

# Driver health

**Understand the impact on health of driving - and the impact of driving on health**

## Group booking options:

**Delivery:**

For individuals (online)  
For managers (online)

**Participants:**

8 to 12  
8 to 12

**Duration:**

2 hours  
2.5 hours

Reduce the risk of unsafe driving and accidents due to health issues

Support your drivers to better manage their mental and physical health

Develop your managers' understanding of the relationship between health and driving

*These courses examine driving from two perspectives: the risks that ill health can pose to driving, and the impact that driving can have on an individual's health.*

*Training can help drivers and managers to understand and mitigate the risks to individual employees' health and appreciate the wider safety issues.*

## What you'll learn

- How health can affect driving, and when to take action
- How driving may impact mental health, and the support available
- Key principles of maintaining a healthy lifestyle as a driver
- How driving can affect musculoskeletal health, and preventative measures to protect drivers

\*Content can be changed at additional cost

## Who this course is for

Employees who drive as part of their job, or managers with responsibility for drivers.



## Course summary

Illness or disability is stated as a contributory factor in around six per cent of fatal road accidents, according to the Royal Society for the Prevention of Accidents.

More than 40% of professional drivers have reported experiencing anxiety and depression. A person's fitness to drive can be affected by many health factors, including diagnosed conditions, short-term illnesses, fatigue or medical treatment.

This course helps drivers and managers take responsibility for understanding - and acting on - the potential risks involved in the role.

It also details how drivers are at risk of developing musculoskeletal problems from twisting, bending, lifting, slouching, sitting still, vibration, repetitive movements and carrying out administrative work in their vehicles.

Advice on maintaining a healthy lifestyle while on the road is included, relating to sleep routines, healthy eating and exercise. The course also covers how driving can impact mental health, and details the support available. Participants can create an individual action plan for good driver health, and will get a toolkit of knowledge and resources to draw on.

## About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and individuals with a disability or health condition.

## Get in touch

To book, for more information or for a tailored quotation, contact us:



0300 456 8113



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