



Heavy Vehicle Safety

Being a short or long haul driver of a heavy vehicle brings with it specific hazards and risks to driver safety and wellbeing. While we can't document every hazard or risk, this is general information for Drivers for their overall day to day activities and safety.

Fatigue & Drowsiness - is a serious safety issue and is one of the top killers in relation to road incidents. To assist with fatigue, never exceed your driving hours, plan well for breaks with your supervisor and quality sleep is the only way to overcome tiredness. Shift work or working at night can also add to fatigue, if you feeling the effects of fatigue then pull over and contact your supervisor.

Slips, Trips & Falls - no matter what industry, workers who become complacent and take short cuts increase their risk to injury. We all see experienced long term drivers jumping out of the cab forwards and not using all the foot or hand rails whilst getting in and out of the as well as climbing up on top of loads. Maintain three points of contact and ensure the steps are always clear of any rubbish and debris.

If you need to assist with loading, unloading or restraining the loads then use safety equipment such as portable steps to assist you with this process.

Associated Tasks – different tasks require some amount of manual handling and therefore some risk to injury. Some safety points to remember are;

- Opening and closing a curtain on a tautliner, walk backwards pulling the straps with both hands.
- Wind the legs on a trailer using both hands.
- Avoid overreaching whilst trying to connect and disconnecting hoses.
- Do not over exert yourself trying to open or closing the doors on a container.
- Stand clear if you are using a side loaded.



Traffic Management Plans – vary from site to site, ensure you understand the traffic flow and rules for each site and adhere to them and stand in a safe place away from other moving equipment.

Driver Wellness – a big issue for drivers is their health and overall wellness due to being isolated majority of the time and limited access to healthy meals.

Always Remember

- Always conduct a pre start check of the vehicle and immediately report safety issues or damage to the supervisor.
- Adhere to all road rules and speed limits.
- Never allow yourself to be distracted when operating the equipment with items such as mobile phones or with food, if you need to use the phone or eat then pull over and secure the vehicle first.
- And final point, if you see something, say something or report it to either your immediate supervisor or your Labourforce representative.

Regards

Coldstaff Management