



- Importance of drivers health
- Legislative aspects of importance in driving
- Occupational health programme for drivers
- Medical aspects of assessing fitness to drive
- Physical fitness and driving
- Medication, alcohol and drugs and driving
- Diet and nutrition

# Best practice in the development of a driver medical programme





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# Factors influencing the driving task



- Operator : Attentive, good judgment, responsive
- Environmental: Night/day ,rain/glare, road surface, signage
- Organizational : Regulations, business requirements, rosters, appointments, time of day
- The vehicle: type of vehicle, load etc
- Individual factors: Vision, cognitive function, decision making, behavior, locomotor systems, etc.

# Predisposing factors to poor health

- Sedentary lifestyle
- Lack of good food choices
- Continuous exposure to whole body vibration
- Fatigue
- Stimulants



**Focus on  
Drivers health**

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## Legislative aspects



- National Road Traffic Act and Regulations
- Occupational Health and Safety Act
  
- Role of road user
- Role of employer
- Role of employee




# Drivers Health Policy

- Protection of drivers health
- Health risk assessment
- Education and training
- Medical surveillance
- Protocols to manage drivers temporary or permanently unfit to drive
- Alcohol and drug testing

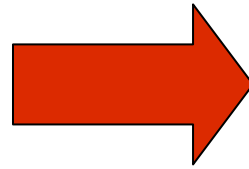


## Drivers medical programme

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- 
- **Employ knowledgeable staff to manage the Occupational health programme**
  - **OHP and OMP**
  - **Risk based**
- 

**MEDICAL SURVEILLANCE**  
Implement a "risk based" program



**EVALUATE & TREND RESULTS**  
Results NOT correlate with initial findings ...

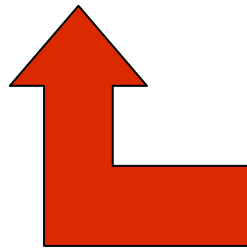


**REASSESS**  
i.e. OH risks, existing preventative measures, PPE, need for employee training ...

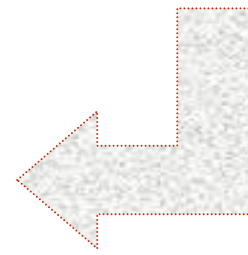
**OCCUPATIONAL HEALTH RISK MANAGEMENT PROCESS**

**START**

**QUANTIFY**  
Measure exposure levels of identified OH risks



**IDENTIFY**  
possible OH risks i.e. through Health Risk Assessments



Repeat process - using information obtained

## Typical hazards drivers

- **Capability-** Type of vehicle driving (SASOM categories)
- **Physical** – Noise, dust
- **Chemical** - exposure to chemicals spillage, transfer
- **Ergonomic-** Whole body vibration, lifting, shift work
- **Psychological-** Stress, hours
- **Lifestyle issues-** inadequate diet and nutrition; lack of physical activity; use and abuse of drugs and alcohol



## Components of driver occupational health programme

- **Identify hazards drivers are exposed to and assign a risk category**
- **Eliminate, prevent and/or reduce the hazards**
- **Education and training**
- **Assess medical fitness to drive:**
  - **Pre placement screening**
  - **Medical surveillance (periodic)**
  - **Return to work examinations**
  - **Post incident examinations**
- **Chronic disease management**
- **Protocols in place to manage drivers temporary or permanently unfit to drive**
- **Alcohol and drug testing**



## Medical aspects of fitness to drive

- Sleep disorders
- Vision problems
- Heart disease
- Diabetes
- Epilepsy
- Blackouts and fainting
- Psychiatric disorders
- Age related decline



**THE SOUTH AFRICAN SOCIETY OF OCCUPATIONAL  
MEDICINE**

**MEDICAL REQUIREMENTS FOR FITNESS TO DRIVE**

**SASOM GUIDELINE No. 6**

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# Certificate of fitness

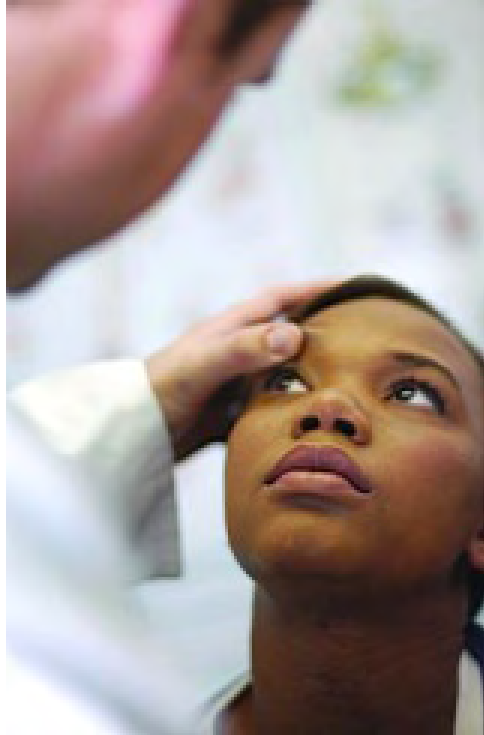
- Fit
- Fit with accommodation/restriction
- Fit with follow up
- Unfit
- Temporary unfit

## Drivers skills and competence

- Formal driver training as part of 12/24 months review
- Preventive driver training
- Anti Skid/ Anti high-jack training
- Behavioural based/safety training
- Defensive driving training
- Formal drive “audit” during job



## Physical fitness and driving



- **Optimize fitness**
- **Improved concentration skills**
- **Stamina**
- **Fatigue resistance**
- **Enhance safety on road**

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# Medication, alcohol and drugs

- Coordination
- Reaction time
- Tracking
- Judgment
- Attention
- Perception

# Medication that impair ability to drive

- Muscle relaxants
- Sedatives and tranquilizers
- Anti convulsants
- Older generation anti depressants
- Over the counter- antihistamines
- Herbal medication

# Alcohol and drug testing

- Policy in place
- Drugs : Screening test and confirmatory testing
- Legally defensible sample



## Diet and nutrition



- Educate proper eating habits
- Adequate water
- Vitamin supplements

## Life Solutions Health Products

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- HIV/Aids management programme

# Arrive alive !



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