



CPC ICRS29968 - Drivers Health and Stress Awareness

Aims

The intention of this course is to ensure each candidate is aware of their responsibilities towards general health and stress awareness. Every driver of a Large Goods Vehicle, who is driving for financial gain (a job!) – must, by law, train for 35 hours (that's 5 days), every 5 years. This course is designed to provide 7 hours of this training towards the 35 hours total required.

Who Attends

Candidates must hold a current valid Professional Driving Licence.

Course Content

- Ideas for minimising stress
- Manual handling
- Eye-testing
- Drivers' general health and wellbeing, with information relating directly to the D4 Medical Examination for professional drivers.

Course Duration

This is a 1 day course.

Maximum Candidates

Maximum attendees: 20 candidates

Qualification Obtained

Seven (7) hours added to the candidates Professional Driver record.

Entry Requirements

Attendees must hold a Professional Driver Licence, to check your Driver CPC periodic training hours, please visit [Check your Driver CPC periodic training hours - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Please note that training hours cannot be repeated within the 5 year period and each session booked must not be a unit already held on your licence