



FLEET SAFETY

Driver health and fitness



DRIVER HEALTH AND FITNESS



Welcome

Welcome to Fleet Safety online training. This module examines driver health and fitness.

This module will take **15 minutes** to complete.

Fleet safety quiz

At the end of the module there is a short quiz to check your understanding of driver health and fitness.

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Learning objectives



Once you have completed this module you will be able to:

- describe how a driver's health and fitness can affect their ability to drive safely
- describe the medical standards commercial fleet drivers must meet before they can drive
- describe how eating healthy meals can improve your concentration



Module overview

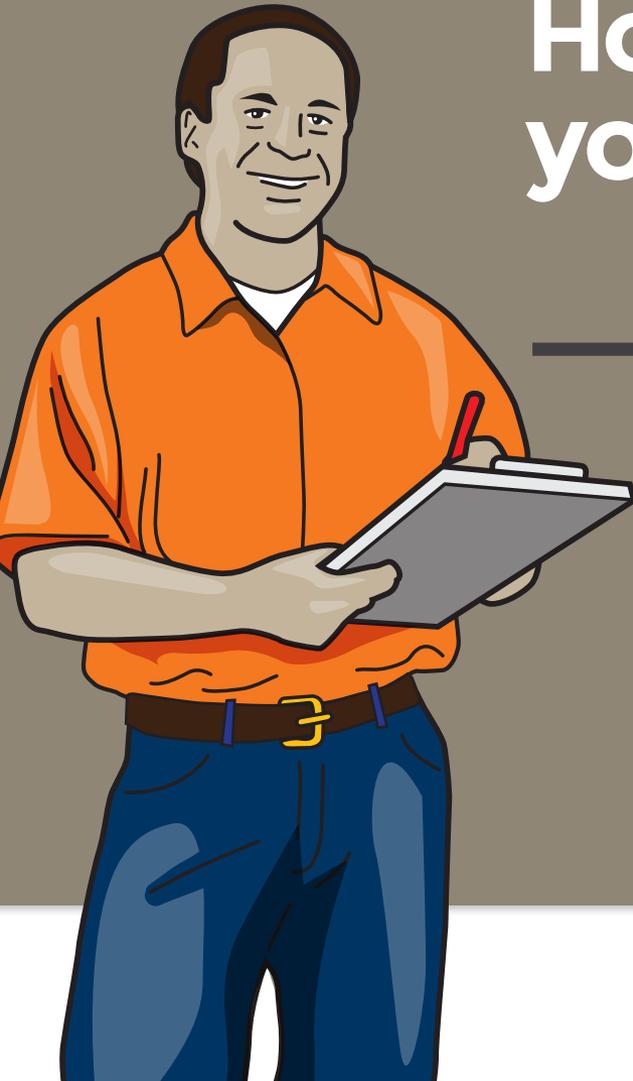
You will need to complete the following sections to complete the module:

1. How does fatigue affect your driving?
2. Standards related to healthy driving
3. Medical standards you must meet before you can drive
4. Healthy eating can improve your driving
5. Road quiz

Further information.

DRIVER HEALTH AND FITNESS

How does fatigue affect your driving?



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How does fatigue affect your driving?

Did you know?

About **90%** of fatal crashes that involve fatigue as a contributing factor occur on the open road.

New Zealand research indicated **38%** of logging truck drivers were classified as 'obese', and **10%** of had experienced a heart attack, heart surgery, stroke or had died as a result of cardiovascular disease.

► ***Obesity, diabetes, heart disease, loss of hearing, vision problems, stress, and fatigue are all a cause of concern for all New Zealand's commercial fleet drivers.***



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How does fatigue affect your driving?

In 2012 driver fatigue contributed to 552 road crashes in New Zealand.

How many of these road crashes were fatal (causing death)?

8

46



How does fatigue affect your driving?

46

That's right. In 2012 **46** people died in New Zealand road crashes where fatigue was a contributing factor.

The impact of driver fatigue is huge – in fact, the total social cost of those 552 crashes involving driver fatigue in 2012 was **\$281 million**.



► ***Driver fatigue is a serious problem. Encourage fleet managers to make sure their drivers are healthy and well-rested, so they can do their job safely.***



How does fatigue affect your driving?

Fatigue is often a result of lack of sleep, working long hours, poor diet and time pressure from scheduling or poorly planned journeys. A fatigued driver has poor judgement and slower reaction times. In extreme cases drivers fall asleep at the wheel. Understanding the signs and knowing how to avoid fatigue will help drivers reduce the risk of being involved in an accident.

Signs of driver fatigue

- Yawning
- Blurred vision
- Having trouble keeping your eyes open or holding your head up
- Humming in the ears
- Feeling restless or irritable
- Unable to react in time to avoid a dangerous situation
- Lapses of concentration, for example missing road advisory signs
- More frequent and unnecessary change of speed
- Microsleeps - 'dozing off' for a few seconds. This may cause you to wander over the centre line or road edge.



How does fatigue affect your driving?

Tips to avoid driver fatigue

- Get a good nights sleep of at least 7 to 8 hours before driving
- Make sure you are fully awake before driving following a period of sleep
- Avoid driving when the body is at its lowest energy, between 1am -6am and 2pm-4pm
- Plan your journey to include rest breaks
- Stay overnight if you intend being away from home for longer than 13 hours.
- If possible, share the driving
- Snack on healthy fresh food. Avoid fatty foods, high sugar products or carbohydrate foods, which tend to make you feel tired
- Drink water rather than coffee and energy drinks
- If you are driving and feel sleepy, pull over and take a power nap for no more than 20 minutes
- If you are tired and you're driving, you're dangerous.



How does fatigue affect your driving?

Common myths		
Fresh air will revive me.		Fresh air may help people feel better in the short term, but only sleep will solve fatigue.
I'm young and don't need much sleep.		Everyone needs sleep. If you are fatigued and driving you will have a slower reaction time.
Coffee and energy drinks will help me keep awake.		The effects of caffeine in coffee or energy drinks only lasts a short while.

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How does fatigue affect your driving?

Is this statement true or false?

Fatigue is identified as a hazard in the Health and Safety in Employment Act 1992.

True

False

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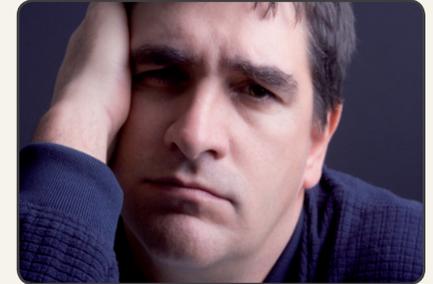


How does fatigue affect your driving?

True

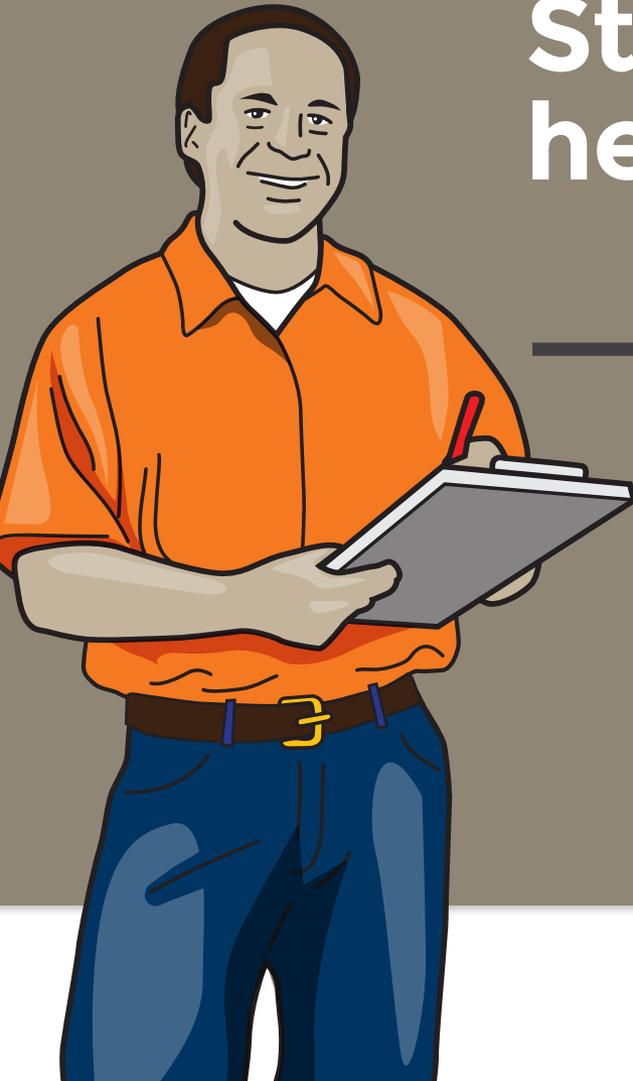
Under the Health and Safety in Employment Act 1992, fatigue is identified as a hazard that employers are required to manage. Employers are required to identify, eliminate, isolate or minimise hazards.

Employees and contract drivers also have a responsibility to manage hazards. This means taking responsibility for being rested and managing their sleep and rest so they are safe to drive.



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Standards related to healthy driving





Standards related to healthy driving

Commercial fleet companies benefit from adopting a health and well being programme that encourages all drivers:

- attend at least two health checks a year to help them stay healthy and identify any health problems early
- get enough sleep
- eat healthier, smaller portions more often
- take time out to relax and
- exercise at least three times a week.



► ***Research suggests that employer morale, retention, productivity and health will increase with an effective programme.***

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Standards related to healthy driving

A commercial fleet driver must take a break of 30 minutes after 5½ hours work.

Dave started his shift at 1.00am. He finally left the work yard at 2.30am. He has been driving for 4 hours, it is now 6.30am.

When should Dave take his first break?



6.30am.

5½ hours after he started work.

8.00am.

5½ hours after he started driving

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Standards related to healthy driving

6.30am.

5½ hours after he started work.

Drivers must take a break after 5 ½ hours of **any type** of work. So by 6.30am Dave needs to take a break – his 5 ½ hours includes the time spent in the yard, as well as his driving time.

Dave knows he can't take a break in a moving vehicle, so he pulls over at a park to get some fresh air, a toilet stop and some much needed water!

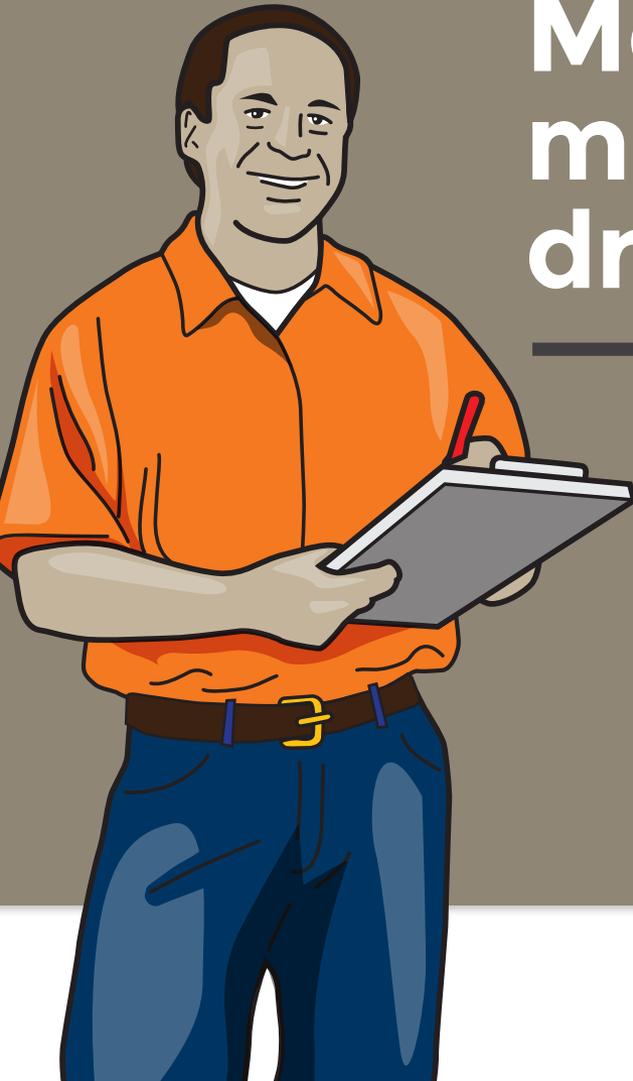
Drivers can work a maximum of 13 hours before they must take a continuous break of 10 hours.

If a commercial fleet driver is convicted of breaching a work or rest time limit:

- the driver can be fined up to \$2000 and may also be disqualified from driving for at least a month
- the driver's employer can be held accountable and fined up to \$25,000.

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Medical standards you must meet before you drive





Medical standards you must meet before you can drive

Medical certificates

Drivers are responsible for coming to work 'fit for duty'. Medical and health conditions can affect their ability to think quickly and clearly and undertake the physical side of their jobs.

Each time you renew or replace your licence you must declare that you are medically fit to drive. You'll need to provide a medical certificate when.

- applying for or renewing a heavy vehicle licence (class 2, 3, 4, 5) and you've not provided a certificate within the last five years
- you have a medical condition that may affect your ability to drive safely
- you're 75 years and older and renewing any licence class.



Medical standards you must meet before you can drive

Eye sight

You will need to prove that your eyesight meets the required standard.

- If you don't pass the initial eyesight check, you will need to get an eyesight certificate
- If you require glasses to drive this may be a condition of your licence.

Pregnant Women

- If you're pregnant, you must always wear your safety belt, with the lap belt worn low on the pelvis
- Unborn children need to be protected from crash injuries
- If you don't wear a safety belt you put two lives at risk
- Remember to be sensible when planning a trip, take your time and take it easy.



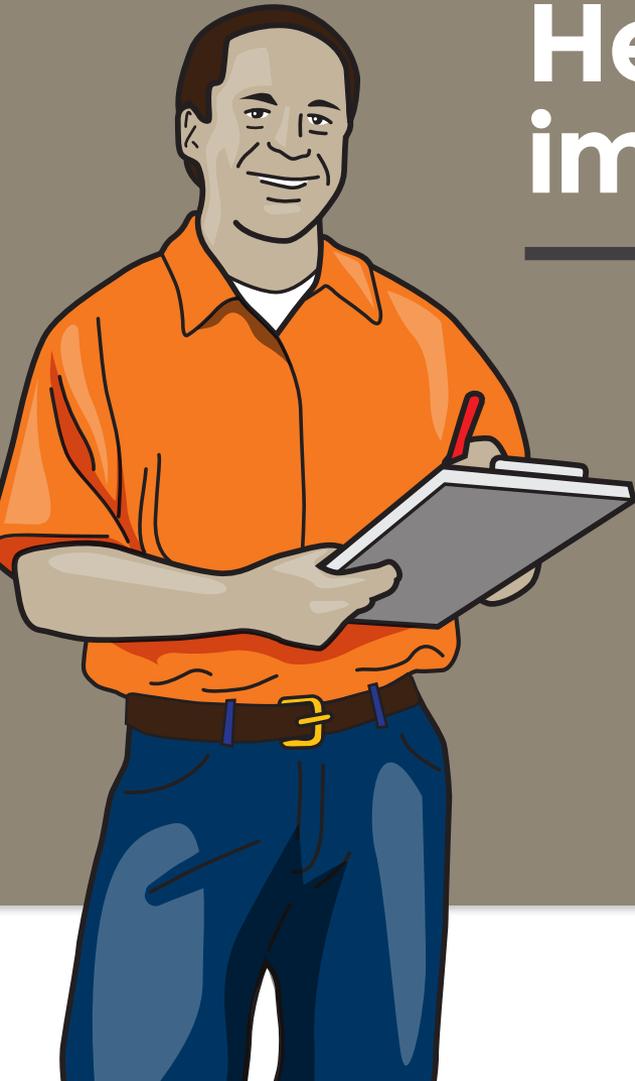
Medical standards you must meet before you can drive

Drivers with a disability

- A physical disability should not stop you from driving. If you had a licence before your disability came about, you can continue to drive
- Advances in vehicle technology have helped make driving possible for drivers with a physical disability
- For more information contact Enable New Zealand (0800 171 981).

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Healthy eating can improve your driving



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Healthy eating can improve your driving

Dave is travelling to Auckland for a special delivery. He has been driving for several hours and pulls into a truck shop for his scheduled meal break.

What types of food should Dave choose that will keep him alert and make good decisions while he is driving?



**Food that's high in fat
or sugar**

Nutrient rich food



Healthy eating can improve your driving

Nutrient rich food

Nutrient rich food (such as crackers, salad, fruit, wholegrain sandwiches) including protein (meat and fish) release energy slowly, so Dave will feel the benefits of longer lasting energy and won't need to snack so much between meals.

While food that's high in fat or sugar (such as fried food, pies and pizza) would give Dave an instant boost, his energy levels would drop quickly once the 'sugar high' wears off. Dave will find it much harder to concentrate and stay awake while driving.





Healthy eating can improve your driving

If you cringe at the thought of eating healthy food, here are some suggestions for healthier, but still tasty, alternatives.

- Choose sandwiches, kebabs or wraps instead of a burger
- Eat baked or grilled food instead of fried food
- Drink water instead of fizzy or energy drinks that are high in sugar
- Go for baked potatoes or wedges in place of fries
- Try eating dried fruit instead of lollies
- If you only have time for takeaways choose Thai, sushi or Chinese over fast fried food.





Healthy eating can improve your driving

The life of a commercial fleet driver can be hard. Often when a driver pulls into a truck stop, they're craving an instant energy kick, with foods that are high in fat or sugar.

Here are some tips on healthy eating that will keep you top of your game.

- Fill up with healthy food before you start work
- Eat a good breakfast, such as wholegrain bread and cereal
- Aim to drink at least two litres of water a day
- Eat smaller amounts of food more often
- Eat slower to avoid feeling bloated – it takes 20 minutes for your brain to realise you're full
- Eat healthy portions – fill half your plate with vegetables or salad, a quarter of the plate with protein (fish or meat) and the remaining quarter with starch (rich, potatoes or pasta).



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Road Quiz





Road Quiz

- 1 If you feel tired and find it hard to concentrate on the road while driving, what should you do?
 - A Open the window to get some fresh air.
 - B Have an energy drink for an instant boost.
 - C Have a couple of cups of coffee; the caffeine will give you an energy boost you need.
 - D Pull over and take a power nap of 15 to 40 minutes.
- 2 Food that's are high in fat or sugar such as pies and fried food give you an instant boost, however your energy levels drop quickly once the 'sugar high' wears off.

True False
- 3 You do not need to provide a medical certificate when renewing a heavy vehicle licence if you are fit and healthy.

True False

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Road Quiz

4 Each time you renew or replace your driver's licence you must declare that you are medically fit to drive.

True

False

5 If you intend to be top of your game when driving you should eat faster - this means you can get the energy from your food sooner.

True

False

6 Drivers can work a maximum of 13 hours before they must take a continuous break of 10 hours.

True

False



Road Quiz

7 Which of the signs below are signs of fatigue?

- A Lapses of concentration.
- B More frequent and unnecessary changes of speed.
- C Trouble keeping your eyes open or head up.
- D Humming in the ears.

8 If a fleet company develops a 'Your safe driving policy' reference to legally-required work and rest break limits should be included.

True

False

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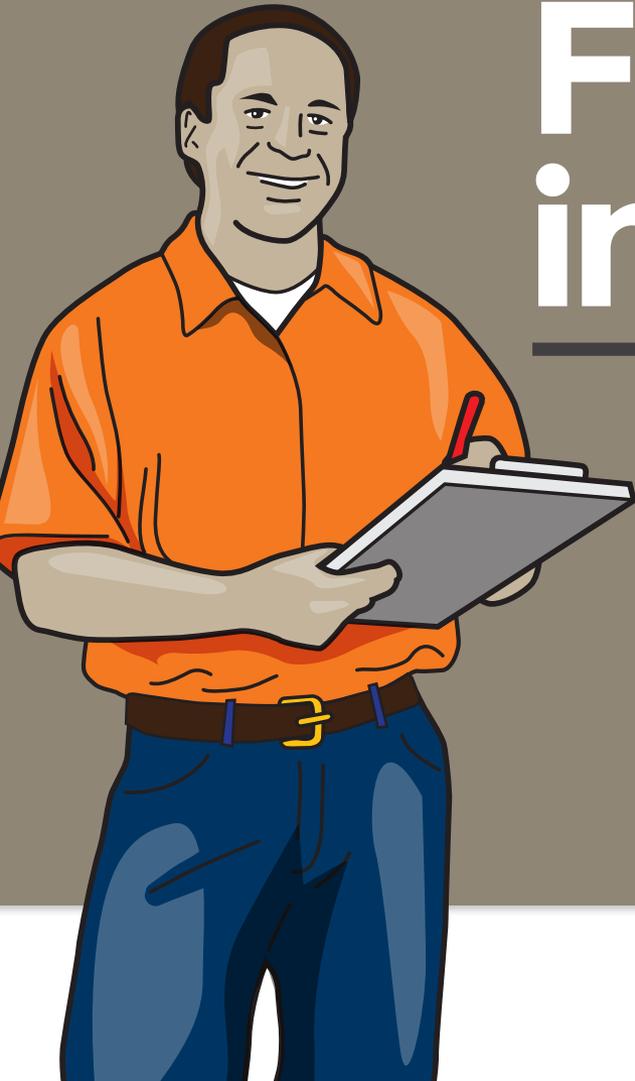


Road Quiz - Answers

- 1 D
- 2 True
- 3 False
- 4 True
- 5 False
- 6 True
- 7 All of these are signs of fatigue
- 8 True

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Further information



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Further information

ROSPA Road Safety website - www.rospa.com ➤ has useful information on driver health and fitness.

NZTA website - www.nzta.govt.nz ➤ has useful information on driver fatigue.

Fit for the Road website - www.logtruck.co.nz ➤ has useful information about a programme developed for log truck drivers to help them make a commitment to a healthy lifestyle, which could be adopted by other commercial fleet companies for their workplace.