

BUS & LORRY DRIVER CPC GUIDE FOR THE THEORY TEST

UNDERSTANDING A DRIVERS WORK

**Essential preparation for the new Case Studies and
Practical Demonstration tests**

Certificate of Professional Competence (Recognisable)

CPC Bus and Truck Question Bank

1. The turning motion of an engine is referred to as?

Correct answer explanation: Torque is the result of the turning motion of the crankshaft. It is transmitted to the transmission and eventually to the turning wheels.

2. The transmission system converts torque into?

Correct answer explanation: The transmission system takes the power from the engine and transfers to the driveshaft or wheels. An automatic transmission uses a torque converter and fluid coupler to change the gear ratio.

3. Which statement accurately expresses the relationship between torque, power, and fuel consumption?

Correct answer explanation: The torque produced by an engine will vary at different engine speeds. If optimum torque can be achieved at low engine speed, overall fuel consumption will improve considerably compared to an engine running at maximum revolutions. Torque is therefore important to achieving optimum engine efficiency.

4. A vehicle with a manual transmission system is travelling down a hill. What happens to torque and power when the clutch pedal is depressed?

Correct answer explanation: Torque and power created by the engine are transferred to the wheels via the gearbox and driveshaft. The clutch, situated between the engine and gearbox and operated by a pedal, temporarily disconnects and connects the drive between the engine and gearbox allowing the torque to be transferred back to the engine.

5. Refer to the accompanying figure. What would the driver do when the dial on the gauge moves steadily and swiftly from 5 to beyond 15 while travelling on a level surface?



Correct answer explanation: For optimum performance, a vehicle and engine speed needs to be properly matched. While on a level surface, engine rpm should be kept low in relation to vehicle speed. This is achieved by changing to a higher gear.

6. Refer to the accompanying figure. Which of the following readings would indicate the most efficient use of engine power for a vehicle travelling at a moderately steady speed?



Correct answer explanation: Moderately steady vehicle speed requires the highest gear with the lowest engine rpm; however, 500 rpm is too low to maintain engine function while 2500 rpm and above causes undue engine wear as well as a dramatic drop in fuel efficiency.

7. What relationship between the speedometer and the revolution counter represents the most efficient use of vehicle power and fuel consumption?

Correct answer explanation: Steady vehicle speed requires the highest gear with the lowest engine rpm. If the rpm is high and the speed is low the driver is not properly distributing the power and using unnecessary amounts of fuel.

8. While climbing a hill, what is indicated if the rev counter drops quickly?

Correct answer explanation: Because of the need for increased power, climbing a hill requires a lower transmission gear with a higher engine rpm.

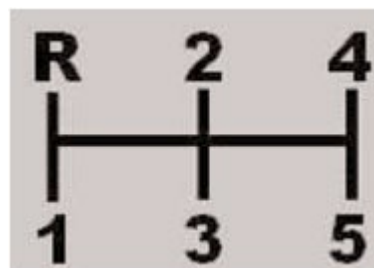
9. While changing down, the driver of a vehicle fitted with a crash gearbox briefly releases the clutch with the gear lever in the neutral position. The driver is practicing?

Correct answer explanation: Double-declutching is a technique of engaging and releasing the clutch when changing down in order to adjust engine revs to road speed and minimize the load placed on the gearbox. (Rarely needed on modern vehicles).

10. The technique of double declutching matches?

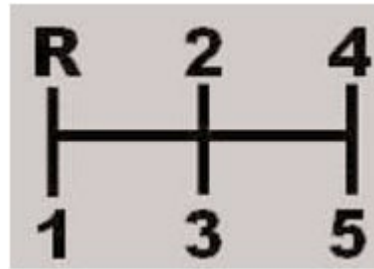
Correct answer explanation: Double-declutching is a technique of engaging and releasing the clutch when changing down in order to adjust engine revs to road speed and minimize the load placed on the gearbox.

11. Refer to the accompanying figure. Which number or letter refers to the highest gearbox ratio?



Correct answer explanation: Higher gears ratios for a manual gearbox are indicated by a higher number on the gear stick.

12. Refer to the accompanying figure. When moving off from a stop on a level surface, what would be the most appropriate gear selection?



Correct answer explanation: Lower gear ratios for a manual gearbox are indicated by a lower number on the gearstick (Reverse is also a low gear ratio).

13. What is the most efficient and safest procedure when descending a long hill?

Correct answer explanation: To be efficient and safe, one should brake early and steady, so that overheating of brakes and excessive speed is avoided. With the retarder, speed control is much easier and safer. The driver can then change to a lower gear while the retarder is engaged. Descents can be quicker, giving the vehicle greater momentum to climb the next hill.

14. The service brake is operated by a?

Correct answer explanation: The service brake is the principal braking system of a vehicle that is operated by a foot control located next to the accelerator.

15. The air used in air brake systems is stored in?

Correct answer explanation: Air braking systems draw air from the atmosphere and store them in reservoir tanks, which are replenished by the compressor.

16. Where is the air that is used in the air brake systems stored?

Correct answer explanation: Air braking systems work closely with a compressor and draw air from the atmosphere to store them in reservoir tanks.

17. Endurance braking systems (retarders) control vehicle speed?

Correct answer explanation: EBS improves vehicle control, reaction, and vehicle stability during braking by using electronic signals to operate pneumatic valves, which operate by applying resistance through the gear box to help reduce the speed of the vehicle.

18. What is the primary purpose of the anti-lock braking system (ABS)?

Correct answer explanation: When the brake force exceeds that which can be transmitted to the road via the tyre (i.e. a skid) the ABS is applied to prevent wheels from locking.

19. What type of system applies resistance via the transmission to the rotation of the vehicle's driven wheels?

Correct answer explanation: Endurance braking systems (EBS) control the vehicle's speed without using wheel-mounted brakes; instead EBS operate by applying resistance, via the transmission, to the rotation of the vehicle's driven wheels.

20. During extensive start-and-stop urban driving, brake lining wear can be significantly reduced by using?

Correct answer explanation: Retarders provide a way of controlling a vehicle's speed without using the wheel-mounted brakes. They operate by applying resistance, via the transmission, to the rotation of the vehicle's driven wheels. An integration of non-wearing brakes such as retarders conserves the brake pads and lead to an extending operating life.

21. A driver stopped briefly on an uphill slope should?

Correct answer explanation: The handbrake is an additional braking device which does not need to be held in place but has a type of locking mechanism; therefore, when stopped on a hill, engagement of the handbrake will hold the vehicle in place while allowing the driver to carry out the correct uphill start procedure and thus avoiding 'roll back' or unnecessary wear on the clutch.

22. Resistance to change in a vehicle's motion is called?

Correct answer explanation: Resistance to movement is called inertia, and the force that keeps vehicles in motion (the opposite) is called momentum.

23. The force that keeps a vehicle moving is called?

Correct answer explanation: The force that keeps a vehicle in motion is called momentum.

24. Which of the following statements is TRUE regarding the physical forces acting on a vehicle?

Correct answer explanation: It requires a great deal of force to make a vehicle begin to move, even on a flat road. But it takes relatively little power to keep it rolling at a constant speed.

25. Which of the following are the more vulnerable group of road users?

Correct answer explanation: Pedestrians, cyclists, and motorcycle drivers have the largest risk of severe injury when colliding with a motor vehicle.

26. In what situation are endurance braking systems especially useful?

Correct answer explanation: Endurance braking systems are especially useful when descending long hills, when the vehicle's speed can be reduced without using the service brake, which helps avoid the brakes overheating brake fade

27. When travelling down a hill, the driver should?

Correct answer explanation: The service brake is the main braking system used when coming to a hill because it controls the vehicle speed.

28. What can result from driving with anticipation and awareness?

Correct answer explanation: By driving with anticipation and awareness of surroundings, a driver lessens the risk of being involved in an accident.

29. During a long descent of a hill, how can poor brake performance due to high heat be avoided?

Correct answer explanation: Excessive use of the service brake generates heat, and at high temperatures braking performance can be reduced. Proper use of the endurance braking systems reduces the use of the service brake.

30. What should the driver do in the event of service brake failure?

Correct answer explanation: The secondary brake may be combined with the foot brake or the parking brake control. This brake is provided for use in the event of the service brake failing. The secondary brake normally operates on fewer wheels than the service brake and therefore has a reduced performance level.

31. Frequent use of the service brake during an extended downhill descent can lead to?

Correct answer explanation: Care must be taken to check the depletion of the air pressure in the service reservoirs due to the frequent application and release of the service brake. On long descents, the air volume usage often exceeds the replenishment rate of the compressor. This causes the service reservoir air pressure to drop below the normal maximum at which the service brake may operate (to avoid this use endurance braking system/retarders where necessary).

32. What can cause ice to form in the valves and pipes of air brake systems?

Correct answer explanation: Air braking systems draw air from the atmosphere, which contains moisture. The moisture condenses in the air reservoirs and can be transmitted around a vehicle's braking system. In cold weather this can lead to ice forming in valves and pipes.

33. What happens when air pressure drops below normal in one of the brake reservoirs?

Correct answer explanation: Air brake systems are fitted with warning devices that will be activated when air pressure drops below a predetermined level (usually a light and warning sound).

34. The operation of brake warning devices can be checked by?

Correct answer explanation: ABS warning lights can and should be checked by the driver before every journey. ABS warning signals will operate as soon as the ignition is turned on.

35. Which of the following statements is TRUE regarding the relationship between fuel consumption and gearbox types?

Correct answer explanation: Drivers who are skilled in using manual transmissions change gears less frequently and stay in the most efficient gear possible; these techniques save considerable amounts of fuel.

36. To save fuel, a driver can use the highest gear that?

Correct answer explanation: It is not always necessary to change up or down through all of the gears in sequence — it is possible to miss out intermediate gears. This will reduce the amount of time you spend accelerating, as this is time when fuel consumption is at its highest.

37. When is the most fuel consumed while changing up in gear?

Correct answer explanation: When possible, reduce the amount of time you spend accelerating, as this is time when fuel consumption is at its highest. As conditions allow, use the highest gear possible without making the engine struggle.

38. While driving on a Motorway, a driver has to slow down due to a road hazard. Which of the following procedures will save fuel during the slow down?

Correct answer explanation: It is not always necessary to change up or down through all gears—it is possible to miss out intermediate gears. This can reduce the amount of time you spend accelerating, as this is time when fuel consumption is at its highest.

39. A driver can achieve the greatest fuel efficiency when driving a vehicle equipped with an automatic gearbox by?

Correct answer explanation: The fewer the gear changes, the less the physical activity needed and the more fuel efficient the operation.

40. When driving downhill, which of the following practices is both safe and fuel-efficient?

Correct answer explanation: When appropriate, take your foot off the pedal and allow the momentum of the vehicle to take you forward. Taking your foot off the accelerator when going downhill can save a considerable amount of fuel without any loss of vehicle control.

41. Which gear should be used to optimize fuel consumption?

Correct answer explanation: As conditions allow, use the highest gear possible without making the engine struggle. This will reduce the amount of time spent accelerating, which is when fuel consumption is at its highest.

42. What technique should be used to decrease fuel consumption?

Correct answer explanation: When driving, with your foot fully off the accelerator (i.e. 'engine braking') the engine needs very little fuel, so take advantage of engine braking wherever possible.

43. The driver of a vehicle with a manual gearbox is descending a long hill. Which of the following methods is the safest, most effective way to save fuel?

Correct answer explanation: When appropriate, take your foot off the pedal and allow the momentum of the vehicle to take you forward. Taking your foot off the accelerator when going downhill can save a considerable amount of fuel without any loss of vehicle control.

44. For both safety and fuel saving, what should a driver do when approaching a steep incline?

Correct answer explanation: Because of the need for increased power, climbing a hill requires a lower transmission gear with a higher engine rpm.

45. While climbing a gradual incline, the rev counter and speedometer both read low and the engine is struggling. Fuel can be saved and power increased if the driver?

Correct answer explanation: If the driver shifts to a lower gear the engine will receive the necessary increase in power to climb the hill.

46. A driver has switched from regularly driving a vehicle with a manual gearbox to one with an automatic gearbox. The driver can assess fuel economy after the switch by?

Correct answer explanation: The most accurate way to measure the fuel economy of switching to an automatic gearbox is to measure the amount of fuel consumed by the distance travelled. This method will take into account the practices of the driver and driving conditions that are not accounted for in the manufacturers advertised mileage.

47. Which of the following methods provides the best means of achieving increased fuel economy?

Correct answer explanation: If tyre pressure falls below recommended figures, rolling resistance increases and more fuel is needed to drive the same distance.

48. When should the professional driver drive with anticipation and awareness?

Correct answer explanation: A professional driver must drive at all times with anticipation and awareness of surroundings to help reduce the risk of collision or injury etc.

49. To maintain vehicle safety, what procedure might a driver practice when driving downhill?

Correct answer explanation: Using a lower gear (where possible) increases the braking effect of the engine and thereby makes the vehicle slower and more stable.

50. What type of braking uses the least amount of fuel?

Correct answer explanation: With your foot fully off the accelerator the engine needs very little fuel, so take advantage of engine braking wherever possible. Use lower gears rather than extended use of the brakes to avoid brake fade.

51. Heavy braking and rapid acceleration have what kind of effect on fuel consumption?

Correct answer explanation: Rapid acceleration and heavy braking lead to greater fuel consumption. Heavy braking usually means the driver will then need to accelerate afterwards to build up the vehicle momentum again.

52. Use of which of the following systems helps increase fuel economy on vehicles so equipped?

Correct answer explanation: For vehicles equipped with retarders, disc brakes, and exhaust brakes will have the least brake wear as well as high fuel economy.

53. When a vehicle has to remain stationary for a period of time, the greatest fuel economy can be achieved by?

Correct answer explanation: Engine idling wastes fuel, while an engine that is turned off uses no fuel.

54. Increased fuel economy is achieved by allowing air pressure to build up while the engine is?

Correct answer explanation: By using the lowest RPM to build up air pressure, the engine runs slower, therefore consuming less fuel. A balance must be achieved so as to prevent unnecessary idling – which would increase fuel consumption.

55. Besides maintaining consistent vehicle speed, cruise control can?

Correct answer explanation: By maintaining a steady vehicle speed, the engine runs more efficiently; therefore, cruise control maximises fuel economy. Furthermore, cruise control optimises the electronic control system's ability to deliver the appropriate amount of fuel for every driving condition.

56. Which of the following practices will improve fuel economy?

Correct answer explanation: Frequent brake use decreases vehicle momentum which must then be regained by more frequent acceleration, thus using more fuel than necessary. Therefore look and plan as far ahead as possible to avoid unnecessary braking and then accelerating.

57. A driver will NOT achieve improved fuel efficiency by?

Correct answer explanation: Constantly driving at top speed uses more fuel than driving at lower speeds.

58. Which of the following is an acceptable means of improving fuel economy?

Correct answer explanation: The cost (in terms of fuel) of a properly maintained vehicle will be less than that of a badly maintained vehicle.

59. What can an increase in the average fuel consumption mean?

Correct answer explanation: If a driver hasn't changed driving methods, or driving conditions haven't changed, an increase in fuel consumption usually means the vehicle needs servicing.

60. Engines powered by what type of fuel are usually the MOST fuel-efficient?

Correct answer explanation: Diesel engines are more fuel efficient than petrol engines.

61. What type of engine oil can help to save fuel?

Correct answer explanation: Synthetic motor oil causes less engine drag than the other forms of oil listed; therefore, allowing the engine to waste less power and save more fuel in the process.

62. What can cause increased fuel consumption?

Correct answer explanation: When tyres are under-inflated rolling resistance increases and fuel is wasted.

63. Under EU driver's hours regulations what is the minimum number of consecutive hours of daily rest required for the driver?

Correct answer explanation: Minimum of 11 hours, which can be reduced to a minimum of 9 hours no more than three times a week. This is EU Law as set by Council Regulations (EEC) 3820/85, 561/2006 and Gibraltar Legislation (Transport Act 1988).

64. How often are tachographs required to be inspected?

(Correct answer explanation: Every two years. This is Law as set by Council Regulation (EEC) 3821/85 as amended, and Gibraltar Legislation (Transport Act 1988).

65. How often are tachographs required to be re-calibrated?

Correct answer explanation: Every six years as set out by EU Law.

66. What may be a cause of driver fatigue?

Correct answer explanation: A number of factors can contribute to a driver becoming excessively fatigued, poor driving conditions being one of them.

67. Which of the following is the BEST thing to do to avoid falling asleep at the wheel?

Correct answer explanation: Beginning a journey while tired greatly increases the chance of falling asleep at the wheel.

68. In potential ice or frost conditions, drivers should allow up to?

Correct answer explanation: Ice and frost greatly reduces tyre-to-road surface traction. Allowing up to ten times the usual distance for braking helps compensate for the loss of traction.

69. All of the following are essential competencies for drivers to follow EXCEPT?

Correct answer explanation: Aggression is a negative response that is counterproductive to both competency and safety.

70. What is the main cause of collisions on the road?

Correct answer explanation: Human error, such as driving at excessive speeds, increases the risk of collision.

71. The main cause of collisions on the road is?

Correct answer explanation: Human error, such as driving at excessive speeds, increases the risk of collision.

72. What is the proper order for the process for manoeuvring a junction?

Correct answer explanation: Because observation is more difficult at junctions, more than a quick glance is necessary before pulling out. Before deciding to move into the junction, a driver must assess the situation after observing the whole scene.

73. What hazard is MOST likely to be encountered during the day?

Correct answer explanation: While all options except "A" are hazards of night driving, glare from the sun, especially on a dirty windshield, usually causes the greatest impairment of vision during the day.

74. Which of the following is MOST accurate regarding vision and driving?

Correct answer explanation: Distance becomes more difficult to determine as light diminishes. Colour, for instance, becomes harder to determine at half-light in comparison to full light.

75. A lightness in the steering is MOST likely indicative of?

Correct answer explanation: Lightness in steering is an indication of a loss of traction. Because ice provides a harder, smoother surface than rain, snow, or fog, skidding becomes nearly inevitable.

76. What is the most likely cause of multiple pile-ups on motorways?

Correct answer explanation: Because of increased speeds on motorway, driving too close to other vehicles gives a driver less time to respond safely.

77. A driver is driving at night and sees white lights ahead. This usually means that a vehicle is?

Correct answer explanation: Vehicle headlamps are usually white while tail lights are red and indicator lights are flashing amber. Therefore, white lights indicate the vehicle ahead is usually approaching or facing the driver (be aware they could also be reversing lights).

78. A driver is driving at night and sees red lights ahead. This may indicate that a vehicle is?

Correct answer explanation: Vehicle tail lights are red while head lamps are white or yellow and indicator lights are flashing amber. Therefore, red lights indicate that the vehicle ahead is moving away or has the rear of the vehicle facing the oncoming driver.

79. Sleep-related vehicle incidents are more evident in male drivers up to age 30 because younger men?

Correct answer explanation: Studies have shown that males under the age of 30 tend to ignore the effects of sleep loss and sleepiness.

80. Knowing the height of the vehicle is important in order to avoid an accident involving?

Correct answer explanation: Every year bridges are hit by vehicles which are too high to pass underneath; therefore, it is important to know vehicle height as well as pay attention to height restriction signs.

81. The bodies of vehicles fitted with air suspension may move a considerable amount while parked due to?

Correct answer explanation: Air suspension relies on engine vacuum for air supply; when engine is not running, air leaking from bags cannot be replenished, and, therefore, the vehicle body can shift in the direction of an emptying bag.

82. When driving on Motorways, which of the following statements is true?

Correct answer explanation: Due to decreased driver response time involving more vehicles moving at a faster rate. (There is less room for driver error).

83. What is the minimum legal braking performance for the service brake?

Correct answer explanation: Safety standards for buses (with at least 16 seats) set a minimum braking performance permitted for service brakes at 50%.

84. Fallen trees or damaged branches MOST likely are an indicator of?

Correct answer explanation: Fallen tree branches are a hazard to vehicles and indicate probable strong wind damage.

85. Which of the following characteristics of a vehicle is MOST likely to cause an accident?

Correct answer explanation: Wide vehicles not only may obstruct other drivers' views and require extended spaces for turning but especially on narrow roads also may make it difficult for vehicles being passed to remain on the road.

86. Additional mirrors help drivers MOST with?

Correct answer explanation: Because of the larger size and design of PCVs & HGV's there are more blind spots than smaller vehicles; therefore, additional mirrors will help to provide adequate observation of areas otherwise difficult to see.

87. The dangerous effects of LSD can last up to how many hours?

Correct answer explanation: Driving after taking LSD is extremely dangerous and the effects can last up to 12 hours.

88. What type of driving can reduce the chance of being in a road accident?

Correct answer explanation: Drivers who drive defensively (meaning, driving with anticipation and awareness), lessen the risk of being involved in a traffic incident.

89. Who is responsible for ensuring that a vehicle is NOT transporting illegal immigrants?

Correct answer explanation: Coach drivers may be liable for penalties if they bring illegal immigrants into the country in their vehicles.

90. To discourage crime and increase passenger confidence, a driver should?

Correct answer explanation: A driver should perform basic security checks according to company policy. A security checklist may be helpful.

91. Which of the following occurrences becomes more likely with threats to national security?

Correct answer explanation: With the current level of threat to national security, coaches may be subject to search by a number of authorities at ports and in particular the Channel Tunnel in the UK or France.

92. To ensure security after the vehicle has been left unattended for a period of time, the driver should do all of the following EXCEPT?

Correct answer explanation: The package should not be opened to lessen any safety or security risks when a vehicle has been left unattended for a period of time, the driver should search the coach before the passengers' board and after the journey including any compartments accessible from the outside. Suspicious packages should remain unopened but be reported to the company.

93. A coach search has been undertaken by security authorities that have discovered unaccountable baggage. Which of the following results is MOST likely to occur following the breach?

Correct answer explanation: If a coach search is undertaken and any baggage is found that cannot be accounted for (including items left from previous journeys), it may result in a significant delay whilst the baggage is removed and checked, or the coach may be refused travel.

94. If a driver discovers unaccompanied hand luggage on a vehicle, what action should occur?

Correct answer explanation: If unaccompanied luggage is discovered, the driver should immediately contact the company and make arrangements for it to be removed at the earliest opportunity.

95. After parking at a border crossing the responsibility of checking that the vehicle has not been tampered with is the responsibility of the?

(Correct answer explanation: All security and checking should be even more Rigorously carried out when traveling abroad, especially if your vehicle has been unattended at any time when parked at a border crossing.

96. What precaution can the driver take to prevent the vehicle from being stolen or broken into?

Correct answer explanation: Make sure that the vehicle is left locked and secured when unattended or at any designated stops. Don't allow passengers to leave personal effects on board except in locked luggage compartments. Be sure to set any fitted anti-theft devices.

97. Which of the following vehicles would be the LEAST likely target for a crime?

Correct answer explanation: Make sure that the vehicle is left locked and secured when unattended or at any designated stops. Don't allow passengers to leave personal effects on board except in locked luggage compartments. Be sure to set any fitted anti-theft devices.

98. When should a driver secure his/her vehicle?

Correct answer explanation: When you are at a stop and leave the vehicle unattended, e.g. at the start and end of a journey or during a comfort break, make sure that passenger doors and baggage holds are locked and windows secured.

99. Which of the following examples is one of the most common causes of criminal damage to vehicles and infrastructure?

Correct answer explanation: The most common forms of criminal damage are slashed seats, missile throwing, graffiti and broken windows.

100. What is the most common problem for drivers with cyclists?

Correct answer explanation: The most serious problem for cyclists seems to be detection of them by drivers approaching alongside or from behind.

101. Constantly applying the brakes while on a long downhill stretch can result in what?

Correct answer explanation: When a driver brakes for a long period heat is generated and that heat contributes to brake fade. (Where the drum heats up and expands away from the brake linings so that they are less effective).

102. How often are mandatory downloads required for all digital tachograph vehicle units?

Correct answer explanation: There is a mandatory requirement for download of all digital tachographs (vehicle units) every **three months** at the latest.

103. If the driver of another vehicle is verbally aggressive, what should the professional driver do?

Correct answer explanation: If you are verbally aggressed, you need to keep calm so not to make the situation worse.

104. Penalties for carrying illegal immigrants can only be avoided by operating an effective system. Which of the following measures would NOT be part of an effective system?

Correct answer explanation: The operator of the vehicle should provide you with a document including instruction on how to secure the vehicle. This document must be carried with the vehicle so it may be produced immediately for immigration officers if requested. You should also carry a checklist which acts as a reminder to carry out the checks required and enable you to keep a record of the checks you have carried out. This will help to show that an effective system was operated in the event that illegal immigrants are carried. A tachograph records items such as speed of vehicle, times the vehicle was being driven, at rest etc and is not linked to the vehicle security system.

105. How often should a driver check to ensure that the driving seat is correctly adjusted?

Correct answer explanation: Every time you get into your vehicle, check that the driving seat is correctly adjusted, so that you can sit with correct posture, reach all controls comfortably and take effective observations.

106. What action can cause the onset of drowsiness?

Correct answer explanation: Always avoid driving after a heavy meal as eating a heavy meal may cause drowsiness.

107. When does a driver need to have a medical examination completed by a doctor?

Correct answer explanation: All renewals of Cat 'C' & 'D' driving licence may be directed through your medical doctor as you must undertake a medical examination in connection with the renewal.

108. An applicant may be refused a Category C or D driving licence if he/she suffered a stroke within the last?

Correct answer explanation: You are required to meet some basic health and fitness standards. As such, you may be refused a PCV/HGV driving licence if you suffered from a stroke within the past year.

109. As a general rule, handling aids, such as barrows and trolleys, should have handle heights that are between an individual's?

Correct answer explanation: Handling devices such as barrows and trolleys should have handle heights that are between the shoulders and waist. this may help to reduce the risk of injury.

110. The two most important and essential safety items for the driver are?

Correct answer explanation: Drivers should wear suitable personal protective equipment which employers are required to provide where there is a risk to their health and safety. The two most important safety essentials are a hi-vis jacket or vest to maximize your visibility and protective footwear to guard feet against drop or crush injuries.

111. When trying to control diet, what is a good snack food?

Correct answer explanation: With the exception of fruit, most snack foods are high in sugar, fat or salt.

112. What type of food will be slowly digested and prevent hunger?

Correct answer explanation: Meals based around slowly digested calories such as bread, rice, pasta, and vegetables will keep you satisfied and prevent hunger longer than those high in sugar, which give immediate calories. Not falling hungry during a long drive may help a driver to maintain concentration.

113. What food is high in protein?

(Correct answer explanation: Meals based around protein-containing foods (such as meat, fish, eggs, cheese and peas or beans) will keep you satisfied and may help a driver to maintain concentration.

114. A driver has driven a vehicle with 20 passenger seats on a journey and has not used a tachograph. What is the MOST severe consequence of this violation?

(Correct answer explanation: Loss of licence and heavy fines. This is EU Law as set by Council Regulation (EEC) 3821/85, and Gibraltar Legislation (Transport Act 1988)..

115. In case of delays, what is the ideal drink to carry on your journey?

Correct answer explanation: You should carry water in case of delays on your journey, especially in summer. Water is the ideal drink. It quenches thirst for longer than drinks such as coffee or tea, which increase urine production, this can be particularly important for drivers who drive long distances outside population areas.

116. During international travel, what action should a driver take if unaccompanied baggage or hand luggage is discovered?

Correct answer explanation: If unaccompanied luggage is discovered en-route, the driver/crew should immediately contact the company and make arrangements for it to be removed at the earliest opportunity.

117. When driving through the night, what is recommended concerning meals?

Correct answer explanation: When driving through the night or on late-evening or early-morning shifts you need to consider an additional meal at the start of and in the middle of the period of work. To avoid hunger and may help a driver to maintain concentration.

118. How might alcohol affect judgment while driving?

Correct answer explanation: Drinking alcohol seriously affects driving ability. It reduces coordination, decreases reaction time and impairs judgment of speed and distance and also gives a false sense of confidence.

119. Up to how many hours may drugs remain in the body?

Correct answer explanation: Unlike alcohol, the effects of which last about 24 hours, many drugs remain in the body for up to 72 hours.

120. It is an offence to drive if a person's blood alcohol level is in excess of?

Correct answer explanation: Blood alcohol content (BAC) of 0.8 g/l (still the legal limit in 3 of 25 EU-member states) is the current legal limit in Gibraltar. Not only is the crash rate higher with a higher BAC, but the crashes become more severe.

121. If a driver becomes fatigued, a nap of about how many minutes would enable another hour of driving time?

Correct answer explanation: Stop and take a nap for 15 minutes (set the alarm on your mobile phone).

122. What will most likely help a driver to stay awake while driving at night?

Correct answer explanation: If you drive solo, play the radio, chew gum, or talk. Schedule a break every 2 hours or every 100 miles.

123. What is LEAST likely to be affected if the driver leaves on a journey without the proper rest?

Correct answer explanation: Some of the most common symptoms of driver fatigue are: Inability to stay in a lane, not sure where you are, poor concentration, slowed reactions, misjudgement of traffic situations, etc. The other options of Judgment, Concentration & Ability to react will usually be effected earlier than the ability to communicate.

124. To keep alert while driving at night, what should the driver do?

Correct answer explanation: If you feel tiredness coming on, open the windows, turn the heating down and get off the motorway. Bear in mind that a substantial meal accompanied by the warmth in the cab, the continual resonance of the engine and long uninterrupted stretches of road, especially at night, can produce the very conditions you need to avoid.

125. Driving at night with a warm vehicle interior could?

Correct answer explanation: A warm environment especially at night can make a driver feel drowsy. If you feel tiredness coming on, open the windows, turn the heating down and get off the motorway. Bear in mind that a substantial meal accompanied by the warmth in the cab, the continual resonance of the engine and long uninterrupted stretches of road, especially at night, can produce the very conditions you need to avoid.

126. According to the EU driving hours regulations, what is the maximum amount of time a driver may drive in a 24-hour period?

Correct answer explanation: AETR (*The European Agreement concerning the Work of Crews of Vehicles engaged in International Road Transport*) rules: Daily driving—Maximum of 9 hours, extendable to 10 hours no more than twice a week.

127. Under EU regulations, a driver may drive up to a MAXIMUM of how many hours between weekly rest periods?

Correct answer explanation: The AETR (*The European Agreement concerning the Work of Crews of Vehicles engaged in International Road Transport*) rules define no maximum weekly driving limit. However, a weekly rest period must be taken after no more than six daily driving periods. It is possible to drive up to 56 hours between weekly rest periods.

128. According to the EU driving hours regulations, what is the minimum amount of hours of consecutive daily rest a driver must have?

Correct answer explanation: AETR (*The European Agreement concerning the Work of Crews of Vehicles engaged in International Road Transport*) rules: Daily rest—Minimum of 11 hours, which can be reduced to a minimum of 9 hours no more than three times a week.

129. Under EU regulations, the minimum break that can be taken during a driving period is?

Correct answer explanation: Under EU and Gibraltar law breaks from driving, the first break must be at least 15 minutes.

130. If a vehicle breaks down, where should the driver stop?

Correct answer explanation: To avoid complications of an accident, in the event of a break down try to stop as far to the right as possible.

131. What would MOST likely be the cause if the driver is suddenly unable to steer the vehicle properly?

Correct answer explanation: A front tyre blowing out or bursting causes the vehicle to suddenly become difficult to steer or control.

132. Which of the following should NOT be done if a front wheel blow-out occurs?

Correct answer explanation: Avoid swerving quickly in any direction as a driver must firstly establish that it is safe to change direction. In the event of a front-wheel blow-out, keep a tight hold on the steering wheel, always be aware of anything on the right-hand side of the vehicle, signal right, try to steer to the right-hand side of the road, slow down gradually, try to stop your vehicle under control as far to the right as you can, and switch on the hazard warning consider use of warning triangle.

133. What is the first thing a driver is legally required to do if involved in an accident?

Correct answer explanation: If a driver is involved in an accident, the driver must stop the vehicle and remain at the scene for a reasonable time.

134. Hazard warning lights enable a driver to?

Correct answer explanation: If a driver arrives at the scene of a breakdown, the driver should switch on hazard warning lights and parking lights, this helps warn other road users of an breakdown.

135. If no warning triangle or hazard lights are available, what might the driver do to warn other drivers they are coming upon an accident scene?

Correct answer explanation: If there is an accident, the driver should wear the vest or jacket and use a torch to alert other road users of the driver and vehicle's presence. Hazard warning lights should be used if available.

136. If a vehicle were to break down in a tunnel, a driver should do any of the following EXCEPT?

Correct answer explanation: If there is a breakdown or a crash in a tunnel, switch on the hazard warning lights, switch off the engine, use the emergency phone, check the radio for instructions, and check all electronic signs in the tunnel for information. With the engine switched off there is a reduced risk of fire.

137. If a vehicle has broken down on an automated railway level crossing, what is the first thing a driver should do?

Correct answer explanation: If there is a breakdown or a vehicle gets stuck on a level crossing, the driver should make sure everybody gets out and gets clear of the railway line and use the phone provided to contact the signal operator or warn of the danger immediately as best the driver can.

138. When a breakdown occurs, no attempt should be made to work on the left-side of the vehicle unless?

Correct answer explanation: Assuming the vehicle is stopped on the right side and facing forward, don't attempt to work on the left-hand side of the vehicle if it is nearest the moving traffic unless protected by a recovery vehicle with flashing amber beacons.

139. Who is MOST vulnerable to being drawn under the wheels of a large vehicle?

Correct answer explanation: Pedestrians near the edge of the kerb are especially vulnerable to the danger of being drawn under the wheels of the vehicle by the draught as a vehicle or trailer passes by. Cyclists may move up along either side of the vehicle and they will be difficult to see if they are positioned in front of your right mirror, between the kerb and the front right wheel.

140. A loss of grip between the tyre and the road surface can be caused by?

Correct answer explanation: Friction is the grip between two surfaces this friction is reduced during sudden acceleration. The grip which the tyres have on the road surface transmits the force (traction) which is essential when moving away or accelerating, turning or changing directions, and braking or slowing down.

141. The first person upon the scene of an accident should call?

Correct answer explanation: If the driver arrives at the scene of an accident, call for help at 199 or 112. If the first person does this help may arrive sooner.

142. If using a mobile phone to call the police and emergency services from a Motorway, what should the person use to identify the accident location?

Correct answer explanation: If you use a mobile phone, identify your location from the marker post or other clear landmark on the hard shoulder before you phone.

143. Only move an injured person if?

Correct answer explanation: Do not move a casualty unless there's further danger such as serious risk of fire or explosion.

144. Under what circumstances should casualties be moved?

Correct answer explanation: Do not move a casualty unless there's further danger such as serious risk of fire or explosion.

145. When considering first aid for accident victims, remember the letters A, B, and C. What does the letter A stand for?

Correct answer explanation: Remember the letters A B C, A – the airway must be cleared and kept open, B – breathing must be established and maintained, and C –circulation must be maintained and severe bleeding stopped.

146. What is the best first aid for a person who has been burned?

Correct answer explanation: Burns – check the casualty for shock, and if possible, try to cool the burn. Try to find a liquid that is clean, cold and non-toxic with which to douse it. The cool liquid may reduce the temperature of the affected area and reduce damage.

147. At an accident scene, which of the following is NOT a sign of shock?

Correct answer explanation: The effect of shock may not be immediately obvious. Warning signs to look for include rapid pulse, pale grey skin, sweating, and rapid shallow breathing. Bleeding is a sign of other injury.

148. If a limb is bleeding, but not broken, what should be done?

Correct answer explanation: If a limb is bleeding, but not broken, raise it to reduce the flow of blood.

149. What should the driver do if a fire is suspected inside the engine compartment?

Correct answer explanation: If you suspect something is wrong with the vehicle don't carry on driving. Stop the vehicle as soon as it is safe to do so and assess the situation.

150. If a driver is responsible for loading luggage, when should the driver accomplish this task?

Correct answer explanation: If the driver is responsible for loading the luggage, no passengers should be permitted to board until loading has been completed so that the driver can be fully aware of passenger activity inside the vehicle.

151. What should be done if a fire starts in the vehicle while driving through a tunnel?

Correct answer explanation: Staying in your vehicle may put your own safety at risk. If there is smoke or fire in your vehicle, switch off the engine, leave your vehicle immediately, go to an emergency station and use the emergency phone to tell the tunnel operator, and leave the tunnel from the nearest available exit.

152. In the event of a breakdown, the driver should?

Correct answer explanation: In the event of an accident or breakdown, find a place to stop and then warn other traffic by using hazard warning lights, beacons, cones, advance warning triangles, etc.

153. If another driver is attempting to provoke you, what should you do?

Correct answer explanation: Reacting in a certain manner may add to the problem and further possible road rage difficulties or dangers. If another driver is attempting to provoke you, don't react. Don't be tempted to speed up, brake or swerve suddenly.

154. To whom should a driver report aggressive driving?

Correct answer explanation: Report all aggressive driving incidents to the nearest Police Station.

155. What is road rage?

Correct answer explanation: If you display road rage as a driver, it means you have uncontrolled anger that results in intimidation or violence against another driver.

156. A driver involved in an accident will need to produce all of the following information at the scene of the accident EXCEPT?

Correct answer explanation: If you are involved in an accident you must give your name and address, the address where the vehicle is kept, the name and address of the vehicle owner, the vehicle's registration number and evidence of insurance. Your destination is usually irrelevant.

157. What demonstrates good quality service by a driver?

Correct answer explanation: Give passengers time to get seated before you move off. A few extra seconds at this point will add very little to the journey times but demonstrates good customer service.

158. A daily walk-round check should cover all of the following EXCEPT?

Correct answer explanation: Vehicle maintenance, prevention – daily vehicle check chart lists things to check which include windscreen wipers, exhaust system, and tyres but not the radio.

159. What helps reduce the occurrence of breakdowns?

Correct answer explanation: Regularly servicing vehicles helps to prevent vehicle breakdowns. A vehicle operator is responsible for monitoring and taking action for malfunctions.

160. Which of the following is the MOST likely result of a dispute with a customer?

Correct answer explanation: As a Professional Driver you will often be the only contact that the customer will have with the Company. As such, the Company will be judged by your attitude and the standard of service which you provide. You must, always therefore, be well presented, be pleasant and polite, drive safely and operate on time.

161. Under EU regulations, after driving four and a half hours, a driver must take an uninterrupted break of?

Correct answer explanation: A break of no less than 45 minutes must be taken after no more than 4.5 hours of driving.

162. For driving purposes, when does a day begin?

Correct answer explanation: Each working day begins when the driver begins work. Driving time is the duration of driving activity recorded either by the recording equipment or manually when the recording equipment is broken. Daily driving time is the total accumulated driving time between the end of one daily rest period and the beginning of the following daily rest period.

163. During wet, rainy conditions, how should a driver BEST control speed on steep downhill stretches?

Correct answer explanation: To be effective and safe (especially during rainy conditions), caution will be required to ensure braking is early and steady, so that overheating and excessive speed is avoided.

164. On a vehicle with twin rear wheels, what should the driver do in the event that one of the tyres bursts?

Correct answer explanation: For a rear wheel blow-out, follow the same procedure as a front wheel blow-out, and pull off the road as safely as possible. This is equally important with twin wheels as it is for single wheels

165. In the event of vehicle failure, the most appropriate action to take is to operate the hazard flashers after ?

Correct answer explanation: Use a warning triangle, place it behind the vehicle and operate the hazard flashers if the vehicle is causing an obstruction.

166. Who has the single greatest impact on fuel consumption and safety?

explanation: As a driver, you have the single biggest impact on both fuel consumption and safety.

167. Generally, when a driver changes down in gear, what happens with fuel consumption?

Correct answer explanation: If it is necessary to change down a gear, even more fuel is used.

168. When changing up to the highest gear, reducing the number of gear changes?

Correct answer explanation: The quicker you move up the gearbox to top gear, the more fuel you will save.

169. Fewer gear changes ordinarily results in?

Correct answer explanation: The quicker you move up the gearbox to top gear, the more fuel you will save.

170. In the case of an international journey, if an unauthorised person is found on board, the driver should?

Correct answer explanation: In order to secure against unauthorised entry, all breaches of vehicle security, including unauthorised persons on board, should be reported to the police of the country concerned.

171. In addition to a clear signature of the receiving individual, when a driver delivers goods, what other item should be included on the proof of delivery note?

Correct answer explanation: Make sure there is a clear signature and printed name of individual on the proof of delivery note.

172. During transport, visual security checks of the vehicle should be conducted at?

Correct answer explanation: Carry out visual checks of the vehicle at every halt. This will help maintain vehicle safety & security.

173. Checking which of the following areas of a vehicle is vital to spot unauthorised access?

Correct answer explanation: In addition to checking the other options it is vital to check the underside of the vehicle as illegal immigrants sometimes hide above vehicle axle.

174 Carrying passengers by road for payment is called?

Correct answer explanation: "Hire or reward" means any type of payment that gives a person a right to be carried on a vehicle whether or not a profit is made.

175. The main concern with manual handling activity is the increased risk of injury due to wear and tear on the?

Correct answer explanation: The main concern with manual handling activity is the increased risk of injury due to wear and tear on the back.

176. When driving fatigued, a 'microsleep' can last for up to how many seconds?

Correct answer explanation: A driver may drift in and out of consciousness and experience "micro sleeps" which can last up to 10 seconds.

177. What is the effect of acceleration and braking on passengers seated on a bus?

Correct answer explanation: Passenger or load's inertia must be overcome in much of the same way as the vehicles. Acceleration will push the weight back, while braking will push the weight forward.

178. Drivers should be aware that passengers with learning disabilities?

Correct answer explanation: It may be hard for passengers with learning disabilities to understand other people or to make them understand you. You may need to take extra (appropriate) steps to ensure you have been understood.

"SPECIFICALLY" FOR APPLICANTS OF LORRY THEORY TEST

179. What types of fastening or restraints should you use when carrying heavy loads?

Correct answer explanation: You are responsible for the load you are carrying. Be sure that your load does not endanger other road users, therefore be sure your load is secure and safely distributed on your vehicle.

180. When driving a low loader you should be aware of grounding on?

(Correct answer explanation: Traffic calming measures are becoming more common. It is important that you know the size of your vehicle and plan well ahead. Look out for signs informing you of hazards that will affect your vehicle. Change your route if necessary before taking risks.

181. You are driving an articulated car transporter. When turning corners, you should be aware that the overhang of the top deck swings through?

Correct answer explanation: The long top deck needs a wider turning than the cab below it. To avoid hitting lamps posts etc., you must be careful to allow for this overhang when turning

182. At overnight stops many drivers park with their rear doors close to other lorries. This is to?

Correct answer explanation: Drivers park with their rear doors close to other lorries to keep their load safe.

183. When should a security check be performed on a vehicle?

Correct answer explanation: Make a full security check of the vehicle before it undertakes a journey, including the interior of the coach, any luggage or other holds and the underside of the vehicle.

184. A driver should know the vehicles unladen weight, where can this information be found?

Correct answer explanation: Every driver should know the vehicles weight and width for restrictions and height for clearance. This information is found on the side of the vehicle.

185. Ropes should not be used to tie down a load of?

Correct answer explanation: Ropes are totally unsuitable for loads such as steels plates because there is a danger of shearing.

186. Your lorry has a demountable body. Before demounting the body you should ensure that?

Correct answer explanation: If you demount your body on a poor or soft surface there is a danger of it sinking and becoming difficult to handle.

187. During a long trip with few passengers, a driver can save fuel by?

Correct answer explanation: Use air conditioning sparingly as it causes the engine to work harder and significantly increases fuel consumption.

188. Which of the loads is more likely to move forward with some force if you break sharply?

Correct answer explanation: When deciding which type of restraint to use consider what may happen if you brake sharply.

189. When carrying spare sheets and ropes on your lorry you must make sure they are?

Correct answer explanation: All spare sheets and ropes must be tied down securely to prevent them from falling into the path of oncoming vehicles.

190. Your lorry is fitted with a crane. You are loading heavy items. You feel the ropes or straps may break. You should?

Correct answer explanation: If there is danger that the load you are lifting with a crane is too great for the ropes or straps, or that sharp edges on the load may damage the ropes or straps, you should use chains with compatible tensioners

191. When a driver is carrying a load, near where on the body should the load be positioned?

Correct answer explanation: Keep the load and your arms close to the waist. Try hugging it close to the body if possible, this may help to reduce the risk of injury

192. When lifting a load, the most stable position involves?

Correct answer explanation: Place the feet about hip distance apart with one leg slightly forward to help maintain balance this may help to reduce the risk of injury.

193. If turning is necessary when carrying a heavy package, you should?

Correct answer explanation: If you must turn, move with your feet, not your waist. Pivot feet in the direction of the move this may help to reduce the risk of injury.

194. Once a load is held securely, a driver's head should be positioned?

Correct answer explanation: Keep the head up when handling. Look ahead, not down at the load once it has been held securely this may help to reduce the risk of injury.

“SPECIFICALLY” FOR APPLICANTS OF BUS THEORY TEST

195. What must the driver do if involved in a road traffic incident while driving a bus?

Correct answer explanation: The law requires all drivers involved in road traffic incidents to stop their vehicles.

196. What should vehicle occupants do in the event of a breakdown?

Correct answer explanation: In a breakdown, if in a PSV, move your passengers as far forward in the vehicle as possible. This should help limit injuries if another vehicle runs into the back of yours.

197. Which of the following activities is prohibited?

Correct answer explanation: Never allow more passengers to be carried than the vehicle is designed for, or the law allows.

198. Individual drivers can help reduce the commercial and financial effects of a customer dispute by?

Correct answer explanation: A driver must be able to take action to deal with passengers' inappropriate behavior in line with your organisation's procedures and guidelines, take action in a way that does not make the situation worse, and take control of the situation in a way that reduces, as far as possible, any possible conflict.

199. What action should a driver take if a passenger wishes to re-board a secured coach?

Correct answer explanation: A passenger who wishes to re-board the coach for any reason during a designated stop should be accompanied at all times by a member of the coach crew.

200. A driver should carry out an initial security check?

Correct answer explanation: Carry out a security check before you let passengers' board.