

# FIT TO DRIVE?



Driving is a demanding task and it's important that drivers are both **physically and mentally fit to drive**. This is especially for those driving for work who can face an increased risk from issues like fatigue and stress.

It's the responsibility of both the driver and the organisation to help manage the issues and reduce the risks.

## PROMOTING GOOD HEALTH IN THE WORKPLACE

A wide range of factors can affect someone's fitness to drive and many are closely linked to a person's health and well-being:

### FATIGUE

- Long hours
- Night shifts/unusual shift patterns
- Poor night's sleep/sleep disorders
- Illness/medication
- Travelling home

### STRESS

- Work pressures
- Deadlines
- Deliveries/Stops
- Schedules and routes
- Weather and driving conditions
- Personal life

### USE OF ALCOHOL AND DRUGS

- Drinking the night before driving
- Long-term drinking
- Drinking to relieve stress and pressure
- Combining alcohol and drugs
- Using medicines without prescriptions
- Using drugs to counter fatigue

### MEDICAL FITNESS

- Age
- Medications
- Eyesight
- Temporary illnesses (e.g. a cold)
- Long-term conditions (e.g. diabetes)
- General health and wellbeing

**Without proper management, these can lead to:**

- Speeding
- Aggressive driving
- Distraction and lack of concentration
- Falling asleep at the wheel
- Drowsiness
- Lane drifting
- Poorer reaction times

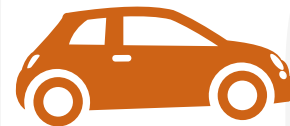


## AS AN EMPLOYER

- Lead by example and encourage others
- Raise awareness of the key risks
- Train managers and drivers
- Set clear rules and guidelines
- Zero tolerance policy for drink and drugs
- Establish how to get access to help and support
- Consult and discuss with staff
- Investigate incidents and near-misses
- Include driving in your occupational health policy
- Reduce stressful work situations
- Think about fatigue when setting schedules
- Consider vehicle ergonomics and design

### CONSIDER THE NEEDS OF:

- Drivers with long and short term illnesses
- Pregnant drivers
- Drivers with disabilities
- Older and younger drivers
- Drivers of specific vehicle types



## AS A DRIVER

- Never drink and drive or use drugs and drive
- Only use prescribed medicines to treat conditions and illnesses
- Try to avoid driving when tired or stressed
- Take action if you feel tired (stop, caffeine, sleep)
- Discuss any concerns with your manager
- Follow the rules on driving and rest times
- Tell your employer about health/personal issues that may affect your driving
- Stay aware of any health risks linked to your job
- Have your eyes tested regularly and wear the right glasses/lenses



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