

Key Points

- Health & Safety legislation requires employers to address the risks associated with work related vehicle usage. In order to help reduce the road risks, prevent accidents and save lives we can all make a few simple changes to the way we drive.
- Recent studies show that drivers are 15 times more likely to be killed on the road than at work.
- 1/3 of all road casualties involve business driving.
- Driver fatigue is an important issue for everyone, especially our employees who travel up and down the country between offices and sites. Fatigue is often suggested as the reason why a driver drifted off the roadway and crashed, especially if the crash occurred during certain hours of the day.



Do

- Wear your seatbelt.
- Plan your journey, ensure you consider:-
 - The distance to be driven
 - Estimated time taken (add at least 10% for delays)
 - Hours already worked & due to be worked
 - Time of day of journey
 - Weather conditions.
- Stay hydrated; drink plenty of water
- Vary your routes
- Avoid sugary drinks and food
- Avoid taking cold, flu, allergy medications.



Don't

- Forget that alcohol stays in your system and takes approximately 1 hour per unit of alcohol consumed to clear from your system.
- Drive aggressively.
- Use mobile phones or other hand held devices whilst driving.
- Speed.
- Make assumptions about what other drivers are going to do.
- Tailgate other cars, undertake, run red lights or cause problems to other road users.
- Let your emotions and frustrations get the better of you. Don't engage in road rage, no matter how irritating another driver may be.
- Leave valuables in your car, especially in places where they can be seen, no matter where you are parked.

