

Dr Grant Charlesworth-Jones

CEO & Founder of



## **D4Drivers -**

D4Drivers is the UK's largest provider of driver medical assessments.

## **Loughborough University School of Sport, Exercise and Health Sciences -**

Ranks number 1 in QS global rankings.

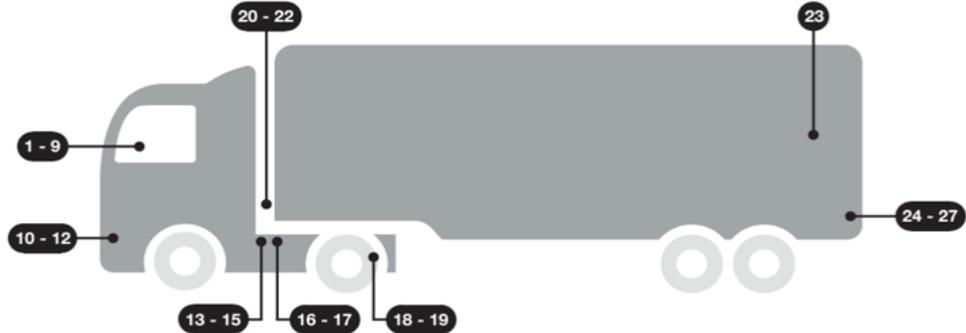
This is the World's largest research into driver health ever.

# For the Vehicle: 27-Point Check Daily

Here's a list of the **27-point daily check** that HGV drivers can use to proactively ensure their vehicle is fit for purpose before setting out on a journey:

## HGV walkaround check

Allow plenty of time to check your vehicle is safe before you drive and remember this counts as working time. If your vehicle is not safe, you risk an incident, prohibition, fine and penalty points on your licence.



### Check inside the vehicle

1. Front view (mirrors, cameras, and glass)
2. Windscreen wipers and washers
3. Dashboard warning lights and gauges
4. Steering
5. Horn
6. Brakes and air build-up
7. Height marker
8. Seat belts and cab interior
9. Security and condition of cab, doors and steps

### Check outside the vehicle

10. Lights and indicators
11. Fuel and oil leaks
12. Security of body and wings
13. Battery security and condition
14. Diesel exhaust fluid (AdBlue)
15. Excessive engine exhaust smoke
16. High voltage emergency cut-off switch
17. Alternative fuel systems and isolation
18. Spray suppression
19. Tyres and wheel fixing
20. Brake lines and trailer parking brake
21. Electrical connections
22. Coupling security
23. Security of load
24. Number plate
25. Reflectors
26. Markings and warning plates
27. Other equipment

# For the Driver: Up to 27 Years Between Medical Assessments

Driver health assessments are an essential part of ensuring that drivers remain fit for the demanding tasks of operating a vehicle.

## Drivers currently have a basic health assessment:

- Height and weight
- Visual activity
- Blood pressure
- Self-declaration health questions

# Frequency of Assessment

---

Current	Improved Practice	Meeting Drivers' Needs
Initial basic	Initial improved	Initial comprehensive
Next at age 45 then 5 yearly	Five yearly from start	Three yearly from start
Annually from age 65	From age 60 annually	From age 55 annually

# So, why bother?!

---

Driver health assessments and safety are about more than just meeting legal requirements—they're about prioritising human lives. It's about making sure drivers are capable, focused, and healthy so that they can do their job safely and effectively:

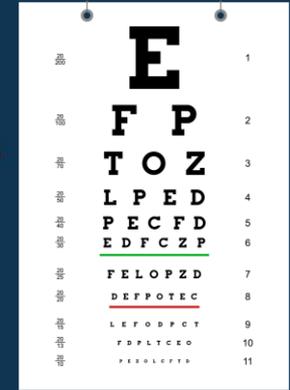
1. Collision risk
2. Attendance
3. Productivity
4. Resilience
5. Retention
6. Recruitment
7. Family
8. Community
9. Industry
10. Health Services

# Driver Risk Rating – The Future of Compliance

Cardiovascular



Diabetes



Eye Assessment

Sleep Apnoea



Collisions and near misses



Medication



---

# Use Compliance to Manage Risk

---

**Driver health and safety matter**—let's work together to reduce risks and keep our roads safe.

**Make a change today**—ensure that your drivers are safe, healthy, and ready to drive.



## Get In Touch

 [www.d4drivers.uk](http://www.d4drivers.uk)

 [enquiries@d4drivers.uk](mailto:enquiries@d4drivers.uk)

 0300 3030 668

