



# Driver CPC Training

0800 389 1314  
[www.ouchlandd.co.uk](http://www.ouchlandd.co.uk)  
[enquires@ouchlandd.co.uk](mailto:enquires@ouchlandd.co.uk)

## Overview of Driver CPC Training Courses and Requirements

### What is Driver CPC?

Driver CPC training is a mandatory qualification for professional drivers in the UK. It aims to enhance drivers' skills and knowledge, covering topics such as road safety, health and safety, and environmental considerations.

Lorry, bus, and coach drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC).

### Who needs Driver CPC?

Drivers of lorries (over 3.5 tonnes), buses, and coaches must complete Driver CPC training if they drive professionally.

Although most drivers will need to complete and maintain their Driver CPC, there are a small number of exemptions.

### Deadlines

Your Driver CPC qualification lasts for 5 years. All 35 hours of periodic training needs to be completed before your 5 year deadline. It is illegal to drive professionally if your training is not completed by your deadline.

Your deadline will be stated on your CPC card. You can be fined up to £1,000 for driving professionally without Driver CPC.

### Training courses

The minimum length of a Driver CPC training course is 7 hours. Drivers can choose to complete the training in one week or take individual courses over a period of time as long as all 35 hours are completed before your 5-year deadline.

There are various Driver CPC training courses you can undertake. At Ouch, we offer the following courses:

- Driver CPC Emergency First aid at Work (7 hours)
- Driver CPC Mental Health and Wellbeing Awareness (7 hours)
- Driver CPC Modular Health and Safety (7 hours consisting of any two of the following modules):
  - Manual Handling
  - Vehicle Fire Safety
  - Introduction to Health and Safety
  - Driver Risk Assessment
  - Driver COSHH Awareness
  - Conflict Resolution



Ouch Learning and Development is a CITB Approved Training Organisation.

Funding available through the CITB network or CITB grants for construction companies\*.

*\*eligibility criteria applies. Please ask us for more details*

# Driver CPC Emergency First Aid

Lorry, bus, and coach drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC). This course has been approved by the DVSA and qualifies for 7 Driver CPC hours. Our course provides a foundation of emergency first aid procedures, delegates will be able to act confidently in the event of an emergency.

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this training?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Emergency First Aid training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard.

## Course content

- The role of a first aider
- Incident and casualty management
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Wounds and bleeding
- Shock
- Choking and Anaphylaxis
- Minor injuries
- Burns and scalds
- Medical emergencies (stroke, heart attack)

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 1 day (7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite  
training available**

## Driver CPC Emergency First Aid

### Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role of the first aider
- Understand the importance of basic hygiene in first aid procedures
- Assess the situation and act safely and promptly to an emergency
- Administer cardiopulmonary resuscitation
- Administer first aid to an unconscious casualty
- Administer first aid to a casualty who is wounded or bleeding
- Provide first aid to a casualty suffering from shock
- Administer first aid to a casualty who is choking
- Provide appropriate first aid for minor injuries



## Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Driver CPC Mental Health & Wellbeing Awareness

Lorry, bus, and coach drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC). This course has been approved by the DVSA and qualifies for 7 Driver CPC hours. This course raises awareness of common mental health conditions, aims to reduce the stigma surrounding mental health and provides tools for well-being management. Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Mental Health and Wellbeing Awareness training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard. Drivers experiencing mental health illness, or a low level of wellbeing can lead to unsafe driving. Having a proactive approach to looking after their mental health will enable them to perform safely and at their best.

## Course content

- What is mental health?
- Useful statistics
- Stigma
- Driver's stress vulnerability and stress container
- Mental Health Continuum
- Mental health conditions
- Suicide / ITESS
- Wellbeing (age, diet, physical health, exercise)
- Recover Take Ten Together toolkit
- Helpful resources

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 1 day (7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC Mental Health & Wellbeing Awareness

### Learning outcomes

- Know what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- Looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue



### Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Driver CPC Modular Health & Safety

Lorry, bus, and coach drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC). This course has been approved by the DVSA and qualifies for 7 Driver CPC hours. This course must consist of TWO of the following modules (3.5 hours each).

- Manual Handling
- Vehicle Fire Safety
- Introduction to Health & Safety
- Driver Risk Assessment
- Driver COSHH Awareness
- Conflict Resolution

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Modular health and safety training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard. The various modules available cover important knowledge and skills which enable drivers to spot potential hazards, reduce the risk of accidents and injury and respond appropriately in emergency situations.

## Course content

Each 7-hour course will consist of two of the following modules. Please see the rest of the booklet for more information and the full content of each module.

### Manual Handling

This course is designed to provide an appropriate level of manual handling awareness for drivers. It introduces candidates to the risks of manual handling and the controls available.

### Vehicle Fire Safety

This course will enable candidates to become the first line of defence in the prevention and management of fire safety in company vehicles.

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 1 day (7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC Modular Health & Safety

### Introduction to Health & Safety

This introductory course is specifically designed to cover Health & Safety issues commonly found in a work environment.

### Driver Risk Assessment

This course is designed to help improve the workplace culture for occupational health and safety by enable learners to understand the basic principles of risk assessment.

### Driver COSHH Awareness

This course is designed to provide an understanding of the hazards, risks when using hazardous substances at work.

### Conflict Resolution

This course is designed to provide a foundation in conflict resolution, with emphasis on the importance of personal safety.



## Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA



# Driver CPC Manual Handling

This course is designed to provide an appropriate level of manual handling awareness for drivers. It introduces learners to the risks of manual handling and the controls available. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Manual Handling training.

## Why is this training important?

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach, or bus. This course will enable learners to understand safer manual handling methods which helps to maintain their physical health and quality of life.

## Course content

- What is manual handling?
- Legislation
- Anatomy and manual handling injuries
- Principles of safer lifting
- Loading/unloading vehicles



**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A valid driver's licence or CPC card for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC Manual Handling

### Learning outcomes

Upon completion of the course, learners will be able to:

- Identify the hazards of manual handling
- Identify risks involved and controls available
- Identify what to expect from a manual handling risk assessment



## Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Driver CPC Vehicle Fire Safety

This course is designed to provide an appropriate level of fire awareness for drivers. This course will enable candidates to become the first line of defence in the prevention and management of fire safety in company vehicles. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Vehicle Fire Safety training.

## Why is this training important?

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach or bus. It is a legal requirement to ensure that employees are aware of the correct actions to take in emergency situations. This course ensures drivers have a better understanding of vehicle fire hazards.

## Course content

- Vehicle fire statistics
- Legislation
- The chemistry of fire
- Vehicle fire hazards
- Types of fire extinguishers
- Proper use of fire extinguishers

**Certificated by:** Ouch Learning and Development - approved by DVSA

**Duration:** 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite  
training available**

## Driver CPC Vehicle Fire Safety

### Learning outcomes

Upon completion of the course, learners will:

- Understand vehicle fire statistics
- Know the types and causes of vehicle fires
- Be informed of the legislation related to vehicle fire safety
- Understand the chemistry of fire, including:
  - Definitions
  - Classification
  - Terminology
- Know vehicle ignition sources
- Understand what can burn (fuel sources)
- Understand fire hazards
- Understand types of extinguishing media
- Understand the proper use of fire extinguishers



## Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Driver CPC Introduction to Health & Safety

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach, or bus. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

This Driver CPC training program provides essential knowledge and skills in health and safety to help drivers protect themselves and others while on the road.

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Health and Safety training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard. This course will enable employers to comply with the Health and Safety at Work Act, which ensures staff are trained in safe work practices.

## Course content

- Why is health and safety important?
- Legislation
- Employer / employee responsibilities
- Accidents at work
- Case studies
- Health and Safety Enforcement
- Working at height
- Vehicle ergonomics
- Noise / vibration

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC Introduction to Health & Safety

### Learning outcomes

Upon completion of the course, learners will be able to:

- Understand why health and safety is important
- Identify the three factors of accident causation
- Be aware of health and safety legislation and the employer/employee responsibilities
- Know the importance and legal requirements of accident reporting
- Work at height safely with knowledge of how to assess the risks
- Identify ways to prevent injury occurring due to seating positions and use
- Use control measures to reduce noise and vibration risks



### Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Driver CPC Driver Risk Assessment

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach, or bus. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

This course discusses the exposure to risk drivers will face and aims to give learners the skills and knowledge to reduce the chance of incidents occurring.

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Risk Assessment training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard. Knowing ways to spot hazards and their associated risks, as well as being up to date with the latest health and safety legislation can reduce the chance of being involved in incidents.

## Course content

- Health and Safety Legislation
- 5 steps to risk assessment
- Hazard spotting
- Evaluation of risk / Hierarchy of control
- Review and recording, accident reporting-RIDDOR

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC Driver Risk Assessment

### Learning outcomes

Upon completion of the course, learners will be able to:

- Contribute to the maintenance of a safe work environment and to the process of formal risk assessment
- Understand the legal requirements for risk assessment
- Understand the principles of risk assessment including;
  - Hazards, risks and control measures
  - The five steps of risk assessment
  - The hierarchy of control
- Risk assessment review and record keeping



## Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA



# Driver CPC COSHH Awareness

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach, or bus. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

This course is designed to provide an understanding of the hazards and risks when using hazardous substances at work.

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC COSHH Awareness training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard. This course will prepare employees to contribute to safer use of hazardous substances in cooperation with their managers and supervisors.

## Course content

- Introduction to COSHH Regulations
- Definition, types, and recognition of substances hazardous to health
- Methods of entry into the body and health effects
- COSHH Risk Assessments
- Hierarchy of control measures
- Use of personal protective equipment
- Emergency procedures

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC COSHH Awareness

### Learning outcomes

Upon completion of the course, learners will be able to:

- Identify hazardous substances and the main risks involved
- Understand the primary health effects of hazardous substances
- Be familiar with the legislation and RIDDOR statistics in relation to COSHH
- Be familiar with COSHH hazard symbol and safety data sheets
- Evaluate risk and be aware of control measures that can be used



## Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Driver CPC Conflict Resolution

Qualified drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC) to drive a lorry, coach, or bus. This course has been approved by the DVSA and qualifies for 3.5 Driver CPC hours (this module must be completed in conjunction with another 3.5 hour Driver CPC module to obtain the minimum 7 hours required).

This course is designed to provide a foundation in conflict resolution, with emphasis on the importance of personal safety.

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

## Who needs this qualification?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Conflict Resolution training.

## Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard. This course will prepare drivers to manage conflict and diffuse situations, as well as maintaining their own personal safety.

## Course content

- Introduction to work related violence
- Legislation relating to violence at work
- Self defence
- Conflict escalation (risk factors)
- Resolving confrontational situations
- Personal safety

**Certificated by:** Ouch Learning and Development – approved by DVSA

**Duration:** 3.5 hours (must be taken with a second module to gain the minimum 7 CPC hours)

**Assessment:** No formal assessment

**Prerequisites:** A CPC card or valid driver's licence for buses, coaches, or lorries

**Validity of award:** 3 years

**Learner-to-trainer ratio:** Maximum 12 learners per trainer

**Delivery formats available:** Face-to-face

**In-house / onsite training available**

## Driver CPC Conflict Resolution

### Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the terminology used in conflict resolution
- Understand the laws that apply to businesses and their employees
- Understand the concepts of a safe working environment and how the risk of conflict can be assessed.
- Ability to recognise potential confrontational situations and defuse conflicts before they escalate to serious violence
- Appreciate the importance of personal safety



### Included in the price:



Interactive and engaging course



Automatic email reminders for certificate expiries



Qualification & digital certificate



Access to FREE resources on the Ouch website including Appointed Persons posters for your workplace



Course manual & materials



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Driver CPC hours uploaded to DVSA

# Other Courses offered by Ouch



**First Aid**

[View More](#)



**Fire Safety**

[View More](#)



**Asbestos Safety**

[View More](#)



**Driver CPC**

[View More](#)



**Health & Safety**

[View More](#)



**Manual Handling**

[View More](#)



**Business Training**

[View More](#)



**Mental Health**

[View More](#)