving a few minutes faster can spare a huge amount of heartache on rural roads.			✓	✓
<b>Self Awareness</b> Managing your level of risk on the road will significantly reduce the likelihood of being involved in a collision.			✓	✓

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<b>Severe Injury Protection</b> Over 94% of road incidents are caused by driver decisions and attitudes behind the wheel. This means that 94% of road incidents could be prevented by drivers making the right decisions and having the right attitudes.			✓	✓
<b>Sharing The Road</b> Explores the importance of looking out for other road users and displaying considerate behavior while driving.	✓			
<b>Slips, Trips, and Falls</b> Injuries from slips, trips, and falls can always be avoided if you take the time to properly store, lift and transport products correctly.			✓	✓
<b>Spouse/Domestic Partner</b> To ensure the spouse/domestic partner understands how to safely operate the vehicle and become a defensive driver.			✓	✓
<b>Standardized Work Methods</b> Establishing a good routine while working can help keep you out of danger – keep three points of contact, perform pre/post trip inspections, and plan your journey prior to departure.				✓
<b>Two Wheeler</b> Safety knowledge of the two wheeler – pre- and post-trip inspections, safety equipment, etc.		✓		✓
<b>Vehicle and Load Security</b> Learning how to park defensively and avoid damage while parked.				✓
<b>Vehicle Checks</b> Ensuring you secure your cargo and the vehicle from theft.	✓			
<b>Vehicle Inspections</b> Pre-trip and post-trip vehicle inspections pinpoint possible problems with a vehicle and gives the driver enough confidence in your vehicle to make good driving decisions. This RiskCOACH explores the routine inspections drivers need to make.				✓
<b>Well-Being</b> This RiskCOACH explains why it is important to take care of your health and how making some simple changes to your lifestyle can help improve your safety on the road.			✓	✓
<b>Zero</b> This RiskCOACH ensures that you don't let your standard slip – zero tolerance is key to safe driving.			✓	✓