

YOUR QUESTIONS ANSWERED

## Female HGV Drivers Everything You Need to Know

The HGV industry is changing — and GS Driver Training welcomes it.

### HGV driving is one of the best career opportunities for women in the UK right now

Women make up fewer than 2% of HGV drivers in the UK — but that is changing fast. Employers are actively recruiting female drivers, offering competitive salaries, flexible hours, and a welcoming working environment. GS Driver Training has female instructors available and a track record of training women to a high standard. This guide answers every question you might have.



#### Female Instructors

GS has female instructors available on request — train with someone who understands your perspective.



#### Award-Winning

Best HGV Training Company — 6 consecutive years. Trusted by hundreds of drivers.



#### Job-Ready Training

We prepare you not just to pass the test, but to be confident on the road from day one.

# Your Questions Answered



## Is HGV driving suitable for women?

Absolutely. Modern HGV cabs are ergonomically designed, power-assisted, and comfortable. Physical strength is not a requirement — skill, spatial awareness, and concentration are what matter.



## Are there any rules that apply differently to women?

No. The DVLA and DVSA apply exactly the same licence requirements, medical standards, and test criteria to all candidates regardless of gender.



## Will I be treated differently by employers?

The industry has changed significantly. Most major haulage companies actively recruit female drivers and have diversity and inclusion policies. Many offer mentoring programmes for new female drivers.



## What about facilities on the road?

Facilities at motorway services and logistics depots have improved considerably. Many operators now provide dedicated facilities. It is worth asking prospective employers about their facilities during interviews.



## Is it safe for women to drive HGVs?

HGV driving is a professional occupation with strong safety standards. Most drivers work regular routes and rarely encounter safety concerns. Choosing reputable employers with good safety records is key.



## Can I train with a female instructor?

Yes. GS Driver Training has female instructors available. Simply request a female instructor when you book and we will accommodate you.

# Career Paths for Female HGV Drivers

HGV driving offers a wide range of roles to suit different lifestyles and preferences. Here are some of the most popular career paths for female drivers.



## Supermarket & Retail Distribution

Regular routes, predictable hours, and home most nights. Major retailers actively recruit female drivers and offer excellent employment packages.



## Parcel & Courier Delivery

Varied work, interaction with people, and often daytime hours. Companies like DHL, DPD, and Amazon Logistics are large employers.



## Ambulance & Patient Transport

Requires a C1 licence. Rewarding work in healthcare logistics with NHS trusts and private providers. Strong demand for drivers.



## Bus & Coach Driving

Requires a PCV licence. Regular hours, community interaction, and strong job security. Many bus operators offer excellent benefits.



## Long-Haul & International

For those who enjoy travel and independence. Typically requires C+E and international CPC. Higher earning potential.



## Construction & Specialist

Tipper, concrete mixer, and specialist vehicle driving. Often well-paid with regular hours on construction sites.



## Salary expectations for female HGV drivers

HGV drivers earn the same regardless of gender — pay is based on licence category, experience, and employer. Category C drivers typically earn £28,000–£38,000. Category C+E drivers earn £35,000–£55,000+. Overtime and night shift premiums can increase earnings significantly.

# What to Expect from Your HGV Training

GS Driver Training provides a supportive, professional environment for all students. Here is what the training process looks like.

## 1 Initial Assessment

Your instructor will assess your current driving standard and discuss your goals. There is no pressure — this is about understanding where you are starting from.

## 2 Theory and Knowledge

We will explain the vehicle controls, safety checks, and the rules specific to HGV driving. You will also receive support for your theory test preparation.

## 3 Off-Road Training

You will start in a safe, controlled environment to get comfortable with the size and handling of the vehicle before going on public roads.

## 4 On-Road Training

Progressive on-road training builds your confidence and skill. Your instructor will guide you through the specific manoeuvres required for the DVSA test.

## 5 Test Preparation

In the final sessions, your instructor will focus on the specific requirements of the DVSA practical test to ensure you are fully prepared.

## 6 Your Test and Licence

GS books your DVSA test as part of your training package. On passing, your licence is updated by DVLA and you are ready to start your new career.

## Request a female instructor

If you would prefer to train with a female instructor, simply let us know when you book. We will do our best to accommodate your preference. Call 01252 447808 or email [gary@gsdrivertraining.com](mailto:gary@gsdrivertraining.com).

# How to Get Started — Step by Step

Getting your HGV licence is a straightforward process. Here is what to do first.

| Step | Action                                                        | Timescale  |
|------|---------------------------------------------------------------|------------|
| 1    | Call GS Driver Training to discuss your goals and get a quote | Today      |
| 2    | Book and attend your D4 Group 2 medical examination           | This week  |
| 3    | Submit DVLA form D2 for provisional HGV licence               | This week  |
| 4    | Begin studying for LGV theory tests (3 parts)                 | Weeks 1–3  |
| 5    | Book and pass theory tests                                    | Weeks 2–4  |
| 6    | Attend practical training with GS (3–7 days)                  | Weeks 4–6  |
| 7    | Pass DVSA practical test (Module 3a + 3b)                     | Weeks 5–8  |
| 8    | Receive full HGV licence from DVLA                            | Weeks 6–10 |

## Costs at a glance



### D4 Medical

£50–£100 at a GP or approved clinic.



### Theory Tests

£60 total (3 parts) — DVSA fee.



### Training + Test

£2,500–£4,500 depending on category and experience.



## Contact Us

**Phone:** 01252 447808

**Email:** [gary@gsdrivertraining.com](mailto:gary@gsdrivertraining.com)

**Web:** [www.gsdrivertraining.com](http://www.gsdrivertraining.com)

**Training base:** Surrey, serving the South East.

## All Courses Available

- ✓ Category C+E Articulated (Class 1)
- ✓ Category C Rigid HGV (Class 2)
- ✓ Category C1 Medium Vehicles
- ✓ PCV / Minibus / Ambulance
- ✓ Driver CPC Initial Qualification
- ✓ Driver CPC Periodic Training
- ✓ Tachograph & Compliance

🏆 **Best HGV Training Company — 6 Consecutive Industry Awards**

DVSA Test-Standard Training • Male & Female Instructors • 5-Star Rated • DBS-Checked

**GS DRIVER TRAINING**

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