Linde Gas Safety

Entry Level Commercial Driver Training

(Only required for driver's with less than two years experience)

1. Which of the following is NOT one of the federal requirements for a safety-conscious commercial driver according to Part 391 of the FMCSR?
    a. 21 years old
    b. Read, write and speak English – well enough to converse, understand traffic signs, respond to official inquiries and fill out reports
    c. Experienced or trained to drive safely
    d. Physically qualified
    e. Hold a valid commercial operator's license
    f. Have disclosed all accidents and traffic violations to your employer
    g. Passed a road test
    h. You must be able to properly locate, secure and properly distribute whatever you are transporting, whether it be cargo or people
    i. None of these

2. You must carry your medical examiners certificate with you at all times.
    a. True
    b. False

3. Your medical examiner's health card must be renewed every
    a. Year
    b. Two years
    c. Three years
    d. Never
    e. If your physical or mental ability has ever been impaired by illness or injury

4. If you have high blood pressure, you may need to be checked more often depending on what level you are at. How often could you be required to be retested and what level would disqualify you from driving?
    a. 3 months to 1 year, 140/90
    b. 3 months to 1 year, 130/90
    c. 6 months to 1 year, 140/90
    d. 6 months to 1 year, 140/80
    e. None of these

5. Which of the follow is NOT a disqualifying condition?
    a. Diabetes requiring insulin control
    b. Epilepsy or other diseases that could cause loss of consciousness
    c. Heart disease with an elevated risk of heart failure
    d. A current clinical diagnosis of alcoholism
    e. Use of certain drugs, including illegal drugs, amphetamines, narcotics or any habit-forming drugs – unless a prescribing physician advises that it won't interfere with your ability to drive
    f. None of these

6. Besides physical qualifications, there are several situations that could disqualify you from driving a CMV. Which of the following is NOT disqualifying offense?
    a. Having your license revoked, suspended or otherwise denied
    b. Driving under the influence of alcohol or a controlled substance
    c. Possession of an illegal substance
    d. Leaving the scene of an accident
    e. Committing a felony involving the use of a CMV
    f. None of these

7. Which of the following is a symptom of fatigue?
    a. Visual distortion
    b. Reduced decision making or problem-solving ability
    c. Inhibited muscle response and coordination
    d. Reduced reaction time
    e. Inability to concentrate
    f. Irritability
    g. Exhaustion
    h. Giddiness
    i. Driving without awareness (DWA syndrome)
    j. All of these

8. You can overcome "sleep debt" with one good night of sleep.
    a. True
    b. False

9. What amount of sleep is generally accepted as necessary per every 24 hour period of time?
    a. 4-5
    b. 5-6
    c. 6-7
    d. 7-8
    e. 8-9

10. Which of the following are valid tips for better quality of sleep?
    a. Make sure the room temperature is comfortable
    b. Exercise early in the day
    c. Exercise right before you go to bed
    d. Avoid heavy meals, caffeine and alcohol before trying to sleep
    e. Reduce mental and physical stress through exercise, communication and relaxation
    f. All of these

11. Which of the following are signs that you should pull over and take a break?
    a. Your eyes occasionally lose focus
    b. You yawn frequently or repeatedly
    c. You make stupid mistakes, like missing your exit
    d. You experience highway hypnosis
    e. All of these

12. If you wait for these symptoms of fatigue before pulling off… you're putting your life and that of others in jeopardy.
    a. You find yourself weaving or drifting across lanes
    b. Your eyes start to play tricks on you – an exit lane looks like your lane, an exit sign looks like a person; you see phantom vehicles, etc.
    c. Your eyelids feel unbearably heavy and even begin to close
    d. Your head falls toward your chest
    e. You find yourself going to extremes to try and stay awake; i.e. slapping your face, pinching yourself, making wild physical gestures, etc.
    f. All of these

13. Hours of service logs that are accurate, legible and readable are required by law.
    a. True
    b. False

14. For what actions are you protected under the Federal Whistleblower's Act?
    a. Report a violation to the FMCSA
    b. Testify before the FMCSA
    c. Refuse to operate an unsafe vehicle
    d. Refuse to drive in unsafe conditions that may cause serious bodily injury or violate a vehicle safety law
    e. All of these

15. Maintaining good health, avoiding fatigue, following the hours of service regulations can make you feel better, drive safer and handle the stresses of your job easier not to mention that it can make you more valuable to your employer.
    a. True
    b. False