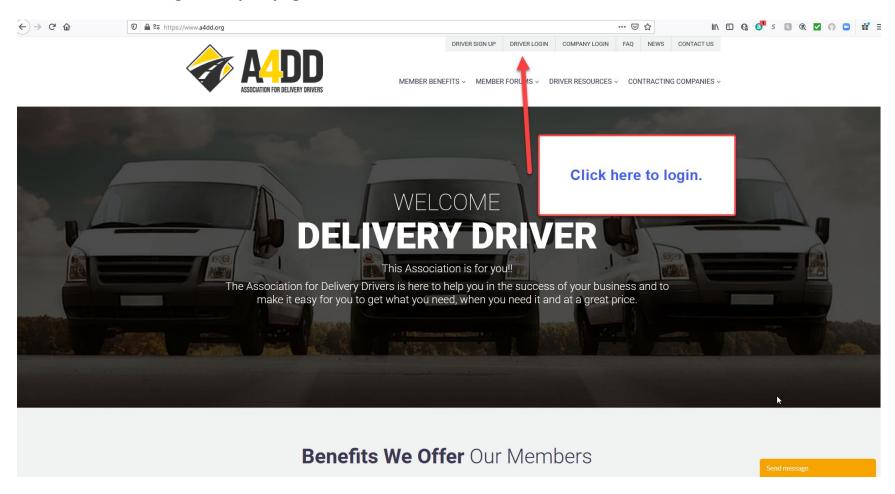
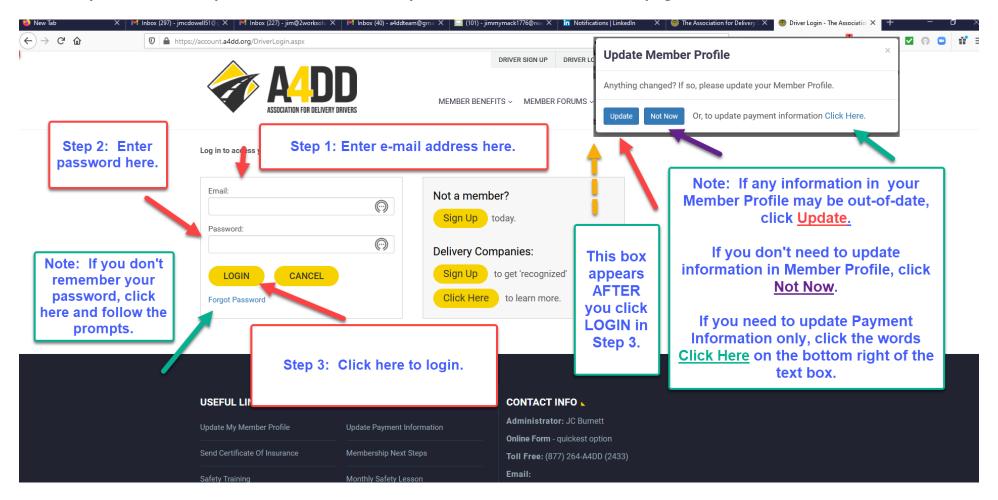


How To Order a Free Training Video

- 1. Open A4DD website at: www.A4DD.org
- 2. Click on Driver Login at top of page:

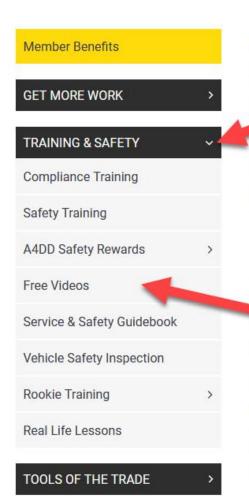


3. Enter your e-mail and password. This will take you to the MEMBER BENEFITS page.



4. Click arrow next to TRAINING & SAFETY tab to reveal drop down menu and then click Free Videos.





Welcome Delivery Driver. This Association is for you!!



The Association for Delivery Drivers is here to help you succeed. A4DD makes it easy for you to get what you need, when you need it, and at a great price. Take advantage of products and services that simply aren't available or affordable to individual drivers on their own. Meet carrier contract standards to qualify for the best work around. Association dues cost barely \$1 per week, and drivers who join A4DD enjoy many benefits, including:

5: View the video titles and descriptions and click on the title of the video you would like to enroll in.



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Driving Safety

A4DD also helps you meet carrier training standards with award-winning online safety training that costs just a few

dollars. Meanwhile, sit back and enjoy these free wellness and safety videos. And let us know you think.

to DELIVERY COMPANIES Nationwide for 50 Years

877-862-4755 risk-strategies.com

Click on a video title to order it.

Step 1: Scroll down to view the video descriptions and duration to choose the video you want to take.

COVID-19 Awareness

Learn how to reduce the risk of contracting the virus and best practices. Time to complete: 5-10 minutes.

Safe Lifting



The information workers need to protect their backs when they are lifting and carrying. Time to complete is 20 minutes.

Basic First Aid Awareness

Learn first-responder techniques to keep people safe and alive until EMS arrives to take over. Time to complete is 15 minutes.

Review the information you need to drive cars,

vans and small trucks safely, both on and off

the job. Time to complete is 20 minutes.

Safety Belt Awareness

Learn about misconceptions and facts to reinforce why using your safety belt is always best. Time to complete is 5-10 minutes.

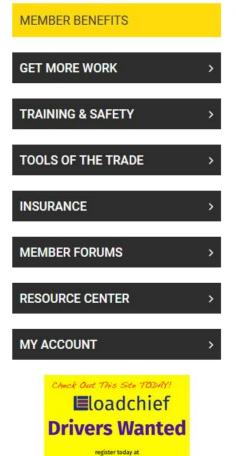
Back Safety

Highlights techniques of back care at work and at home, including exercises and weight control. Time to complete: 21 minutes.

Step 2: Click on the title of the video you choose.



6: Click arrow to review drop down menu, select the course, and click ORDER.



www.Loadchief.com

Be Your Own Damn Boss

Sign Up Here for Free Wellness and Safety Videos



To sign up for A4DD's free wellness and safety videos, just be sure the video you wish to view is selected and click the 'Order' button.

After you enroll, you will receive a confirmation email. Once your training course is ready, you will receive another email with a link to click on to access your video. You will receive a Certificate of Comparison video, but note that these videos do not normally satisfy contracting carriers' training responds to the confirmation of the confirmation of the confirmation email. Once your training ready, you will receive another email with a link to click on to access your video. You will receive a Certificate of Comparison video, but note that these videos do not normally satisfy contracting carriers' training receive another email with a link to click on to access your video. You will receive a Certificate of Comparison video, but note that these videos do not normally satisfy contracting carriers' training receive another video, but note that these videos do not normally satisfy contracting carriers' training receive another video, but note that these videos do not normally satisfy contracting carriers' training receive a Certificate of Comparison video, but note that these videos do not normally satisfy contracting carriers' training receive another video, but note that these videos do not normally satisfy contracting carriers' training receive another video, but note that these videos do not normally satisfy contracting carriers' training receive another video.

Choose A Video:

Safe Lifting

Order

Confirm that your choice is indicated in the box and click ORDER.

7: Review the order CONFIRMATION and check your e-mail for next steps instructions.



MEMBER BENEFITS V MEMBER FORUMS V DRIVER RESOURCES V CONTRAC

LOGOUT



Thank you for ordering an A4DD Wellness or Safety video. We are sending a confirmation email to you.



8: Check your e-mail for a message that is similar to the one below.

Dear (Your Name),

This confirms that you have ordered an A4DD wellness/safety video. See details below. Once your video is ready (within 24 hours), you will receive another email notifying you and giving you a link to click on to begin viewing the video. **Note** that these videos do not normally satisfy contracting carriers' requirements. For that, you should instead sign up for A4DD's online Safety Training.

These are the submitted details:

Video Title: Safe Lifting

Contracting Carrier Code: XXXX

Thank you,

Sincerely,

Association for Delivery Drivers

Member Support P.O. Box 123 Gaylordsville, CT 06755

Contact Us form (quickest response)

a4ddteam@a4dd.org Phone: 877-264-2433

9: You will receive another email with instructions to access your video within 24 hours.