



Safer van driving

[Safer Driving Academy e-Learning portal](#)

Course Overview

Course name: Safer Van Driving

Delivery method: e-Learning

Course structure: Modular (Intro, 14 modules + Test)

Duration: Approximately 90 minutes

Delivery via: Computer, Tablet or Smart Phone

Certificate of Professional Development issued on course completion

Course cost: £89.95 plus VAT *Discounts available for businesses with multiple drivers*

Who this course is for: Anyone who needs to drive a van, but pitched at first-time van drivers, those who have limited or no formal training on driving a van or businesses who want to introduce training to demonstrate due diligence.

Additional resources: links to credible sources, such as HSE or .Gov plus pdf downloads

Learning outcomes: Participants completing this course will be able to demonstrate an understanding of:

- Legal aspects of driving a van
- What is or is not a car-derived van
- How to conduct a vehicle safety check
- Loading and unloading, including carrying capability of the van and understanding the VIN plate
- Effective speed management
- Personal safety
- Safe and fuel-efficient driving
- Defensive driving techniques

Introduction

This is a van familiarisation course designed for first-time van drivers or those who have not had any formal van driver training. The aim of the course is to cover the essential elements of driving a van, looking at safety, compliance, and fuel-efficient driving.

The e-learning course is structured over eight modules, plus an introduction and a 40-question multiple-choice quiz, to highlight the key points and validate learning. Participants can dip in and out of the course at their convenience.

Topics covered in this course are:

Module 1 - Introduction – introducing the course presenter, how the course is structured, and where to find additional resources, links to credible sources and pdf downloads

Module 2 – Safety and the law

- Licence requirement
- Restrictions on towing for post 1/1/1997 licence holders
- Health – DVLA notifiable medical conditions, eyesight, medication, drink & drug driving law (overview)
- Insurance, Tax, MOT
- Penalty Points
- Drivers hours (reference to company policy or Domestic Rules) - Fatigue
- The Highway Code – loading/unloading restrictions – link to digital highway code
- Drink & Drug driving - overview
- Mobile phone law – overview
- Smoking law

Module 3 – Van or car-derived van

- Understanding the difference between a van or a car-derived van
- How to identify the vehicle classification

Module 4– Vehicle safety checks

- Checks for conventional engines plus those with limited under bonnet checks, i.e. those using an onboard computer
- On the move checks for braking and vehicle handling characteristics

Module 5– Understanding weight limits and safe loading

- Understanding the vehicle VIN plate, where to find it, what the values mean
- Understanding Maximum Authorised Mass, Train-weight, Axle weights and Kerb weight
- How to work out how much weight you can carry
- Potential consequences of an incorrect or overloaded vehicle, handling characteristics and potential penalties

Module 6– Speed management

- Back to basics – recognising speed limits
- How to work out where 30 applies
- National speed limit roads – different speed limits for Vans
- What is and what isn't a dual carriageway
- Difference between advisory and mandatory limits
- Reference to Towing trailers – where to find out the latest information

Module 7 & 8 – Personal safety (divided into two sections, Part A and part B)

- Challenge 'accidents' v 'collision's' – 95% are due to driver error
- Main type of van damage – rear (reversing), mirrors, tyres and wheels

- Dynamic risk assessment – assessing the risk on the move
- Understanding short and long wheelbase vehicles, including high-tops, height/width restrictions
- PPE - what to carry
- Where to and not to place a breakdown warning triangle
- Reference to manual handling – link to HSE website
- Loading, 1st item off needs to be the last item loaded
- Load security – front & rear axle overloading
- Making a delivery – how to do a dynamic risk assessment
- Rear doors v side doors
- Stopping on the right – potential to dazzle at night
- Safest route in and out of the cab
- Safer reversing
- Danger of carrying loose items in the cab
- Breakdowns – signposting drivers to company policy or advice in the Highway Code (link provided)
- Banksman procedures – link to HSE website and demonstration video
- Covid-19 – operating safely in or from vehicles – link to HSE website

Module 9 – Hazard management

- Developing a defensive driving strategy, ‘COAST’ Concentration, Observation, Anticipation, Space, Time
- Proactive v Reactive
- Understanding hazards (three types)
- Action required to deal with hazards safely
- Active scanning techniques
- How to anticipate effectively

Module 10, 11, 12 & 13 – defensive driving in action:

Filmed from inside the vehicle (van) while on urban roads, rural roads, dual-carriageways, and Motorways, we demonstrate how to:

- Identify hazards (through commentary)
- apply the principles of COAST
- use ‘what if’ to aid awareness and anticipation
- use the ‘slow to flow’ technique (aids smooth driving, saves fuel)
- deal with hazards proactively
- maintain a safe following distance
- maintain a safety bubble beside and behind
- apply a strategy when being tailgated
- negotiate sharp left-hand junctions
- how to deal with junctions with acute angles

Module 14 – Course conclusion

- End of course quiz - designed to highlight the key learning outcomes and validate learning
- Certificate - generate and download a personalised certificate