



# TRAINING CATALOG

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*Oregon Trucking Association (OTA) is pleased to offer a wide range of classroom and webinar training courses, certification programs and on-site learning opportunities to assist the trucking industry in reaching their compliance and safety goals.*



OREGON  
TRUCKING  
ASSOCIATION

[ortrucking.org](http://ortrucking.org)





## CONSULTING SERVICES

### **MOCK DOT SAFETY AUDITS (COMPLIANCE REVIEWS)**

Onsite consulting service designed to prepare carriers for official DOT audits. Involves review of the six compliance factors covered in a typical DOT audit followed by written report of potential violations and corrective action recommendations.

### **CORRECTIVE ACTION PLAN ASSISTANCE**

Onsite consulting service designed to assist in correcting violations and/or safety rating downgrades resulting from official DOT audits. Involves review of original DOT audit report, class room training as needed, and prepared written corrective action plan.

#### **Specifically, OTA can assist you with the following:**

- Preparation for upcoming audit
- On-site review of processes (digital options available)
- Consultation & recommendations
- Corrective safety plan development

Contact OTA to discuss how you can enhance your safety program and processes.  
[safety@ortrucking.org](mailto:safety@ortrucking.org) or 503.513.0005



## GENERAL SAFETY & COMPLIANCE

### **DOT COMPLIANCE: A REVIEW OF FMCSRS**

4-hour class overviewing Federal Motor Carrier Safety Regulations. Topics include driver qualification; hours of service; cargo securement; drug and alcohol testing; inspections and maintenance; record retention; pre-employment screening; accident recording; carrier CSA scores.

### **DOT COMPLIANCE FOR CONSTRUCTION**

4-hour class overviewing Federal Motor Carrier Safety Regulations with emphasis on the construction industry (see DOT Compliance class for detailed content description). In addition to general compliance, the impact of DOT regulations on construction practices and industry specific exemptions are covered in detail.

### **HAZARDOUS MATERIALS AWARENESS TRAINING\***

3-hour class that meets DOT training requirements for employees involved in transporting hazardous materials (required within 90 days after hire and every 3 years thereafter). Topics include general hazmat awareness and safety; security awareness; written security plans; function specific training (preparing shipping papers; labeling/marketing/placarding; emergency procedures; etc.).

### **VEHICLE MAINTENANCE, RECORDS & INSPECTIONS**

2-hour class overviewing DOT requirements for CMV maintenance programs. Topics include inspector qualifications; daily vehicle inspection reports; repair and maintenance; record retention; carrier CSA scores.

\*Required training



### **OSHA AWARENESS FOR TRUCKING**

2-hour class overviewing OSHA workplace regulations with emphasis on the trucking industry. Topics include preventing injury and illness; training and record retention; accident investigation; breakdown of the OSHA inspection process.

### **EPA AWARENESS FOR TRUCKING**

2-hour class overviewing Environmental Protection Agency and Oregon DEQ regulations with emphasis on the trucking industry. Topics include history of the environmental movement; EPA mission and oversight; emission standards; waste management; compliance and penalties; trucking industry image.

### **DOT SELF AUDIT**

2-hour class overviewing the 6 compliance factors covered during an official DOT safety audit. Topics include required company policies; maintenance files; driver qualification files; hours of service monitoring; drug and alcohol testing; hazardous materials; accident ratio.



Transportation & Trucking  
**Workers'  
Comp Group**

In partnership with SAIF, OTA can offer eligible members a workers' compensation program.

**OGSERP DISCOUNT: 5% FOR  
OCT. 1, 2023 TO SEPT. 30, 2024**

Contact your agent to  
get started!

Eligibility criteria and other details available at:

**[ORTRUCKING.ORG/PROGRAMS-PARTNERSHIPS](https://ORTRUCKING.ORG/PROGRAMS-PARTNERSHIPS)**





# HUMAN RESOURCES, SUPERVISORS & MANAGEMENT

## **DRUG AND ALCOHOL: REASONABLE SUSPICION FOR SUPERVISORS \***

2-hour class that meets reasonable suspicion DOT training requirements for supervisors. Topics include DOT drug and alcohol testing regulations; symptoms and signs of substance abuse; documentation procedures; best practices for conducting reasonable suspicion interviews; general awareness of health effects of drug and alcohol use.

## **SAFETY CULTURE**

2-hour class overviewing the importance developing a culture of safety in the workplace. Topics include company values and attitudes toward avoiding injury and illness; role of leadership and management; effective safety plans; training tools; budgeting; writing policies; compliance versus best practices.

## **DEVELOPING SUPERVISOR SKILLS**

2-hour class overviewing skills needed for supervisors in the workplace. Topics include leadership and management; defining the role of a supervisor; critical transitions and challenges for new supervisors; hard versus soft skill sets; resources for professional development.

## **EMPLOYEE SATISFACTION**

2-hour class overviewing the importance of employee satisfaction in recruitment and retention. Topics include trucking industry employment trends; factors impacting driver and technician shortages; advantages of employee retention; job satisfaction; survey strategies; satisfaction versus engagement in employee production.

\*Required training



### **MANAGING YOUR CSA SCORES - NEW!**

2-hour class that takes attendees through the intricacies of how carrier safety performance. The class will also outline the latest changes proposed by FMCSA and the potential impacts if implemented. Attendees will also discover what they should be doing to improve their own compliance standing.

### **LITIGATION AWARENESS FOR TRUCKING**

2-hour class overviewing litigation dangers in the trucking industry. Topics include history of litigation and trucking; types of legal and civil liability; effective safety plans; the role of training, best practices, and proper documentation in reducing liability.

### **GENERATIONS IN THE WORKFORCE**

2-hour class overviewing management of different generations currently active in the American workforce. Topics include cultural trends and attitudes of various generations (WWII, baby boomers, X, millennials, Z); strategies for management and training.

### **HEALTH AND WELLNESS**

2-hour class overviewing the importance of professional driver health and wellness in the trucking industry. Topics include health statistics and trends in history of trucking; unique challenges facing long haul drivers; healthy diet and exercise plans for life on the road; weight loss resources; carrier wellness programs.

### **FATIGUE AND SLEEP DISORDERS**

2-hour class overviewing the importance of healthy rest and sleep cycles for professional drivers in the trucking industry. Topics include: dangers of acute and chronic fatigue; stages of sleep; circadian rhythms; impact of driving schedules on sleep patterns; sleep disorders; strategies for better sleep.

### **ACCIDENT INVESTIGATION**

2-hour class overviewing the importance of sound accident investigation for motor carries. Topics include driver and dispatch responsibility; securing the scene; gathering evidence; investigation tools; identifying root causes and preventability; the role of an accident review committee; post- accident drug and alcohol testing.



## **DRUG & ALCOHOL Consortium**

Complete drug and alcohol testing program management

EMAIL [INFO@ORTRUCKING.ORG](mailto:INFO@ORTRUCKING.ORG) FOR MORE DETAILS



## DRIVER KNOWLEDGE AND SKILLS

### **DOT REFRESHER FOR CMV DRIVERS (PART 390) \***

4-hour class meeting minimum DOT training requirements for CMV drivers. Topics include driver qualification; hours of service; vehicle inspections; drug and alcohol testing.

### **DRIVER QUALIFICATION**

1-hour class overviewing driver qualification. Topics include application for employment; road test; entry level driver training; medical qualification and DMV reporting; safety performance history; MVR (30 days from hire and annual); annual certificate of violations.

### **DEFENSIVE DRIVING**

2-hour class explaining defensive driving techniques for professional drivers. Topics include driving and accident statistics; road hazards; distracted driving; following distances; speed management; inspection and maintenance considerations; mindset of defensive drivers.

### **HOURS OF SERVICE**

2-hour class overviewing DOT hours of service regulations for both interstate and intrastate transportation. Topics include safety and legal dangers of fatigued drivers; record of duty status; mandatory rest periods; hourly and 7/8 day driving limitations; 34-hour restart; exemptions; ELD requirements.

### **LOAD SECUREMENT**

2-hour class overviewing DOT regulations for load securement. Topics include dangers of improper securement; working load limits; minimum number of tie-downs; performance criteria; direct and indirect securement; required inspections; commodity specific securement.

\*Required training



## **SLEEP APNEA AND TRUCKING**

1-hour class overviewing sleep apnea and the trucking industry. Topics include safety concerns; current regulation; recommended guidelines for driver screening and disqualification; diagnosis, treatment and prevention.

## **CONFLICT RESOLUTION FOR CMV DRIVERS**

2-hour class overviewing skills needed for resolving interpersonal conflicts. Topics include challenges that drivers of passenger-carrying vehicle face; deescalation and communication techniques; best safety practices.



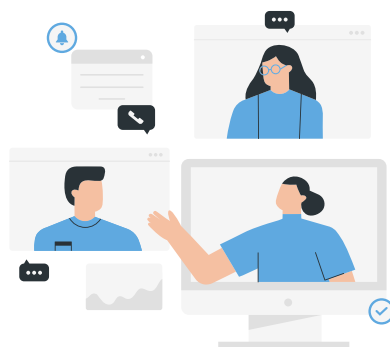
**FREE WEBINARS**

## **TIMELY TOPICS & UPDATES**

OTA frequently offers webinars to keep members updated on current topics, as well as any changes in rules and regulations that may impact how Oregon's trucking industry operates. We gather experts from specific areas and agencies, along with representatives from our Allied Partners who can assist with navigating the latest challenges. These are typically member-only sessions.

## **OTA 101**

New members or those members who want to learn more about making the most of their membership are invited to attend the quarterly OTA 101 webinar. This is a one-hour session overviewing Oregon Trucking Association and how members can both benefit and get involved through OTA. Topics include advocacy, education, networking, member benefits, industry image, and other motor carrier support services (over-dimensional permitting, etc.).







## TRAINING PROGRAMS

### **NORTHWEST FLEET SAFETY PROFESSIONAL (NSP) CERTIFICATION**

1-year training program (monthly sessions) for safety oriented professionals in the trucking industry. Class topics include Safety Culture; Conducting Meetings; Federal Motor Carrier Safety Regulations; OSHA Regulations; Drug and Alcohol Reasonable Suspicion Training for Supervisors; Hours of Service; Hazardous Materials; Health and Wellness; Driver Qualification; Defensive Driving; Accident Investigation; Inspections, Repairs, and Maintenance; Return on Safety Investment. **Learn more:** [ortrucking.org/nw-fleet-safety](http://ortrucking.org/nw-fleet-safety)

### **NW FLEET MAINTENANCE PROFESSIONAL (NMP) CERTIFICATION**

1-year training program (monthly sessions) for maintenance oriented professionals in the trucking industry. Topics include Safety Culture; Supervisor Skills; OSHA Regulations; Environmental Responsibility; Inspections, Records, and Maintenance; Maintenance and Operations; Maintenance Technology; Employee Satisfaction; Health and Wellness; Purchasing and Vendor Relationships; Return on Maintenance Investment. **Learn more:** [ortrucking.org/nw-fleet-maint](http://ortrucking.org/nw-fleet-maint)

### **ONGOING CARRIER EDUCATION**

Comprehensive training program for carriers in the trucking industry. Class topics include Weight Mile Tax; Registration and IFTA; Size and Weight; Federal Motor Carrier Safety Regulations. Frequently offered in a condensed, in-person format the covers multiple topics in a single day. **Learn more:** [ortrucking.org/ongoing-carrier-education](http://ortrucking.org/ongoing-carrier-education)

### **TRAIN THE TRAINER CERTIFICATION**

3-day interactive program that assists industry trainers in development of the knowledge, skills and techniques needed for adult-centered training. Key concepts include a thorough examination of various learning styles along with effective teaching strategies for each learning style. Participants will gain a greater understanding and flexibility in their role as a trainer.





# SMC

S A F E T Y  
M A N A G E M E N T  
C O U N C I L

The Safety Management Council (SMC) is the only national organization dedicated to advancing safe policies, practices and technology; and effective risk management and accident/injury prevention in the trucking industry. SMC also addresses trucking's unique human resource challenges, health and wellness issues, as well as recruitment and retention strategies.

SMC plays an important role in furthering OTA's commitment to the safety and well-being of its members, organizing educational webinars and meetings on relevant safety-oriented topics.

Plot your path to safety  
& compliance with OTA.



# TMC

TECHNOLOGY &  
MAINTENANCE  
COUNCIL

The purpose of the Technology & Maintenance Council is to improve transport equipment, its maintenance and maintenance management. The Council also conducts industry surveys and promotes voluntary cooperation among designers and manufacturers of transport equipment and those who specify, purchase, and manage such equipment.

A vital part of OTA, the Technology & Maintenance Council (TMC) presents informative workshops, roundtables and other events, both online and in-person around the state.



# 2024 OTA EVENTS

[ortrucking.org/events](http://ortrucking.org/events)



## SOUTHERN OREGON INDUSTRY MIXER

January 25, 2024

Seven Feathers Casino Resort - Canyonville, OR



## SPRING SAFETY CONFERENCE

May 1 - 3, 2024

Graduate Hotel - Eugene, OR



## OREGON TRUCK DRIVING CHAMPIONSHIPS

Date & Location TBD



## TRUCKPAC GOLF TOURNAMENT

July 23, 2024

Langdon Farms Golf Club - Aurora, OR



## ANNUAL LEADERSHIP CONVENTION

August 19 - 21, 2024

Riverhouse on the Deschutes - Bend, OR



## TMC MAINTENANCE & EDUCATION FAIR

Date & Location TBD

# OTA: YOUR TRAINING RESOURCE





OTA has the knowledge and tools to help you reach your safety & compliance goals, build your own safety programs and invest in your personnel for future growth.

Check the [OTA Training & Event Calendar](#) for the current schedule of learning opportunities.

[ortrucking.org/events](http://ortrucking.org/events)



## CONTACT US

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