

Illinois Teamsters Joint Council No.25 and Employers Apprenticeship & Training Fund

*Basic CDL Truck Driver (200) Hours Training Program
for
Teamsters, Veterans, Reserves and National Guard*



The background of the slide features a large American flag in the upper half and a photograph of the Illinois State Capitol building in the lower half. The flag is shown in a close-up, slightly wavy perspective. The Capitol building is a large, classical-style structure with a prominent dome and columns, set against a blue sky with some clouds. The overall color scheme is dominated by the blue of the flag and the building, with white stars and architectural details.

Basic CDL Truck Driver (200) Hours Training Program

Training Curriculum Outline

First Week: Classroom

- Driver Orientation
- Driver Qualification
- Driver Wellness
- Federal Motor Carrier Safety Rules & Regulations
- Hours of Service & Map Reading
- Vehicle Inspection
- Air Brake Training
- Defensive Driving
- Cell Phone & Texting Ban
- Cargo Handling
- Drug & Alcohol Awareness
- Job Procurement

Second Week: Classroom

- Driver Orientation
- Driver Qualification
- Driver Wellness
- Federal Motor Carrier Safety Regulations
- Hours of Service & Map Reading
- Vehicle Inspection
- Air Brake Training
- Defensive Driving
- Cargo Handling
- Drug & Alcohol Awareness
- Cell Phone & Texting Ban
- Compliance, Safety, Accountability (CSA)

Total classroom hours: 80

Range and Road skill hours: 120

The background of the slide features a large American flag in the upper half and a photograph of the Illinois State Capitol building in the lower half. The flag is shown in a close-up, slightly wavy perspective. The Capitol building is a large, ornate structure with a prominent dome, surrounded by trees and a clear sky.

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Third Week: Range Driving

- Pre-trip Inspection
- Post-trip Inspection
- Basic Vehicle Control
- Extreme Driving Conditions
- Double Clutching
- Proper Backing Techniques
- Coupling/Uncoupling
- Cell Phone & Texting Ban
- Distractive Driving
- Federal Motor Carrier Rules & Regulations

Fourth Week: Road Driving

- Defensive Driving
- Uphill/Downhill Driving
- Shifting Techniques
- Turns and Ramps
- Hazard Perception
- Vehicle Control
- Different Roads and Conditions
- Observation of Highway Laws
- Space Management
- Night Driving & Rail Road Crossings

Total classroom hours: 80

Range and Road skill hours: 120



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Fifth Week: Road Driving

- Backing and Proper Truck Positioning
- Driving on Public Highways
- Road Test preparation
- Uphill/Downhill Driving
- Shifting Techniques/Correct stopping distances
- Turns and Ramps
- Hazard Perception
- Vehicle Control into required spaces
- Different Roads and Conditions
- Observation of Highway Laws
- Traffic Space Management
- Night Driving & Rail Road Crossings
- CDL Knowledge Comprehensive Written Exam
- Road Test with Instructors prior to scheduling with Illinois Secretary of State
- Road Test with the Illinois Department of the Secretary of State

Total classroom hours: 80

Range and Road skill hours: 120

The background of the slide features a large American flag with stars and stripes, partially obscured by a dark blue gradient. In the bottom left corner, there is a photograph of the Illinois State Capitol building, a large classical structure with a prominent dome and columns, set against a clear sky with some clouds.

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Basic CDL Truck Driver (200) Hours Training Program

Program Commitments and Training Guidelines

- **Safety is a requirement by everyone involved!**
- Illinois Teamsters' Program was developed using all of our Instructors experience in Safety, Skills, Qualifications, Rules & Regulations both Class Room and Driving Skills.
- The Illinois Teamsters Training programs were developed and approved so that our Teamster members and our Military personnel will be Professionally Trained and Certified to transition into gainful and productive careers.
- Training curriculums and procedures utilizes our experienced training skills and educational partners and are **Certified to be True and Correct in Content and Policy.**
- Safety, Health and Skill Truck Driver Training standards are reviewed, revised, updated and recertified to keep up with changes in rules and regulations.
- **Remember, Professional Training and Education ensures everyone of a Safe Workplace, Roads and Public Highways !**

Illinois Teamsters Lead the Way for our Members, Veterans, Reserves and National Guard

“This CDL certification course is a wonderful learning opportunity for veterans who are returning to society after what can be an exhaustive tour of duty. As a veteran, I understand the importance of providing our soldiers with the resources to transition from military to civilian. The program will go a long way to help our soldiers obtain jobs after they return home.”

—Jesse White

*Illinois Secretary of State
U.S. Army's 101st Airborne Division
Member of the Illinois National
Guard and Reserve*

