



## **Driver CPC**

### **Driver Fitness and Speed Awareness**

This course is about Driver Fitness and Speed Awareness.

You will learn about:

- Relevance of Driver Fitness and medical standards
- Recognising signs of stress and the effects
- Effect of diet on fitness to drive
- Alcohol and drugs awareness
- When you can be breathalysed and penalties
- Tiredness and fatigue
- Speeding Statistics
- Understanding stopping distances
- Excessive and inappropriate speed
- Hazard Awareness
- Vocational Licence holders responsibility

The course will consist of Power point presentation, Group Discussion, Videos and where applicable practical exercises.

**To Book your course date please call 01162 877 692**

**Email: [training@dataacademy.co.uk](mailto:training@dataacademy.co.uk)**