

Eilish Mulhern

Senior Road Safety Promotion Officer Road Safety Authority

2017

VULNERABLE ROAD USER FATALITIES

30



**14% DECREASE
ON 2016**

20



**9% DECREASE
FROM 2016**

15



**50% INCREASE
ON 2016**



What can you do?

- Driving for Work Policy
 - Does it include Vulnerable Road Users?
- Safe Vehicle
 - Roadworthy, Class V & VI Mirrors, New Technologies
- Safe Driver
 - Medically Fit to Drive, Fatigue, Distracted, Stressed
- Safe Journey
 - Plan in advance, Peak traffic times



What can you do?

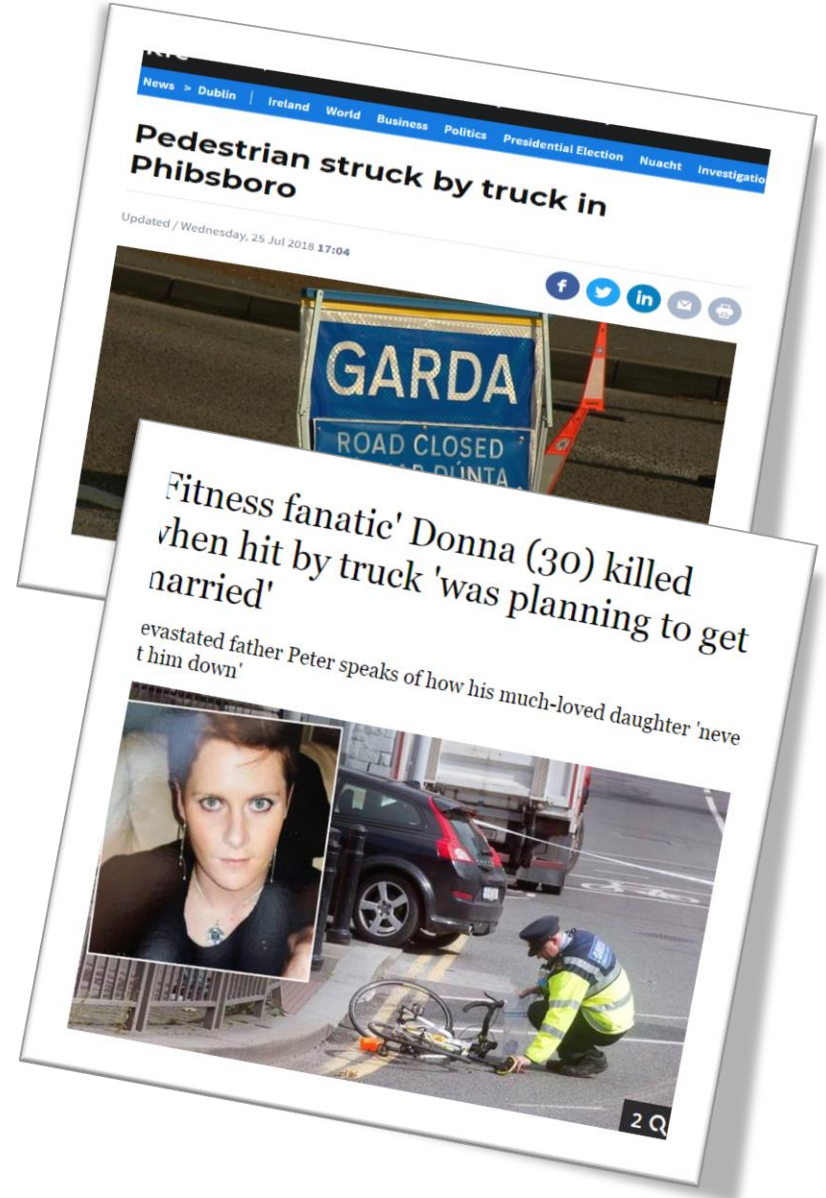
- Raise Awareness with your Drivers





Consequences

- Reputational Damage
- Insurance
- Loss of Business
- Loss of Productivity
- Vehicle Repair Costs
- Third Party Claims
- Increased Costs
- The Driver







Thank you

A photograph of a man and a woman in a library or office setting. The man, with dark curly hair and a beard, is wearing a purple long-sleeved shirt and is pointing at a tablet held by the woman. The woman, with dark hair, is wearing a green button-down shirt and is smiling while looking at the tablet. They are standing in front of a white bookshelf filled with books. The image is partially covered by a blue geometric overlay on the left side.

Iron Mountain: Vehicle Driver Management

Speaker: Maria McLoughlin

Comprehensive Information Management Solutions

Records and Information Management Solutions



- Records Management
- Vital Records Protection
- Specialized Vertical Solutions
- Consulting

Data Backup and Recovery



- Server and Application Data Protection
- Technology Escrow
- Disaster Recovery
- Offsite Tape Vaulting

Document Management Solutions



- Document Imaging
- Hosted Imaging Archive
- Specialized services for:
 - Human Resources
 - Accounts Payable
 - Mortgage
 - Insurance
- Discovery Services

Secure Shredding



- Onsite and Offsite Secure Shredding
- Compliant Information
- Secure Media Destruction

Managing Vehicle Driver Risk

- Driver Recruitment, Induction and Development
- Driver Behaviour System
- Fleet Management
- Driver Wellbeing

A blurred background image showing a large crowd of people, likely at a public event or conference. The image is out of focus, with various colors of clothing and shapes visible. A blue geometric shape is in the top right corner.

Driver Recruitment, Induction & Development



Driver Recruitment, Induction & Development

Interview

Induction

Probation

Development & Training

Refresher

Driver Handbook & Safety Checks

D. Licence number		Endorsements		Eyesight test (20.5m)	
Categories					
Vehicle reg		Vehicle type / size		Loaded / unloaded	
PRE - DRIVING CHECKS					
Did the driver carry out a full and concise vehicle check prior to moving the vehicle using the correct IM vehicle check sheet?				Comments	
Was / is the vehicle roadworthy				Comments	
Previous month safety score				Safety score after assessment	
ON THE ROAD ASSESSMENT 1 = poor / 5 = Excellent					
Road procedure		Score		0	
Manage speed / Eco		1 to 5		Effective positioning	
Manage space - stationary		1 to 5		Signals / horn	
Manage space - sides		1 to 5		Brake lights	
Manage space - behind		1 to 5		Lights (If applicable)	
Manage space - escape routes		1 to 5		Eye contact	
Identify risks		Score		Reversing / Manoeuvring	
Managing distractions		1 to 5		Theory	
Information - well ahead		1 to 5		R/H Reverse	
Information - near to vehicle		1 to 5		L/H Reverse	
Information - to the sides		1 to 5		Manage space	
Information - in blind areas		1 to 5			
Information - in mirrors		1 to 5		Parallel parking left / right (If app)	
Use of information / signs		1 to 5		Banksman (if applicable)	
Attitude		Score		Highway code	
Other road users / pedestrians		1 to 5		Understanding & implementation	
DRIVER ISSUES					
Eyesight				Vehicle control skills	
Hearing				Managing distractions	
Nervousness				Awareness	
Fatigue				Responsibility / Vehicle check	
Drink / drugs / smoking				Procedural	
Language difficulties				Licence	
Overall score	Overall Target	Target minus N/A	Actual target	Actual score	% score
	125	15	110	0	0%

Driver Handbook

- Communication
- Understanding
- Guidance
- Support
- Updates
- Hot Topics



Driver Handbook



Planning and Performance

Routing - Minimises the risk of fatigue.
- Ensures payloads are adhered to.

Measured - Planned versus Actual

Reward - Reward good work and compliance

STOP LIST

Session Date: 19 September 2018 - Delivery

Scenario: DELIVERY

Route: 03 - DM

Driver Information

Driver 1: - SM
Driver 2:

Equipment ID	Equipment Type ID	Description
151D16852	FCONNECT	HYBRID

Depot: DPT - DAMASTOWNWFRY

Route Start Time: 8:00

Pre-Route Time: 00:45

Route Departure Time: 08:45

Route Arrival Time: 16:29

Post-Route Time: 00:45

Route Complete Time: 17:14

Stop #	Pty	Location ID	Type	Location Name	Location Address	Arrive	Depart	Service	Units	Cubic ft	Supplies		
Urgency		Open Time		Close Time	TW1 Open Time	TW1 Close Time	TW2 Open Time	TW2 Close Time					
Standard Instructions													
1	*	0	13993	SIT		St James Gate DUBLIN,		9:30	9:40	00:10:00	1	1	0
0			9:00	12:00	9:00	12:00					<u>0</u>	<u>0</u>	<u>0</u>
2	*	9	6928	SIT		49 Dawson Street DUBLIN, Dublin 2		9:48	10:08	00:20:00	1	1	0
0			9:00	11:00	9:00	11:00					<u>0</u>	<u>0</u>	<u>0</u>
3	*	0	9342	SIT		One Warrington Place Dublin DUBLIN 2, Dublin		10:15	10:19	00:04:31	1	1	0
0			10:00	14:00	10:00	14:00					<u>0</u>	<u>0</u>	<u>0</u>
4	*	0	14098	SIT		1 Richview Office Park Clonskeagh DUBLIN,		10:30	10:34	00:04:31	1	1	0
0			9:00	17:30	9:00	12:00					<u>0</u>	<u>0</u>	<u>0</u>
5	o	0	3978	SIT		Clonskeagh Road DUBLIN, Dublin 4		10:38	10:42	00:04:31	1	1	0
0			11:00	13:00	11:00	13:00					<u>0</u>	<u>0</u>	<u>0</u>
6		0	17985	SIT		CLONSKEAGH ROAD DUBLIN,		10:46	10:50	00:04:31	1	1	0
0			9:00	17:00							<u>0</u>	<u>0</u>	<u>0</u>
7	o	0	9338	SIT		Mespil House Mespil Road DUBLIN 4, Dublin		10:58	11:23	00:25:00	1	1	0
0			12:00	16:30	12:00	16:30					<u>0</u>	<u>0</u>	<u>0</u>
8	*	0	3979	SIT		Hatch Street DUBLIN, 02		11:27	11:32	00:04:31	1	1	0
0			9:00	17:00	9:00	17:00					<u>0</u>	<u>0</u>	<u>0</u>
9	c	0	4112	SIT		46-50 George's Street DUBLIN, 2		11:39	12:09	00:30:00	1	1	0
0			9:00	12:00	9:00	12:00					<u>0</u>	<u>0</u>	<u>0</u>

Driver Behaviour System



Safety

Fuel Efficiency

Summary of Sep 18, 2018

Vehicle: 151D27341

Duration: 05:02:07

Distance: 82.3 Miles

Safety events: 1

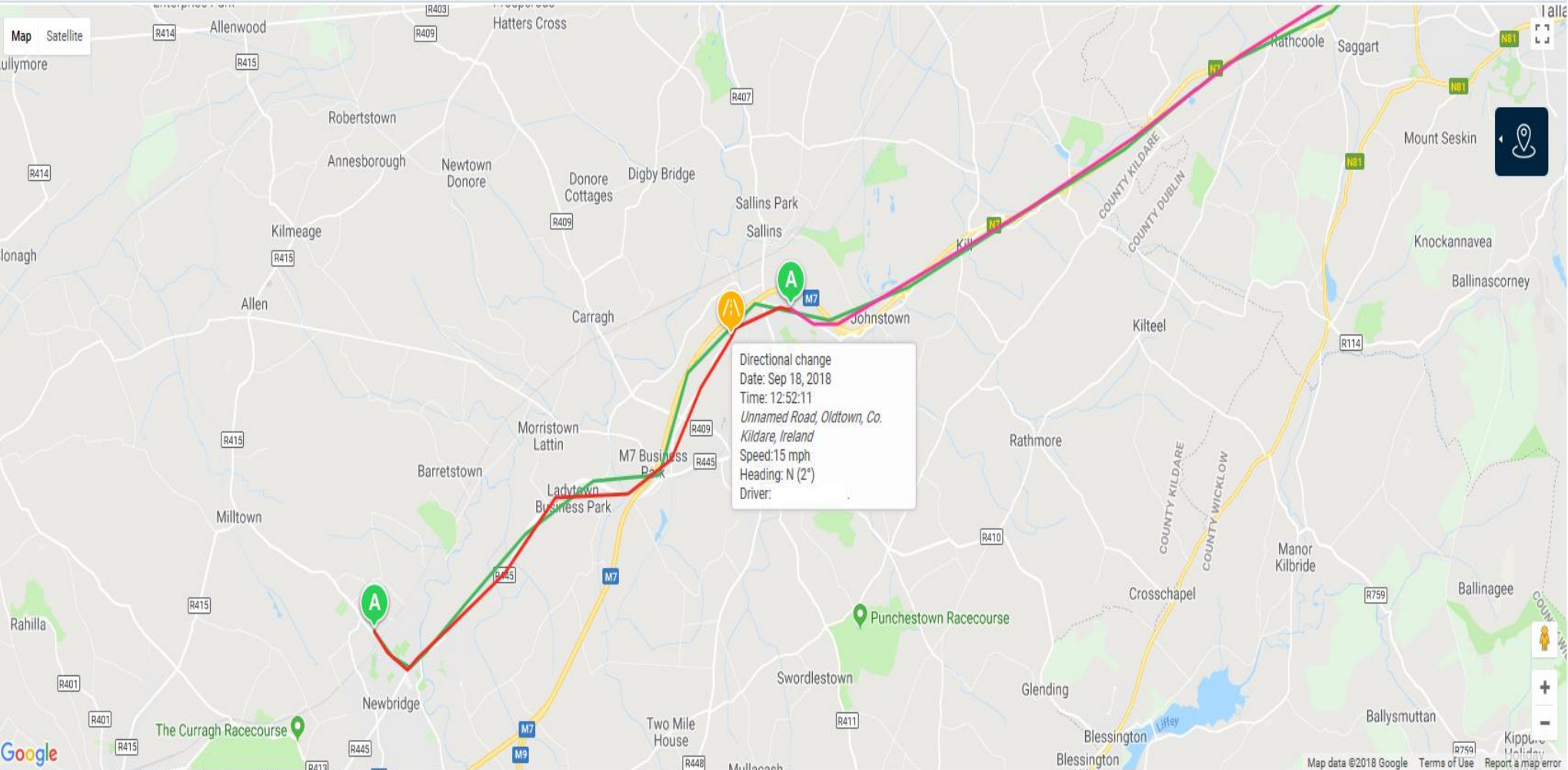
Main safety issue: Directional

Change [Driving Tips](#)

Speed events: 0

Over speed limit: N/A

Top speed: N/A



Note: not all trip events have GPS data. Therefore, not all events are displayed on the map.

Summary of Sep 18, 2018

Vehicle: 151D27341

Duration: 05:02:07

Distance: 82.3 Miles

Safety events: 1

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Change [Driving Tips](#)

Speed events: 0

Over speed limit: N/A

Top speed: N/A



County Kildare
View on Google Maps

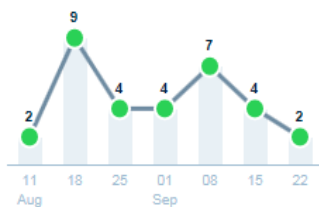


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- Last 7 days

Safety Score History



Open in full view

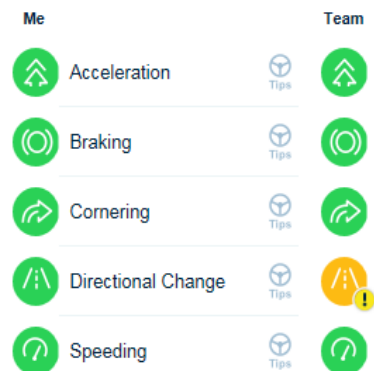
Safety Score



Team: **5**

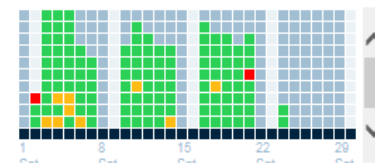
Position: **3** / 12

Safety Categories



Trip history

<< **September 2018** >>



Open in full view

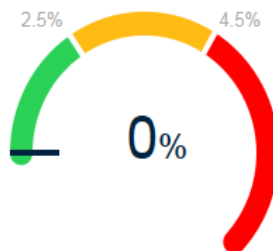
Hours driven

77:36:16

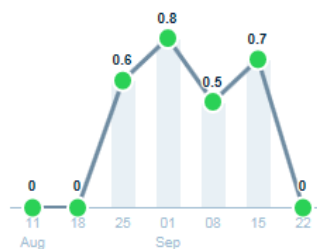
Safety score

5

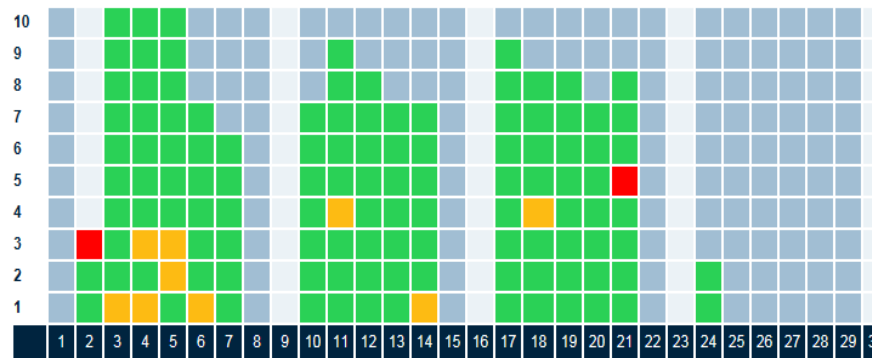
Idling Rate



Idling Rate History



Open in full view



Hours driven this month: 77:36:16
 Distance driven this month: 1365.2 Miles
 Red events this month: 0
 Amber events this month: 35
 Safety Score this month: 5

Summary of Sep 18, 2018

Vehicle: 151D27341

Duration: 05:02:07

Distance: 82.3 Miles

Safety events: 1

Main safety issue: Directional

Change | [Driving Tips](#)

Speed events: 0

Over speed limit: N/A

Top speed: N/A



■	Event	Time	▲	Speed	Duration	Details	Address	Landmarks
<input type="checkbox"/>	A Trip start	08:49:55		N/A			Damastown Rd, Macetown North, Dublin, Ireland	Depot
<input type="checkbox"/>	B Trip end	10:10:04		N/A			Unit 5, Broomhill Business Park, Broomhill Rd, Tymon North, Dublin 24, Ireland	
<input type="checkbox"/>	A Trip start	10:30:46		N/A			Unit 1, Broomhill Business Park, Broomhill Rd, Tymon North, Dublin 24, Ireland	
<input type="checkbox"/>	B Trip end	10:33:54		N/A			Apartment 21, Main St, Tallaht, Dublin 24, Ireland	
<input type="checkbox"/>	A Trip start	11:26:27		N/A			Apartment 21, Main St, Tallaht, Dublin 24, Ireland	
<input type="checkbox"/>	B Trip end	12:16:53		N/A			Pierce Lodge, Station Rd, Piercetown, Newbridge, Co. Kildare, Ireland	
<input type="checkbox"/>	A Trip start	12:32:58		N/A			Pierce Lodge, Station Rd, Piercetown, Newbridge, Co. Kildare, Ireland	
<input type="checkbox"/>	A Directional change	12:52:11		15 mph			Unnamed Road, Oldtown, Co. Kildare, Ireland	
<input type="checkbox"/>	B Trip end	12:55:19		N/A			Monread Industrial Estate, Bóthar Mhóin Réad, Monread North, Naas, Co. Kildare, Ireland	
<input type="checkbox"/>	A Trip start	13:08:18		N/A			Monread Industrial Estate, Bóthar Mhóin Réad, Monread North, Naas, Co. Kildare, Ireland	
<input type="checkbox"/>	B Trip end	13:36:11		N/A			Unit 4036, Kingswood Ave, Citywest Business Campus, Saggart, Co. Dublin, Ireland	
<input type="checkbox"/>	A Trip start	14:22:29		N/A			Unit 4036, Kingswood Ave, Citywest Business Campus, Saggart, Co. Dublin, Ireland	
<input type="checkbox"/>	B Trip end	14:39:17		N/A			Unit 4033, 4035, Citywest Ave, Citywest Business Campus, Saggart, Co. Dublin, Ireland	

Safety

[Trips History](#) | [Drivers](#) | [Vehicles](#)
[Dashboards](#)
[To-Do 1,334](#)
[Safety](#)
[Tracking](#)
[Idling](#)
[Hotspots](#)
[Charts](#)
[Reports](#)
[Administration](#)

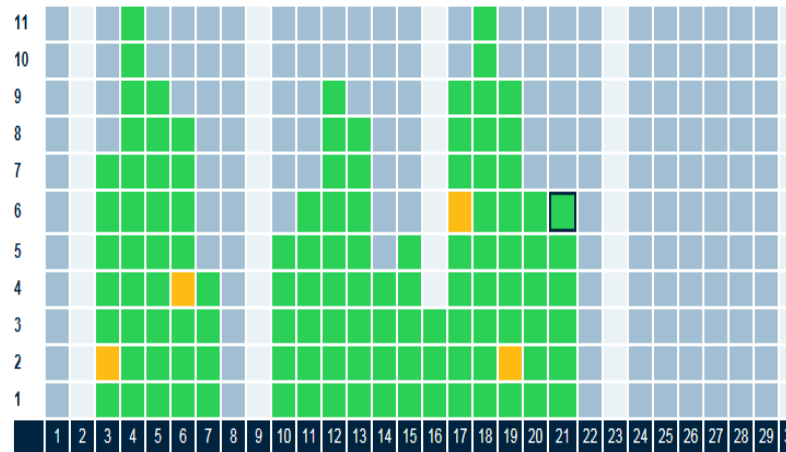
☒ Sub-units

Driver/Vehicle

Filter by category

6 selected

<< September 2018 >>



Summary of Sep 21, 2018 13:08

Vehicle: 151D16861
 Duration: 00:06:46
 Distance: 1 Km

Safety events: 0
 Main safety issue: N/A

Speed events: 0
 Over speed limit: N/A
 Top speed: N/A



	Event	Time	Speed	Duration	Details	Address	Landmarks
<input type="checkbox"/>	A Trip start	13:08:11	N/A			<u>4 Abbey Street Lower, North City, Dublin 1, D01 V0Y3, Ireland</u>	
<input type="checkbox"/>	B Trip end	13:14:57	N/A			<u>36 Sean Macdermott Street Lower, Mountjoy, Dublin, Ireland</u>	

Dashboard



Dallas key/ Fob



Driver Behaviour: The rewards

Driver Behaviour System Elite Status

- Driver Behaviour Telematics Elite recognizes drivers who are the best on the road. Each year our Driver Behaviour Telematics Elite is awarded to drivers who have demonstrated sustained excellence in driving performance and safety. This program is an easy-to-implement recognition program designed to help you with driver motivation and retention. Iron Mountain have in each of the years since it commenced, recorded the highest number of Elite drivers .
- How does our Driver Behaviour Telematics select Fleet Elite drivers?
- At the beginning of each year, the criteria for Fleet Elite is set. Drivers are eligible if they have a safety score of 5 or less for the full calendar year, with at least 500 driving hours logged during the year.
- How are Fleet Elite drivers recognized? .
- **Ireland's Elite Fleet**
 - ✓ **2015**, this was over 59% of our Irish drivers.
 - ✓ **2016** this increased to 81%
 - ✓ **2017** again an increase to 82% and we are on course to increase this number in 2018.

Driver of the Year

Summer 2018 5

GENTLEMEN, START YOUR ENGINES

THE BEST IN EUROPE

Iron Mountain's inaugural Driver of the Year competition came home in style

Competitors from countries around Europe came together to battle it out for the ultimate prize, Switzerland, England, Spain, France, Germany - they were all there with one shared goal: to win.

As Russia held a little tournament known as the World Cup, Ashby-de-la-Zouch was hosting our first Western Europe Driver of the Year contest, which brought the best DM drivers from around the continent together to find who was the real king of the road.

The event, designed to measure drivers' skills behind the wheel and

knowledge of safety regulations and equipment, was split into five sections: a written quiz, vehicle pre-check, obstacle course, a 'smooth' driving course, and remote-control truck manoeuvring.

INFLUENCE

It was the brainchild of Head of Logistics Support for Western Europe, Rory Mangin, who said: "I attended the Safe Driver Roden in Texas last year, run by the North America Operations of Iron Mountain. It was such a huge success, I thought we should try and emulate that for Western Europe."

After successfully finding a suitable location, the official go-ahead was given to Rory and his steering committee in November. Drivers were then selected for the event, who had proven to be true ambassadors for Iron Mountain, delivering high standards of professionalism and exceptional road-safety techniques.

In all, 20 competitors came from across Europe to take part, with eight drivers from the UK, two apiece from Ireland, Spain, France, Germany and the Netherlands, one from Switzerland and one from the US. Here's how it went.



AND THE WINNER IS...

Representing Switzerland, Odysseus Kratoch defied the myth that the country is just about chocolate and cuckoo clocks by bringing home the top prize! Well done Odysseus! He will now go on to compete in North Carolina in the Safe Driver Roden later in the year.



THE DRIVERS



THE FIVE SECTIONS

OBSTACLE COURSE

In case you thought that the Brits and Irish would have an advantage, Rory and his team managed to get hold of a left-hand-drive vehicle for our overseas friends. Drivers had to parallel and reverse bay park, drive through the narrowest of lanes avoiding tennis ball markers and take on the mighty 'serpentine' - a twisting drive through a series of obstacles without stopping. All against the clock, and no stopping!



VEHICLE PRE-CHECK



What's under the bonnet? As part of an all-round knowledge of safety test, points were awarded for how well drivers knew their vehicles in the vehicle pre-check round.

THE WRITTEN QUIZ

What is the stopping distance at 50mph?
A. 18m
B. 17.5m
C. 240m
D. 75ft

A series of multiple-choice questions, including road sign identification, took the drivers away from their vehicles and back into the classroom. As if you didn't already know, the answer is B, 17.5 ft.



'SMOOTH' DRIVING COURSE

Not one for those with an itchy clutch foot, this event had drivers take to the course, complete with several U-turns, with a container of water fastened to the top of their vehicle. Every can of lost water incurred a time penalty.



REMOTE-CONTROL TRUCK MANOEUVRING



Sure these boys can drive, but could they do it on a teeny-tiny scale? This event was just for a bit of fun and did not count towards the overall prize.



Driver Behaviour Reports

- **Weekly Reports / Fortnightly Review Calls**
- **League Table of Depot Scores**
- **Individual Driver Scores by Depot**
- **Speed by Speed Zone**
- **Idling Reports**



Fleet Management



- **Fleet Safety Policy**
- **Engagement with Drivers**
- **Work with Insurers**
- **Fleet Management System**
- **Vehicle Checks**
- **Driver De-Briefs**
- **Fleet Safety Forum**

Driver Pre Route Check

Iron Mountain Transport - Pre Route Checks (Page 1 - Front)			
Driver name:		Start Time:	
Vehicle Registration:		Date:	
If you answer NO to any of the question below please stop and report to your line manager?			
1. Do you hold the correct licence for operating this vehicle today?			Yes / No
2. Do you feel fit and healthy to work and operate this vehicle today?			Yes / No
3. Do you have your ID badge and the appropriate PPE?			Yes / No
YOUR VEHICLE MUST BE CHECKED PRIOR TO LEAVING DEPOT NOTE: ALL DAMAGE/DEFECTS MUST BE REPORTED before you LEAVE SITE			
It is the responsibility of operators and drivers of vehicles to ensure that the vehicles they use are roadworthy as it is an offence to use an un-roadworthy vehicle. Ensure Daily checklist is conducted.			
			Yes / No
5. Manifest checked to ensure any special instructions and timed deliveries are known?			Yes / No
6. All orders GROUPED correctly on In-Control device? (should be checked against DVL)		(GROUPED orders)	Yes / No N/A
7. Total number of Destruction Pickup Notes (Order type D's)?			N/A
8. Everything scanned onto vehicle, NO exceptions or messages saying, "Already Scanned"?			Yes / No N/A
9. All file packages placed in Crates for transit (Crates should not be left @ Clients)			Yes / No N/A
10. All Bins ins checked, free of client material, working order i.e. locks/lid and wheels work?			Yes / No N/A
11. All supplies accounted for and loaded?			Yes / No N/A
12. Spare supplies: T-Labels, Seals, Sacks, Bin Keys, Cable Ties, Printer Rolls DP?			Yes / No N/A
13. DP cage received and secured with numbered seals?			Yes / No N/A
14. Are all peli cases secured with cable ties			Yes / No N/A

Driver Daily Check List

<small>Iron Mountain Transport - Daily Van Checklist</small> Iron Mountain is obliged under the requirements of the Operators Licence to undertake daily vehicle checks. It is the responsibility of operators and drivers of vehicles to ensure that the vehicles they use are roadworthy as it is an offence to use an un-roadworthy vehicle on the road.														
Driver name:			Vehicle Registration:						Date:					
Checks Prior to Vehicle Departure:														
Check for the following, Function – Damage – Cleanliness - Condition - Security - Operation														
X Indicate if requiring attention			a Indicate that this item is fit for purpose			N/A			Item not applicable					
Start Time Vehicle Check:			Mileage Finish:											
Finish Time Vehicle Check:			Mileage Start:											
Total Vehicle Check Time:			Mileage Total:											
Oil level			Hazard and Indicators						Tax Disc Valid					
Coolant - visual check:			All lights working						No smoking sign					
Screen Wash			Reflectors functional						Ancillary Equipment-					
Brake and power steering fluid			Horn						Tyres - Inflation, wear					
Doors			Wheels- condition-security						Tyres - Tred depth					
Windows			Mirrors						Tyres - Visual Check					
Wipers and Washers			DP Vehicle Temp Set to 21c						Alarm					
Are there sufficient straps / ties to restrain the load correctly and is the Load safe & secure (Trolleys/Pump Truck etc)?										Yes / No				
Any additional damage reported from previous vehicle inspection (Vehicle Image) ?										Yes / No				
Driver Sign:			De-Briefer Sign:						Date:					
Vehicle checks and Observations should be continuous throughout the day:														
Steering functional			Suspension						Exhaust system					
Engine Performance			Clutch functional						OSDP - Media air conditioning unit					
Electrics functional			Handbrake functional						Locks / alarms					
Seating functional			Foot brakes functional											
COMMENTS ON ROAD:														
Nil defects (driver signature).....										If no defects found the driver MUST sign 'nil defects'				
DEFECT REPORTING														
ALL DAMAGE/DEFECTS MUST BE REPORTED TO YOUR LINE MANAGER BEFORE YOU LEAVE SITE														
Defect Raised By: PRINT NAME:			SIGNATURE:			DEFECT NOTE NUMBER:								
Final walk round Vehicle Check: START:			FINISH:			TOTAL:								
DE-BRIEFER SECTION														
Any additional damage reported from first vehicle inspection ?										Yes		No		
Defect Register Updated?										Yes		No		
Did vehicle require VOR process to be implemented:										Yes		No		
Driver Sign:			De-Briefer Sign:						Date:					

Daily Vehicle Checks and Compliance

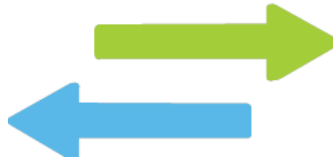
Vehicle check sheet

- ✓ Easy to use.
- ✓ Self Auditing.
- ✓ Legal requirement.
- ✓ Training provided to ensure all areas are correctly checked.
- ✓ Full defect process.
- ✓ VOR (vehicle off the road) process.
- ✓ Weekly vehicle audit



Risk assessments:

- *Easy to undertake*
- *Understand the process*
- *List the risks*
- *Consider the options*
- *Where do these apply?*
- *Who will be affected?*
- *Impact on other areas?*



Safe Working Procedures:

- *Best (safest) practice*
- *Linked to Risk Assessment*
- *Linked to guides / forms*
- *Robust & Comprehensive*
- *Communicated & Understood*
- *Reassessed & updated*
- *Periodic refresher training*

Near Miss and Hazard Reporting

Have you had a near miss or seen anything unsafe?

This form should be completed if the issues have the potential to cause harm or injury to any person, damage to equipment or property, fire or explosion or anything that in your opinion seems unsafe and dangerous, and scanned/emailed to the H&S Department. Near Miss events must be reported by location management via the ERMS (Event Reporting Management System). Hazards Identified must be segregated, actioned and rectified as soon as possible.

Reported By (Full Name):	
Reported to (Full Name):	
Date of Occurrence:	
Location:	
ERMS Reference No: (For office use only)	

Classification of the Incident (more than one item may be picked)

Type of Impact	Near Miss	Hazard
H&S Impact	<input type="checkbox"/>	<input type="checkbox"/>

Give details of the Near Miss, Unsafe Act or Hazardous incident:

--

Immediate Action taken to contain/remove Near Miss or Hazard:

--

Witness(es) (Full Name):	
--------------------------	--

Manager/Supervisor (Full Name) of the area where the Near Miss incident occurred:	
---	--

Results

Iron Mountain's Driver Safety programme has delivered significant improvements in terms of reduced incidents and insurance premiums, reduced fuel and maintenance costs and enhanced reputation.

In the UK & Ireland:

- 87% reduction in incidents since 2008, with the reduction reflected in insurance premiums
- 78% reduction in damage costs (own and 3rd party) since 2008
- Reduced Insurance Premiums
- 7% improvement in fuel efficiency since 2008
- 30% reduction in vehicle maintenance costs
- Brand - Improved reputation (earned several safety awards)
- 92% reduction in speeding events

The background of the slide is a blurred image of a large crowd of people, likely at a public event or conference. The colors are muted and out of focus, creating a sense of a busy, populated environment. A solid blue rectangle is centered on the slide, containing the title text.

Driver Wellbeing

Driver Wellbeing

In 2018 Iron Mountain introduced a Wellness initiative in conjunction with our Health Insurance Service Provider, this includes:

- Heart Screening
- Mental Health Seminars
- Employee Assistance Programme EAP
- Mindfulness / Breathing
- Stretch and Flex— Transportation Stretches

STRETCH & FLEX

Transportation *Stretches*

Safety Tips and Reminders:

- ✓ Hold each stretch for 15 seconds.
- ✓ Be sure to stretch each side.
- ✓ Perform the stretch in a slow and controlled manner.
- ✓ Never bounce.
- ✓ Breathe naturally.
- ✓ Stretch to the point where you feel mild tension.
- ✓ Stretches should feel comfortable, not painful. If you feel pain, stop the stretch or modify your technique.



Quadriceps

Stand up straight.

Hold onto the truck with one hand.

Grasp your right ankle with your right hand and pull up towards your back.

Keep your body in good alignment with your knees fairly close together.



Hamstring

Place your right foot on the side of your truck on the bumper of your vehicle.

Bend forward and touch your toes with your fingertips.

Extend your arm as far as you can until you feel the stretch at the back of your knee.



Calf

Place your toe on the tire with your heel on the ground.

Lean forward until you feel a slight stretch in the tendon or your calf.



Ankle Rolls

With one hand, hold on to the truck. Put your other hand on your waist.

Lift your right leg and bend it slightly at the knee.

Rotate your foot clockwise at the ankle.

Make eight complete rotations.



**Upper arm/
Shoulder front**

With arm extended and palm forward, grasp truck grab handle.

Gently rotate body away from truck.



Upper arm/shoulder

Place your first in the middle of your back.

Gently lean back against the seat.



Shoulder rolls

Sit upright with your back straight and your head held high.

Roll your shoulders backward for eight counts.

Reverse direction.



Neck

Reach down and grab the side of the seat with the left hand.

Gently pull while tilting your head to the right, feeling a stretch down the right side of the neck and shoulder.



Lower Wrist

Hold finger tips up and palm facing away.

Press fingers against steering wheel while gently bending wrist back.



Upper Wrist

Face your palms down.

Hold the top of your finger tips to steering wheel.

Gently bend your wrist down and forward.



Eye Rolls

Keep your head still.

Look up and blink slowly four times.

Look to your right and blink again four times.

Look down and make four blinks.

Look to your left and make another four blinks.

Look up once more for another four blinks.

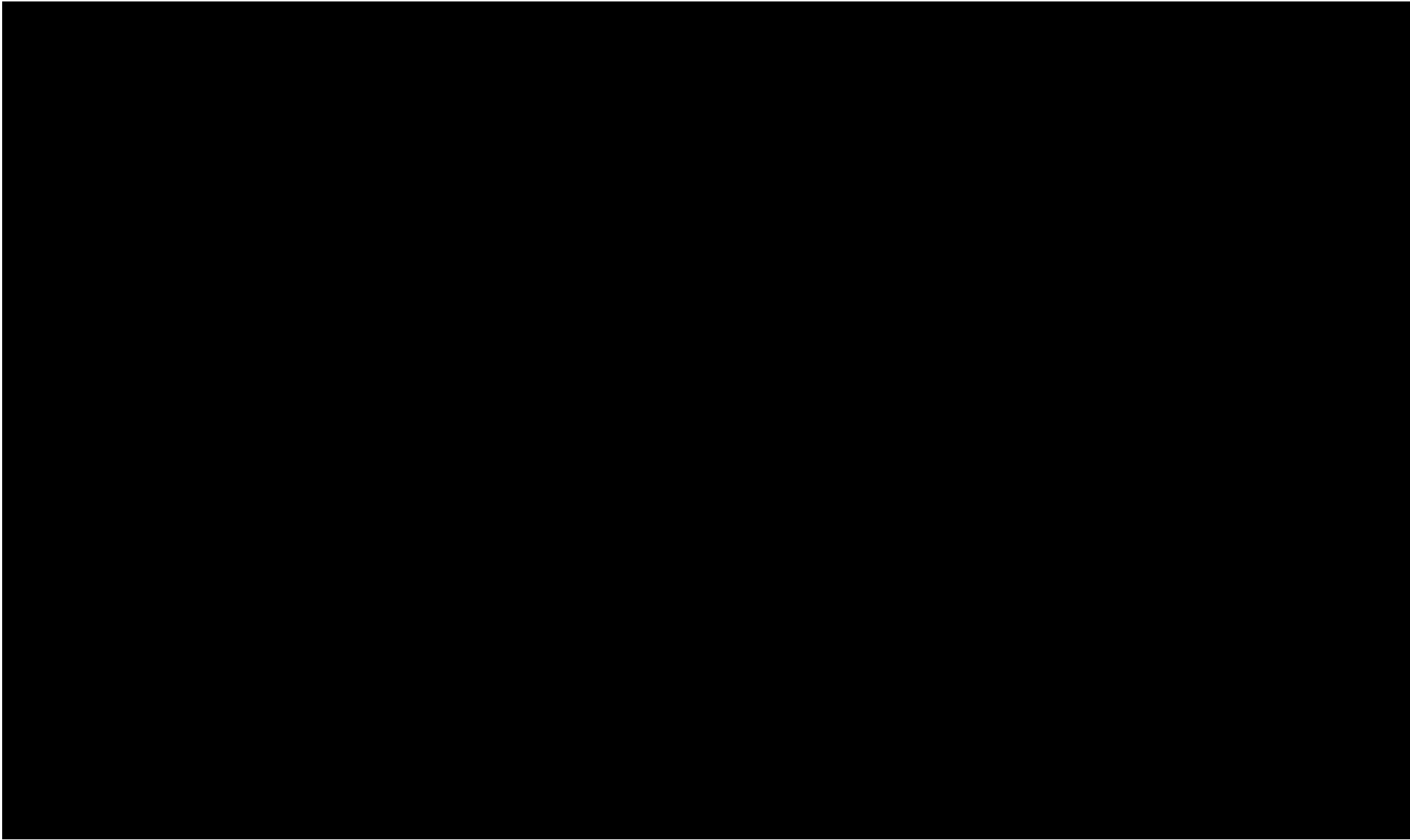
Close your eyes for ten counts.

A blurred background image of a large crowd of people, likely at a sporting event or festival, with various colors of clothing visible. A blue geometric shape is in the top right corner.

Thank You

Eilish Mulhern

Senior Road Safety Promotion Officer Road Safety Authority



The screenshot shows the homepage of the Driving For Work website. At the top, there are three logos: the Health and Safety Authority (HSA) logo on the left, the Garda Síochána (Irish Police) logo in the center, and the Road Safety Authority (RSA) logo on the right. Below the logos is a navigation bar with links: Home, Employer Resources, Driver Management, Vehicle Management, Learn More, Events & Seminars, and Contact Us. A search bar is located on the right side of the navigation bar. The main content area features a large video player with a play button overlay. The video title is "Driving For Work Information And Resources" and the subtitle is "Helping you to Reduce Risk, Protect your Business and Save Money." Below the video player is a button that says "WATCH WELCOME VIDEO". At the bottom of the page, there is a search bar with the text "I'm an employer looking for information about vehicle management" and a "GO" button.

HEALTH AND SAFETY AUTHORITY

Garda Síochána

RSA Údarás Um Shábháilteacht Ar Bhóithre Road Safety Authority

Home Employer Resources Driver Management Vehicle Management Learn More Events & Seminars Contact Us search

1 in 3 road collisions involve someone driving for work.

Driving For Work
Information And Resources
Helping you to Reduce Risk,
Protect your Business and Save Money.

WATCH WELCOME VIDEO

I'm an employer looking for information about vehicle management GO

Managing Driving for Work

FREE online course

www.drivingforwork.ie



Information leaflet

To educate employers about safe driving for work practices and the benefits of implementing driving for work risk management practices



Managing Driving for Work My Responsibilities

Information Sheet

October 2016



This information sheet will help you learn about the relevant legislation, duties of employers, and how to implement a safe systems approach to managing driving for work. It will help:

- employers who provide staff with vehicles (including powered two wheelers) to drive for work,
- employers who provide staff with bicycles to use for work,
- self-employed people who drive vehicles or ride motorcycles or bicycles for work,
- employees who drive their own vehicle for work.

This information sheet complements the Managing Driving for Work e-learning course which can be found at www.drivingforwork.ie

Driving for work involves a risk not only for drivers, but also for fellow workers and members of the public such as pedestrians and other road users who share the road space. People who drive for work have a higher collision rate than the general driving population, even after their higher mileages are taken into account.

As an employer or self-employed person, you have a legal duty to manage the risks that employees face (and create for others) when they drive for work. Businesses, employees and the community all benefit from safe driving for work.

You should have systems in place to make sure that employees comply with your driving for work policies. Employers cannot directly control road or weather conditions, but they can influence the way their employees act and behave on the road.

What the law requires

Health and Safety law applies to driving for work in the same way as for all work activities. As an employer, you should have a safety management system in place for managing all work related risks. Driving for work risks should be managed as part of this system. You must also make sure your employees are:

- legally entitled to drive the vehicle they are using,
- using a vehicle that is safe and roadworthy,
- trained, competent and fit to drive their vehicle safely, and
- using their vehicle safely.



Údarás Um Shábháilteacht Ar Bhóithre
Road Safety Authority

Page 1 of 6



Safe Driving for Work Driver's Handbook



Údarás Um Shábháilteacht Ar Bhóithre
Road Safety Authority

Available in your packs

A sample safe driving for work policy

Here is an example of a Safe Driving Policy which you can amend to suit the requirements of your business. This policy applies to anyone who drives as part of their work, whether driving their own vehicle or one provided by the company.

Safe Driving Policy for [enter name of business]

Date: [enter date policy is written]

To be reviewed: [enter the date you want to update it – annually is recommended]

Aim of this policy

To reduce vehicle incident and at-fault work related road collision costs and injuries by [determine an achievable figure and add it here] over three years by promoting a safe driving culture within the organisation.

Objectives of the policy

1. To make drivers aware of the main risks they face or create when driving for work
2. To make sure that employees who drive vehicles in the course of their work demonstrate safe, efficient driving skills and other good road safety habits at all times.
3. To maintain all company vehicles in a safe, clean and roadworthy condition to ensure the maximum safety of the drivers, occupants and other road users, and reduce the impacts of company vehicles on the environment – this also applies to personal vehicles used for work purposes.

Code of conduct

The code of conduct for [enter name of company] states: "While driving company or own vehicles for work purposes, employees must comply with traffic legislation, be conscious of road safety and demonstrate safe driving and other good road safety habits."

The following actions in company vehicles will be viewed as serious breaches of conduct and dismissal may be a consequence:

- drinking or being under the influence of drugs while driving
- driving while disqualified or not correctly licensed
- reckless or dangerous driving causing death or injury
- failing to stop after a collision
- acquiring penalty points leading to suspension of licence

National Road Safety Education Service



Available to educate your employees on:

- Speed & Speeding
- Seatbelt Wearing
- Drink Driving
- Drug Driving – Illicit or Prescription
- Driver Distraction
- Driver Fatigue
- Tyre Safety
- Vulnerable Road User's

Pedestrians & Cyclists

Learner Drivers

Licensed Drivers

Professional Drivers

Road Safety

Your Vehicle

Campaigns

Statistics

Research

Education

Road safety for kids

Shuttle

Seminars

Orders online

Order materials and publications online

Enter your search here

Search

Show All

RSA Orders - National Call Centre
Lo-Call 1890-532-532

Order is empty.

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Leaflets and Posters

Categories

Agricultural Vehicles

Beep Beep Day 2017

Child Safety In Cars

Commercial Vehicle
Maintenance

Cyclists

Drink Driving

Driver Distraction

Agricultural Vehicles



[more info](#)

Beep Beep Day 2017



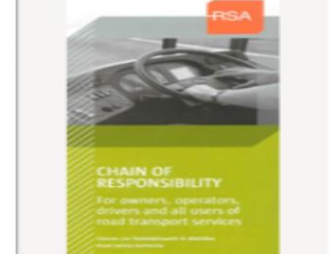
[more info](#)

Child Safety In Cars



[more info](#)

Commercial Vehicle Maintenance



[more info](#)

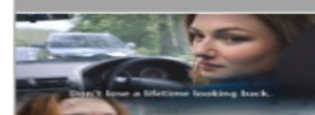
Cyclists



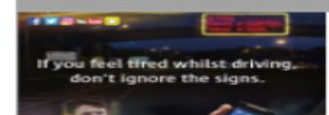
Drink Driving



Driver Distraction



Driver Tiredness



Leading Light Award

Entries will be accepted in each of the following categories:

- Education - Pre-primary, Primary, Secondary, Special, Third Level/Further and Community Education
- **Business**
- Public Sector
- Road Safety Officer of the Year
- Emergency Services
- Approved Driving Instructor (ADI) of the Year
- CPC Trainer of the Year
- CPC Training Organisation of the Year
- Local Media
- National Media
- Future Award



Websites

Driving for Work www.drivingforwork.ie

Health and Safety Authority www.hsa.ie

An Garda Síochána www.garda.ie

Road Safety Authority www.rsa.ie

Commercial Vehicle Roadworthiness Testing www.cvrt.ie

Email

Drivingforwork@rsa.ie

Driving For Work

Information And Resources

Helping you to Reduce Risk,
Protect your Business and Save Money.

