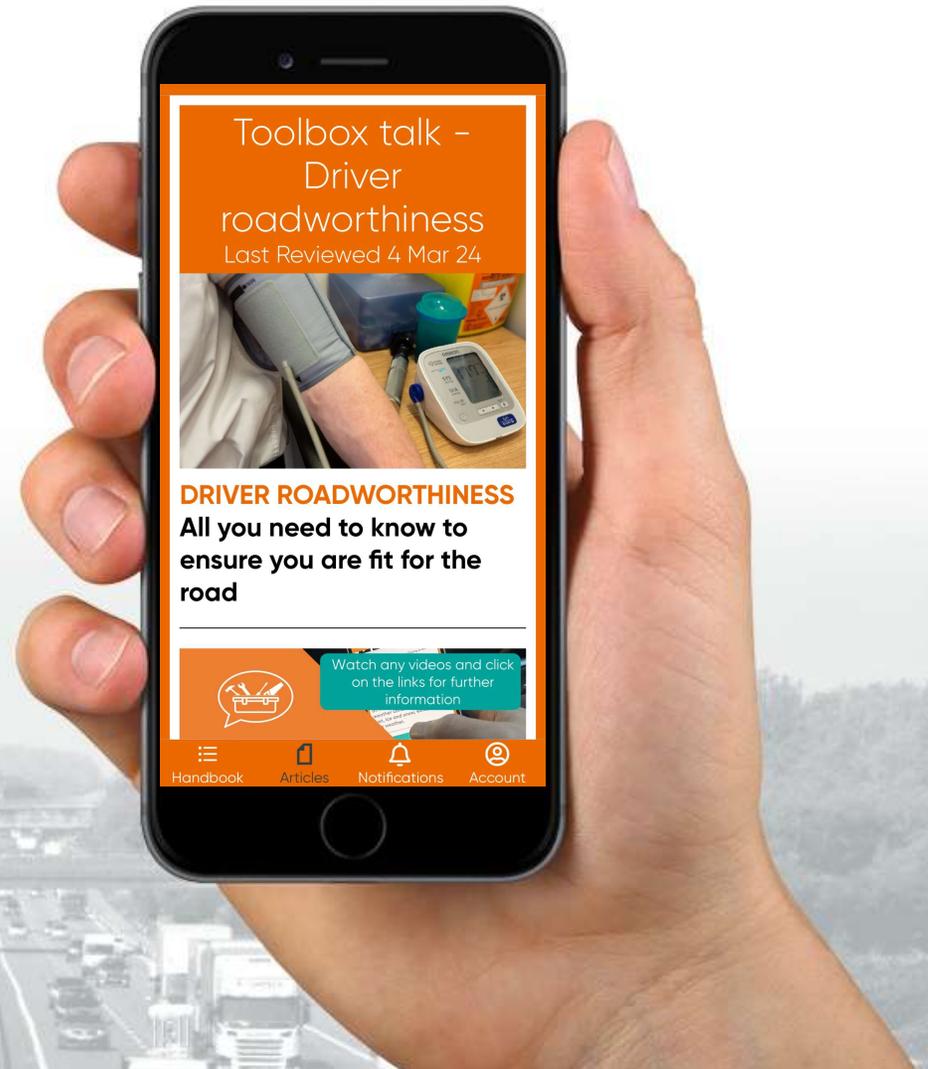


Driver Roadworthiness

What's under the bonnet?

Glen Davies -The Driver Handbook

The **Driver Handbook**



The Driver Handbook Driver roadworthiness

Responsible fleet operators routinely service and maintain their vehicles to ensure they are roadworthy and safe to drive. This practice is unquestionable, and most know their obligations. There is a plan in place, competent people, inspections, servicing, repairs and records. There is a good understanding about the vehicle, but can we say the same about the driver – the person in control of the vehicle?

In comparison with the rigorous management of vehicle roadworthiness, the HGV driver medical is the most basic of health checks. It doesn't cross-check with medical records and relies on the

driver providing complete and accurate personal details.

The SHIFT study conducted by Loughborough University has highlighted that HGV drivers have higher-than-average rates of obesity, diabetes and blood pressure. It also highlights they have a significantly reduced life expectancy, in comparison with the national average.

Of the sample group, almost half of the drivers scored abnormally for anxiety and depression. All of this is before we consider other impairments such as eyesight, fatigue, drugs, alcohol and distraction.

HGV drivers are exposed to a multitude

of occupational health risks. Their shifts can be long, sedentary and unsociable. Tight schedules, other road users and security threats all contribute to psychological stress. Yet there is no common industry practice to monitor driver fitness and roadworthiness.

Of course, there is the occasional driver medical, company policy and possibly an annual declaration, but this is insignificant compared with the management resources spent on the roadworthiness of vehicles.

However, it's people that have accidents, not vehicles.

Communicate with drivers - effectively, efficiently, easily

the-driver-handbook.co.uk

Guide to maintaining roadworthiness



Human error

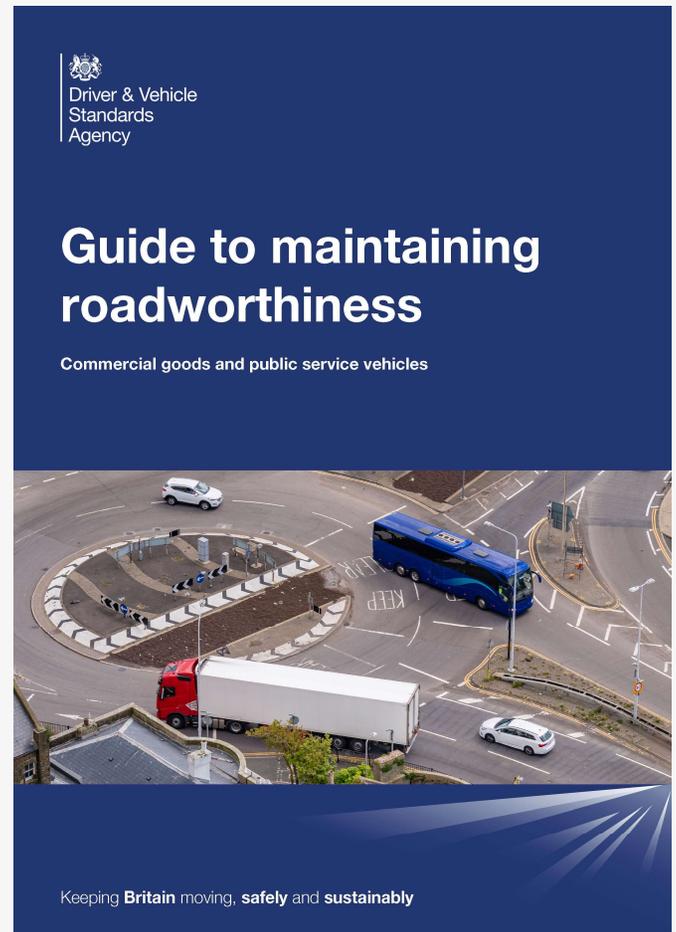


Vehicle failure

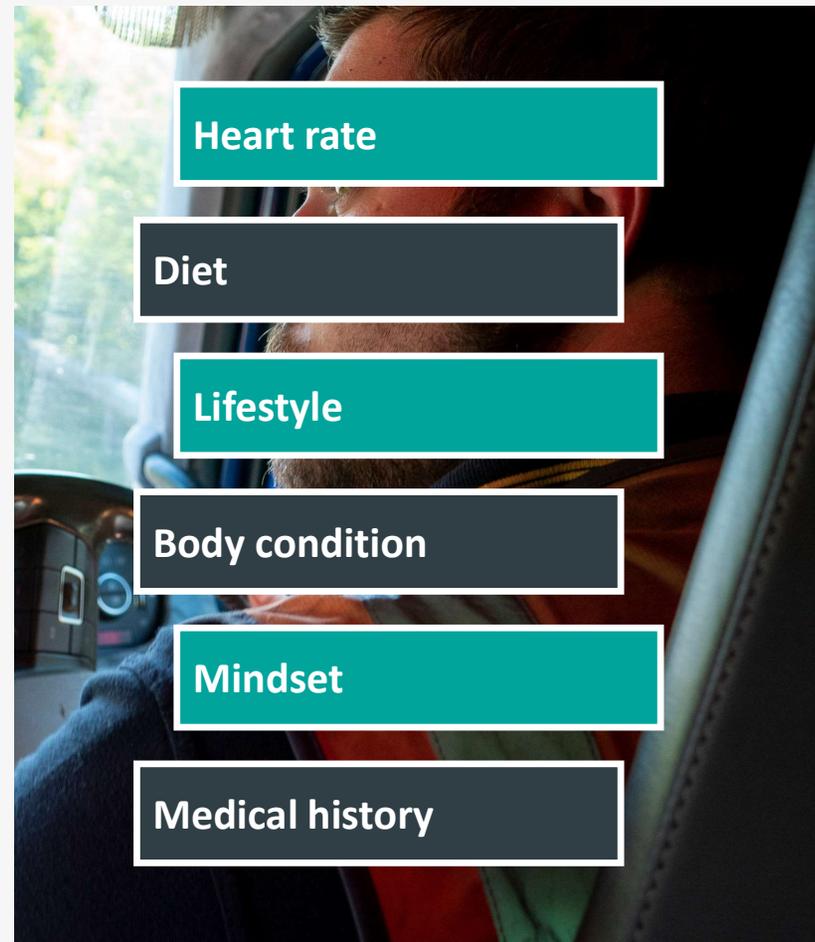


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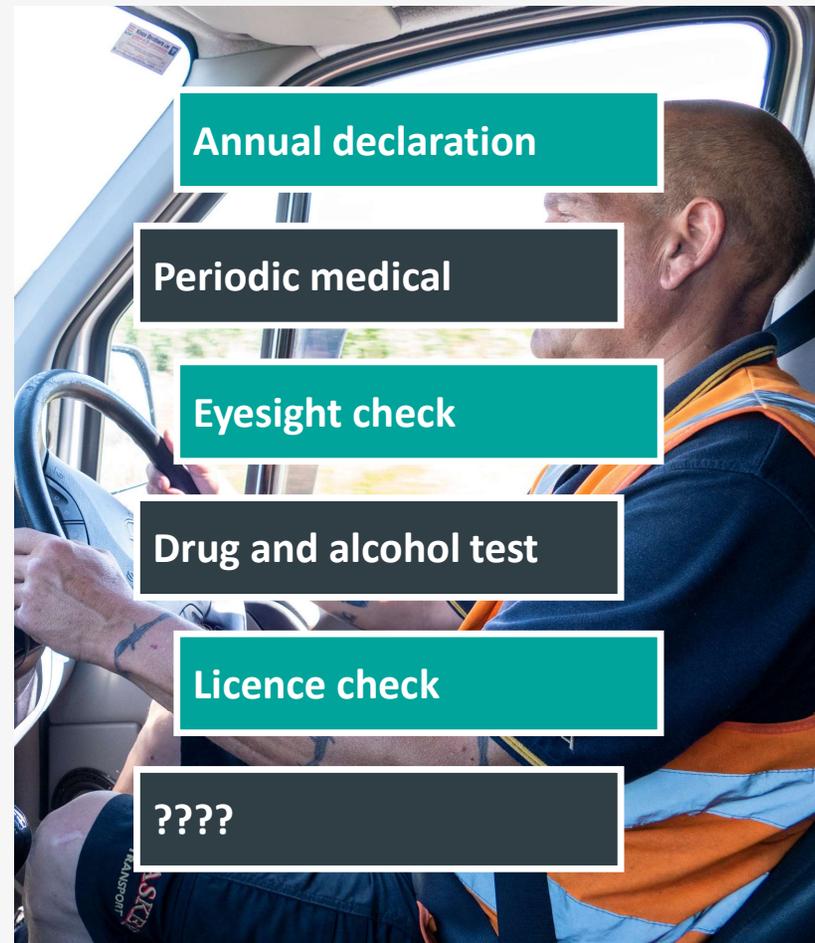
Environmental factor



Vehicles and drivers What we know



Vehicles and drivers Maintenance



Driver roadworthiness



To help ensure road risk is effectively managed and road safety is maintained, driver health can be structured into three areas

Physical health



Body condition

Illness, injury, disease or disorder

Mental health



State of the mind

Emotional, psychological or social

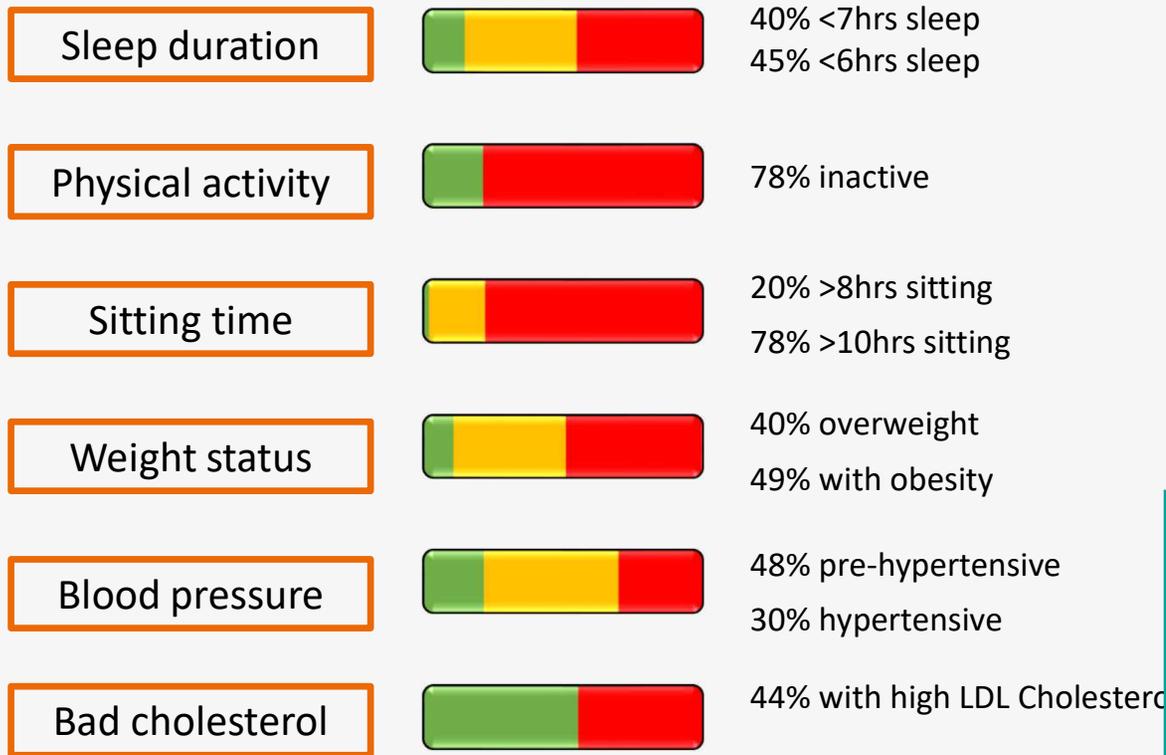
Moral health



Ethical conscience

Attitude, values or beliefs

Driver physical health



- 84%** Overweight or obese
- 87%** Physically inactive
- 35%** High blood pressure
- 31%** Suffer anxiety
- 15%** Suffer depression

Commercial driver life expectancy is **15 years less** than the average population

An underserved, high-risk population urgently needing assistance to prevent an explosion of type 2 diabetes and cardiovascular disease



Based on data collected from 382 drivers, 99% male, average age 48 years (Clemes et al. 2022)

Policy versus law

Minimum tread depth
< 3.5 tonnes 1.6mm
> 3.5 tonnes 1mm

75% of the tyre width around the full circumference

Remainder must be

Maximum daily driving
< 3.5 tonnes 10 hours per day
> 3.5 tonnes 9 hours can be increased to 10 hours twice a week

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Vehicles and drivers Vision standards



£2000

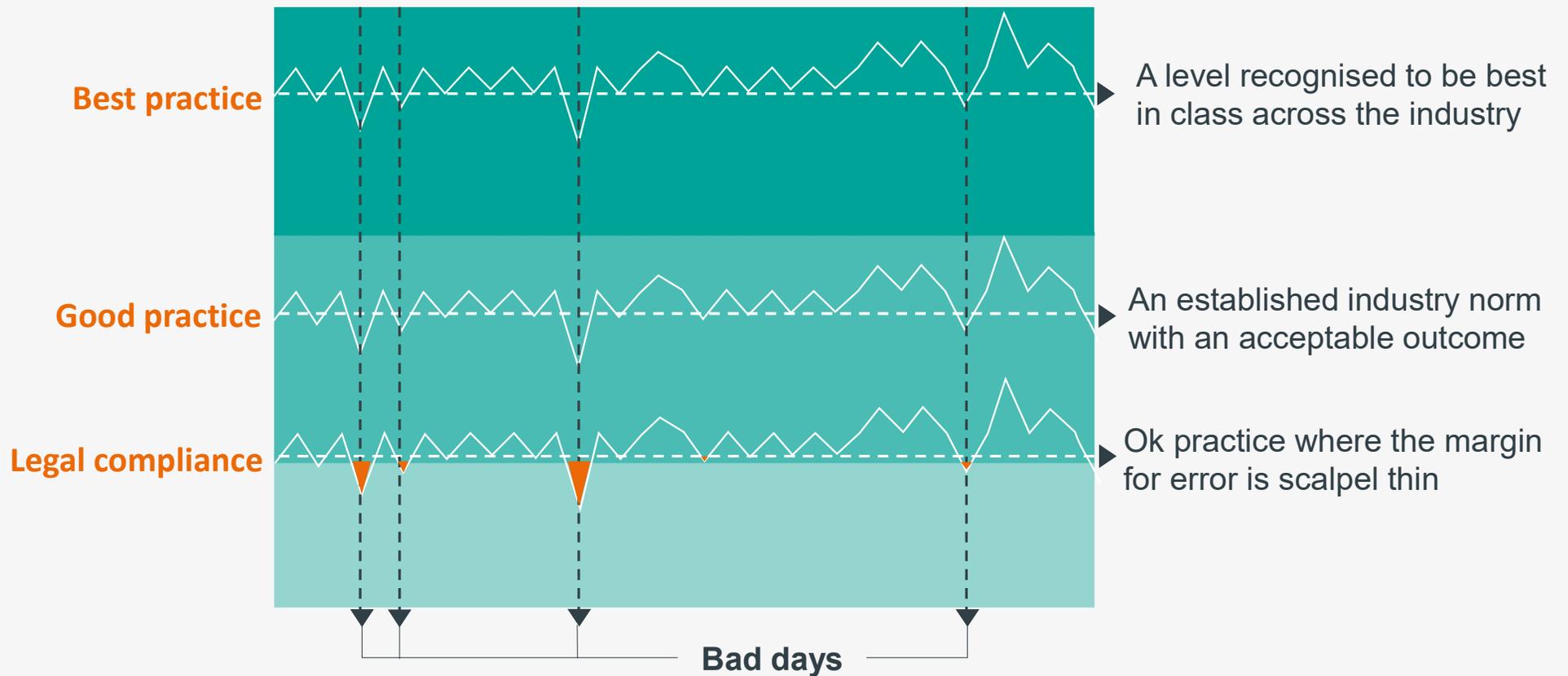


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Vehicles and drivers Post collision



Moral fitness Operating benchmark



Tip of the iceberg What we know about drivers

-
- The diagram features a jagged orange iceberg tip above a teal water surface. The visible tip is surrounded by a list of factors, while the much larger submerged part is surrounded by a list of hidden factors.
- Regulations
 - Customer conflict
 - Operational stress
 - Other road users
 - Road risk
 - Work conditions
- Money
 - Job security
 - Family
 - Relationships
 - Attitude
 - Emotional fitness
 - Stress
 - Depression
 - Mood disorders
 - Fitness
 - Eyesight
 - Sleep disorders
 - Fatigue
 - Drugs
 - Alcohol
 - Physical fitness
 - Self esteem
 - Diet

In the headlines

Delivery driver fell asleep and killed mum in crash after drinking coffee with 14 sugars

Drug taking A180 lorry crash driver found slumped in seat with trousers half way down his legs

France coach crash: Atherstone driver 'fell asleep at the wheel'

JAILED for 12 months: Lorry driver who caused fatal crash while using eye drops

Driver who died in M53 school coach crash 'suffered medical is

Death driver had sleep disorder

Lorry driver killed grandad 'after falling asleep at wheel on first night shift'

Newly married rail worker who "lived for Disney" killed by sleeping van driver

Two lorry drivers killed in horror crash after one fell asleep at wheel

Distraught lorry driver, 45, hanged himself after girlfriend of 25 years dumped him

Cornwall Coach Crash: Driver Held As Two Die

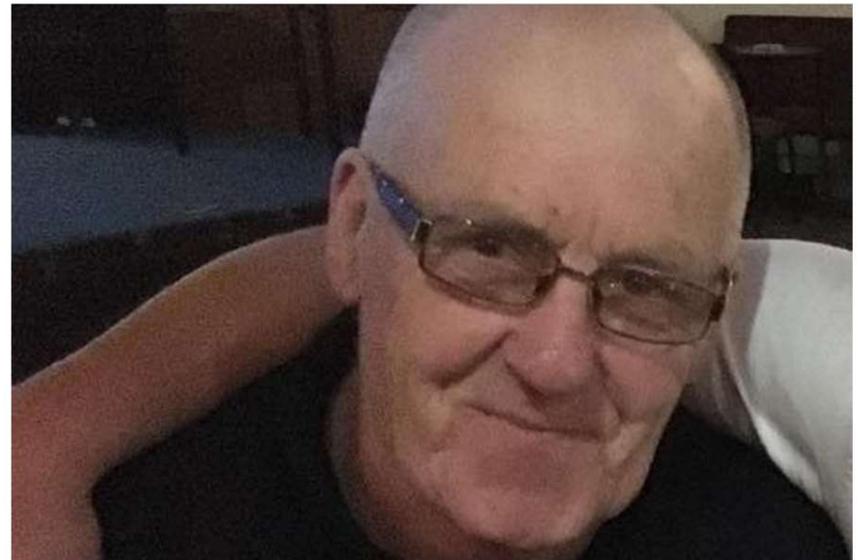
Distracted van driver jailed after crash kills motorist

A1 lorry driver 'died a hero' after having a heart attack at the wheel and swerving to avoid a crash

Frankie Burton, 65 from Elswick, had a sudden heart attack while driving his DAF truck northbound in County Durham on Wednesday

A lorry driver “died a hero” after suffering a heart attack at the wheel and swerving off the A1 to avoid crashing into anyone else, his heartbroken family told today.

Frankie Burton, from Elswick in Newcastle, had a sudden heart attack while driving his DAF truck northbound in County Durham on Wednesday, when he left the road and ended up in a field near Coatham Mundeville.



Frankie Burton, 65, died after swerving his lorry off the A1 in County Durham

Today's takeaways

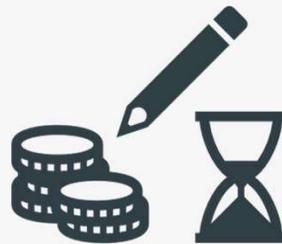
Know your drivers



Appreciate

Personal circumstances, family situation, health issues

Prioritise resources



Focus

Time, budget and management on the areas of most risk

Review your policies



Ensure

Organisational commitment support your objectives

Guide to maintaining roadworthiness



Guide to driver roadworthiness
Commercial goods and public service drivers

Vehicle **mental factor**

Managing road risk through driver health and wellbeing



Guide to maintaining roadworthiness
Commercial goods and public service vehicles



Keeping Britain moving, safely and sustainably

The Driver Handbook

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