



ALCOHOL AND DRUGS

Witnessing or being involved in crashes can affect our relationships with family and friends and our ability to do the things we enjoy. Everyone makes mistakes on the road - together let's

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Consuming alcohol and drugs impairs judgement, slows down reaction times and increases the risk of fatigue.

If a driver consumes alcohol/drugs then crashes, they risk:

- death and long-term injury
- long-term financial costs
- legal consequences - including imprisonment, loss of license and fines
- loss of insurance cover.

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ALCOHOL AND DRUGS

A driver under the influence may exhibit the following behaviours:

- slower reactions
- trouble focusing
- fidgeting
- don't remember driving the last few kilometres
- missing signs or exits
- drifting off the road
- frequent and unnecessary changes in speed
- swerving
- hallucinating.

Tips to avoid your drivers from getting behind the wheel when drunk or high:

- initiate random alcohol and drug testing
- don't allow your people to drive when drunk or high.

You can help your drivers by:

- having programmes in place to manage driving under the influence risk e.g. addiction counselling
- enforcing consequences for driving under the influence.

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DISTRACTIONS

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Anything that diverts your attention can significantly increase your likelihood of having a crash.

Some of the main things that distract us while driving are:

- mobile phones
- music devices
- GPS devices
- food and drink
- other passengers
- scenery.

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DISTRACTIONS

How to stay focused while driving:

- turn on 'do not disturb while driving mode' or use voice commands on your devices
- if you're unfamiliar with the route, set up your GPS before starting your journey or have someone read out the directions
- pull over and take regular breaks rather than eating, drinking or smoking while driving
- ask passengers to be quiet if you're having difficulty concentrating.

Tips to avoid distraction while driving:

- ask callers to text so you can call back when you're not on the road
- plan your route before you leave.

You can help your drivers by:

- providing Bluetooth and GPS devices in all fleet vehicles
- enforcing consequences for using hand held devices while driving.

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FATIGUE

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Driving when you're tired, weary or exhausted affects your ability to concentrate and make good decisions.

People often think fatigue means falling asleep at the wheel. However, fatigue is simply tiredness, weariness or exhaustion.

For example, when you are fatigued:

- your reactions are slower
- you struggle to concentrate
- interpreting traffic situations takes longer.

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FATIGUE

How to recognise driver fatigue:

- slower reactions
- yawning
- trouble focusing
- struggling to keep eyes open
- fidgeting
- you've forgotten driving the last few kilometres
- missing signs or exits
- interpreting traffic situations takes longer
- drifting off the road
- frequent and unnecessary changes in speed.

Tips to avoid driver fatigue:

- take a break from driving during smoko and lunchtime
- share driving when possible
- avoid consuming even small amounts of alcohol/drugs
- avoid driving when taking medication that may lead to drowsiness – check with your doctor or pharmacist if unsure
- get out of the vehicle and take a break at least every two hours
- pull over and have a healthy snack
- pull over and take a 15-20 minute power nap if seriously tired.

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SAFETY BELTS

Witnessing or being involved in crashes can affect our relationships with family and friends and our ability to do the things we enjoy. Everyone makes mistakes on the road – together let's

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Wearing a safety belt reduces the risk of being killed or seriously injured in a crash by 40 per cent.

Safety belts support you in a crash or when the vehicle stops suddenly. Without one, occupants can be thrown from their seat, injuring themselves and/or causing harm to others in the vehicle.

If you don't wear your safety belt you risk:

- death
- long-term injury
- fines.

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SAFETY BELTS

How you can ensure safety belts are worn:

- consider purchasing a monitoring system to record when occupants aren't wearing their safety belt.

Tips to avoid your drivers from getting behind the wheel without a safety belt on:

- don't allow your people to drive without wearing their safety belt
- encourage drivers to check their passengers are wearing a safety belt before starting the vehicle.

You can help your drivers by:

- ensure all seats in vehicles are fitted with safety belts
- enforcing consequences for occupants not wearing safety belts.

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The faster you drive, the less time you have to respond to hazards and the more likely you are to suffer serious injury in a crash.

As your speed increases:

- the distance you need in order to stop safely increases
- there is a greater chance that other road users will misjudge how fast you are travelling.

The severity of injuries in a crash is directly related to the impact speed of the vehicle.

The faster you're travelling, the bigger the consequences.

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How to recognise speeding:

- track fleet vehicle speeds using a GPS vehicle tracking system
- treat speed infringements as a serious health and safety issue for your business/employee.

Tips to avoid speeding:

- set realistic schedules for your drivers
- empower your drivers to reschedule jobs where necessary.

You can help your drivers by:

- giving staff the OK to ring in and reschedule jobs if they're running behind schedule
- purchasing the safest vehicle you can afford with the most safety features
- enforcing consequences if speed limits are breached
- providing incentives for drivers who stick to speed limits consistently.

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