READING & WRITING TASKS

Motor Driving Instructor's literacy assessment for entry to the;

TLI41210 - Certificate IV in Transport and Logistics

(Road Transport – Car Driving Instruction)

MOTOR DRIVING INSTRUCTOR'S LITERACY ASSESSMENT

Please complete the following assessment and post back to

TRENT EDUCATION
201/32 Delhi Rd
North Ryde 2113
Or Email to
admin@trenteducation.com.au

Applicants will be notified of assessment result within 14 days of completion.

Note: Assessment duration one (1) hour

Participant's Name: ……..…….……..……....

Participant's Address: ……..……...……

Participant's Phone No. H: ……..….. **M:** …….……...……

Participant's Licence No: ……

Date: ...……...…….…….

FOR OFFICE USE ONLY

Date Sent: ……

Date Received: ……

Assessor's Name: ……..……

Assessor's Signature: ……..……..

Competent ☐ **Not Yet Competent** ☐

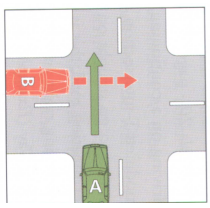
Reading task 1

Read the following information from a jurisdiction *Driver's Handbook* and follow the instructions.

'Giving Way' to the right at intersections without lights, signs or road markings

You must Give Way to any vehicle or vehicles, including bicycles, approaching from the right at an intersection not controlled by signs or traffic signals and not a T-intersection.
This is known as the 'Give Way to the Right' rule.

Match the diagrams below with the correct explanation.

A 	Driver going straight ahead and giving way to a vehicle approaching from the right that is going straight ahead. **Answer** ☐
B 	Driver going straight ahead and giving way to a vehicle approaching from the right that is turning right. **Answer** ☐
C 	Driver turning left and giving way to a vehicle approaching from the right that is going straight ahead. **Answer** ☐
D 	Driver turning right and giving way to a vehicle approaching from the right that is turning right into the road the driver is leaving. **Answer** ☐

Reading task 2

Please read the information below about driver fatigue from the *RMS website* and answer the questions that follow.

Facts about Sleep and Fatigue

What is driver fatigue?

Fatigue is a general term commonly used to describe the experience of being "sleepy", "tired" or "exhausted". Fatigue is both a physiological and a psychological experience. Driver fatigue can severely impair judgment and can affect anyone. It is particularly dangerous because one of the symptoms is decreased ability to judge our own level of tiredness. Other symptoms vary between drivers, but may include:

- yawning.
- poor concentration.
- tired or sore eyes.
- restlessness.
- drowsiness.
- slow reactions.
- boredom.
- feeling irritable.
- making fewer and larger steering corrections.
- missing road signs.
- having difficulty in staying in the lane.
- microsleeps.

It is important to note that driver fatigue is not simply a function of time spent driving but relates to many factors including hours since last slept (hours of wakefulness) and time of day or night.

Circadian Rhythm

Circadian rhythms are physiological cycles that follow a daily pattern. We are "programmed" by our circadian rhythms to sleep at night and to be awake during the day. During nighttime hours and to a lesser extent during afternoon "siesta" hours, most types of human performance are significantly impaired, including our ability to drive.[1] Problems occur if we disrupt our natural sleep cycles (eg by staying awake during the night), do not get enough sleep, or get poor quality sleep. Circadian rhythms cannot be reversed. Even if you have been working nightshifts for many years, your body will still be programmed to sleep at night.

Sleep Debt

The human body requires a certain amount of sleep each night to function effectively. The average amount of sleep a person needs is 8 hours. When we reduce the number of hours we sleep at night we start to accumulate what is called a 'sleep debt'. Sleep debt is defined as the difference between the hours of sleep a person needs and the hours of sleep a person actually gets. For example, if a person needs 8 hours of sleep per night but only gets 6 hours of sleep one night, they have a sleep debt of two hours. These lost hours of sleep need to be replaced. When we have sleep debt, our tendency to fall asleep the next day increases. The larger the sleep debt, the stronger the tendency to fall asleep. [2] Sleep debt does not go away by itself. Sleeping is the only way to reduce your sleep debt.

Sleep Inertia

Sleep inertia is the feeling of grogginess after awakening and temporarily reduces your ability to perform even simple tasks. Sleep inertia can last from 1 minute to 4 hours, but typically lasts 15-30 minutes. The severity of sleep inertia is dependent on how long you have been asleep and the stage of sleep at awakening.[3] Effects can be severe if a person is very sleep deprived or has been woken from a deep sleep stage. However, sleep inertia can usually be reversed within 15 minutes by activity and noise. Sleep inertia can cause impairment of motor and cognitive functions and can affect a person's ability to drive safely. Sleep inertia can be very dangerous for people who drive in the early morning hours and shortly after waking up from a sleep.

Microsleeps

Microsleeps are brief, unintended episodes of loss of attention associated with events such as blank stare, head snapping, prolonged eye closure, etc., which may occur when a person is fatigued but trying to stay awake to perform a monotonous task like driving a car or watching a computer screen.[4] Microsleep episodes last from a few seconds to several minutes, and often the person is not aware that a microsleep has occurred. In fact, microsleeps often occur when a person's eyes are open. While in a microsleep, a person fails to respond to outside information. A person will not see a red signal light or notice that the road has taken a curve. Microsleeps are most likely to occur at certain times of the day, such as pre-dawn hours and mid-afternoon hours when the body is "programmed" to sleep. Microsleeps increase with cumulative sleep debt. In other words, the more sleep deprived a person is, the greater the chance a microsleep episode will occur. In one study of microsleep, participants were asked to press a button when a strobe light was flashed directly in their eyes every few seconds. During a microsleep they did not notice the light and were not even aware that they had been asleep.[5]

1. Moore-Ede, Martin. 'Circadian Rhythms and the Biological Clock'. http://www.circadian.com/learning_center/biological_clock.htm

2. Loughborough Sleep Research Centre Dement, William C. 'Sleep Debt' 2000. http://www.sleepquest.com/d_column_archive6.html.

3. Tassi, P., Muzet, A. 'Sleep Inertia'. Sleep Medicine Reviews, Vol.4, No. 4, 341-353. August, 2000.

4. Moore-Ede, Martin. 'Alertness and Fatigue: Microsleeps'. http://www.circadian.com/learning_center/biological_clock.htm

5. Dement, W.C. 'Some must watch while some must sleep'. San Francisco, CA: W.H. Freeman. 1974

Questions

1. The article comes from the website of the Roads & Maritime Services in NSW. What message do they want to give the reader?

2. What times are most risky for driving?

3. What is the difference between sleep debt and sleep inertia?

4. What connection is there between sleep debt and microsleeps?

5. Can you explain ‘Circadian Rhythms’ in your own words?

6. Look back through the article and make some notes about the key information you would want to pass on to a learner driver.

Writing task

Write a paragraph

What was your last experience of formal learning?

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When was it? _____

In a paragraph tell us something about this experience.

Either, you might want to tell us how you felt about it. Did you enjoy it, find it difficult or boring? You might want to tell us whether you were good at some things but not others.

Or, you might want to tell us about your fellow students and teachers/lecturers.

Or you might want to tell us about a particular incident that you remember.
(Please use complete sentences)

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