



Health, Diet & Fatigue

This course is 3.5 hours long. Driver Link Training has written this course for the Drivers CPC qualification with the Qwizdom system integrated within the course, for a more enjoyable experience. This course has been designed to encourage drivers to think carefully about what they eat and drink whilst they are in the workplace. Most drivers tend to care for their vehicles more than themselves. Strokes and heart disease is a common thing in HGV and LGV drivers, together we aim to reduce this statistic.

Qwizdom is an award-winning developer of interactive learning solutions that enhance presentation deliverability and user engagement. Driver Link Training have the exclusivity to use Qwizdom, KGS Recruitment Services are an approved consortium member so it stretches out to them. The Qwizdom has become a useful learning tool, which will enable the course delegates to get the best out of the course.

However, there will be time for questions to be asked during the course, if you want to know more.

Course Summary

- Good and Bad Foods
- Calories and Cholesterol
- Health and Diet
- Fast Food
- The Benefits of a Balanced Diet
- Smoking
- Alcohol and Drugs