

# course outlines



## MASTER DRIVER FOR CPC

### Module 4b

### Personal wellbeing, health & safety in transport



- Manual handling.
- Safe working with roll cages.
- Fit for the job.
- Diet & driving.
- Balanced diet.
- Drive alert.
- Fit to drive – facts.
- Body Mass Index – BMI.
- Height conversion.
- Weight conversion.
- Body Mass Index – BMI – Safe Range.
- Driving stress.
- Tips to tackle stress.
- Slips, trips & falls case study.
- Personal protective equipment.
- PPE at work regulations 1992.
- Assessing PPE
- Hazards & types of PPE
- Training with PPE.
- Key points.