

LGV & HGV Theory Test 2026: Professional Driver's Guide PDF

This guide is your essential resource for passing the 2026 LGV theory exam. It covers vehicle-specific safety, legal regulations, and the new life-saving protocols required for all professional drivers.

1. New 2026 Standards: Emergency First Aid

As a professional driver, you are often the first on the scene of a motorway incident. From early 2026, the DVSA requires all HGV candidates to master these life-saving skills.

Cardiac Arrest & AEDs

- **Recognizing Cardiac Arrest:** The casualty will be unconscious, not moving, and not breathing normally.
- **CPR Depth & Speed:** Push down **5–6 cm** on the center of the chest at a rate of **100–120 compressions per minute**.
- **AED (Defibrillator) Use:** In 2026, you must know that **anyone** can use a public AED. It provides step-by-step voice instructions and will not shock the patient unless it is safe and necessary.
- **Survival Rates:** Using an AED within the first 3–5 minutes can increase survival rates from 10% to nearly 70%.

2. Bridge Strikes: Prevention & Height Awareness

Bridge strikes are a major focus for the DVSA in 2026. Striking a bridge can lead to the loss of your professional license.

- **Know Your Height:** You must know the exact height of your vehicle and load in both metric and imperial measurements.

- **Cab Height Indicator:** Always ensure the height indicator in your cab is updated if you switch trailers or carry a high-profile load.
- **Bridge Markings:** Bridges lower than **16' 6" (5.0 metres)** are normally marked with warning signs. If there is no sign, the bridge is at least 16' 6" high, but caution is still required.

3. Smart Motorways & Red 'X' Safety

In 2026, enforcement on Smart Motorways is stricter than ever.

- **The Red 'X':** This signal means the lane is closed. It is **illegal and dangerous** to drive in a lane marked with a red 'X'.
- **Emergency Areas:** If your vehicle develops a fault, use the designated Emergency Area (orange bays) if you cannot reach a service station.
- **High-Sided Vehicles:** Be aware that wind-shielding from motorway barriers ends at bridge gaps, which can cause sudden buffeting.

4. Drivers' Hours & Tachograph Compliance

- **Daily Limit:** 9 hours (can be increased to 10 hours twice a week).
- **Weekly Limit:** 56 hours maximum.
- **The 4.5-Hour Rule:** You must take a break of at least **45 minutes** after 4.5 hours of driving. This can be split into 15 minutes followed by 30 minutes.
- **Tachograph G2V2:** From July 2026, the **Smart Tachograph 2** is mandatory for many international vehicles over 2.5 tonnes. Ensure your driver card is always inserted before moving.

5. Detailed Explanations for the Hardest LGV Questions

Unlocked Content: These 5 areas are where most HGV students lose marks.

1. **Brake Fade:** This happens when brakes overheat on long descents. Use an **endurance brake (retarder)** to control speed without using the service brakes.
2. **Air Pressure Warning:** If the buzzer sounds, your brakes may lock or fail. **Stop immediately** in a safe place.

3. **Speed Limiters:** Most HGVs over 7.5 tonnes are limited to **56 mph (90 km/h)**. Attempting to tamper with this is a criminal offense.
4. **Jack-knifing:** Most likely to occur when braking hard while turning or when the trailer is empty and has less grip.
5. **Clandestine Intruders:** Drivers are legally responsible for vehicle security. Always check your seals and roof after a rest stop near a port.

Final Step: Secure Your Career

The LGV theory test has a much higher pass mark (**85/100**) than the car test. To ensure you don't waste money on a re-test, [get the full 2026 preparation kit](#).

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