

# NATIONAL CERTIFICATE DRIVING LIGHT MOTOR VEHICLE



## Chivalry Training Providers – (CTP)

### Who Should Attend This Course ?

Anyone who drives a car as a part of their work and wants to update their knowledge on driving rules.

The course involves some practical driving with an instructor who will help to identify and iron out bad habits that many of us pick up over time.

Helps employers ensure their compliance to H&S legislation

**Cost:** \$ 450 + GST – distance\*  
\$1490 +GST - classroom

**Venue:** Chivalry Training Rooms  
– own vehicle required  
for practical

\*After \$300 rebate on completion

**CTP** Chivalry  
Training  
Providers  
Taking Training to a New Level

[courses@chivalrytraining.co.nz](mailto:courses@chivalrytraining.co.nz)

39 Boston Road, Mt Eden, Auckland 09 377 0757

# Unit Standards

## Certificate in Driving Light Motor Vehicle, Level Two

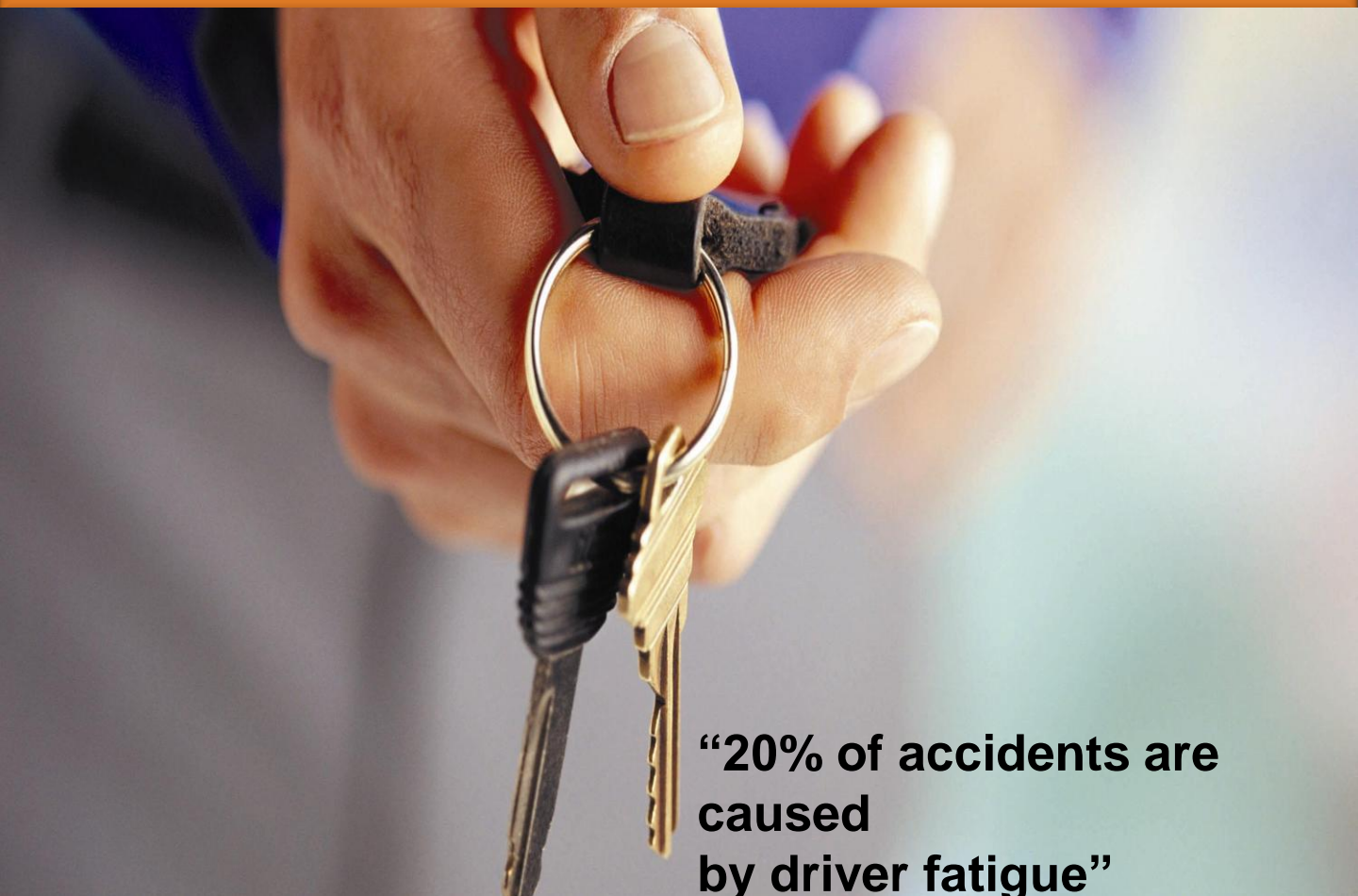
**Total Credit Value** **41**

- 3462 Demonstrate knowledge of traffic law for the purpose of safe driving
- 3464 Describe human risk factors in terms of a self-management strategy for a driver
- 3465 Describe driving hazards and risk reduction strategies and response to driving hazards
- 3466 Apply risk reduction techniques and strategies while driving
- 3467 Describe dynamics and techniques for managing dynamics, of light motor vehicles
- 3469 Apply control in driving a light motor vehicle
- 3470 Execute low speed manoeuvres in a light motor vehicle
- 4261 Identify legal right and obligations in relation to owning and operating a private motor vehicle
- 17458 Demonstrate knowledge of light motor vehicle systems and components
- 17676 Carry out a pre-drive vehicle check on a light motor vehicle, and start and shut down the vehicle
- 17677 Demonstrate knowledge of safe night driving

### Plus any 5 of the following:

- 1734 Demonstrate knowledge of stress, health and fatigue for driving
- 3471 Tow a light simple trailer
- 3472 Describe factors contributing to and consequences of road crashes
- 4260 Describe and identify the application of road usage law
- 17563 Demonstrate knowledge of the NZ Graduated Driver Licensing System
- 17678 Drive a light motor vehicle on unsealed road surfaces.

# DRIVER FATIGUE



**“20% of accidents are caused by driver fatigue”**

## Chivalry Training Providers (CTP)

### Who should attend this course

?

Professional drivers on our roads. Driver Fatigue Awareness is such an important issue to ensure safety on our roads for everybody – not just the driver.

In this informative course you will cover information about driver fatigue and watch informative and interesting videos.

- Understand why the body needs sleep and how much
- Identify signs and symptoms of fatigue
- Techniques to manage fatigue

**Cost:** \$95 + GST per person

**Duration:** 3.5 Hou

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In this course :

How driver fatigue affects us  
Examples of drive fatigue  
Types of sleep  
Sleep disorders  
Identifying sleep apnea  
Alcohol, drugs and sleep  
How much sleep do we need ?  
Circadian Rhythms (Body Clock)  
Causes of driver fatigue  
Signs of fatigue when driving  
Preventing driver fatigue  
What can you do to manage driver fatigue ?  
Trip planning  
Improving alertness  
Napping as a tool  
How to get a good nights sleep  
What to do when you can't sleep  
Nutrition

**Driver Fatigue Study – “fatigue of the last two weeks...”**

24% of drivers reported being fatigued prior to driving  
39% said they became fatigued whilst driving  
11% admitted that fatigue impaired their driving  
12% admitted having to take extra breaks due to fatigue