

Driver CPC

Driver Personal Performance

– Alcohol & Drugs

This workshop aims to engage participants and provide CPC drivers, machine operators and operators of plant equipment with an enhanced appreciation of how alcohol and/or drugs can affect personal performance while either driving or using any equipment in the workplace. As well as stating the law, the consequences of the 'morning after' scenario are explored as well as the mistaken beliefs between over the counter, prescription and recreational drugs.

The workshop is very engaging with fewer slides and more group activities making the session really engaging and thought provoking.

The course is registered for Driver CPC requirements, contributing 7 hours towards the 35 hours of periodic training.



TOPICS COVERED:

- ✓ Understanding the law in the UK
- ✓ Alcohol limits, strengths and influences
- ✓ Drug awareness, considering the effects of prescribed and over the counter medicines, Illicit drugs - the dangers
- ✓ Consequences of impaired driving or using machinery
- ✓ Strategies for the future
- ✓ Driver health and well-being

KEY BENEFITS:

- ✓ Raise awareness of the effects of alcohol and drugs on ability to drive and operate machinery
- ✓ Opportunity to formulate an avoidance strategy
- ✓ Understand the effects of lifestyle choices and potential consequences of health and well-being.
- ✓ Appreciation of the effects of driving and using machinery after the night before



Suitable for:

All drivers of both LGV and PCV, and those individuals operating machinery and plant equipment for work purposes.



Delivery Method:

The workshop is facilitated by an experienced drink & drug driving trainer who will fully engage with participants to maximise the learning experience.



Duration:

7 hours



Delegates:

Ratio 1:20.