

Driver Health

A healthy driver is a safe driver. Here is a list of typical ailments that can negatively affect driver performance. Always check the following:

ALCOHOL AND DRUGS

- Legal limit is 0, 02%/100ml blood for a professional driver – one beer and you are over the limit.
- Say no to drugs – impairs vision, perceptions, emotion and co-ordination.



Say No!

HIGH BLOOD PRESSURE

Get your blood pressure checked.

- Symptoms include:
- Headaches, dizziness, blurred vision and nausea
 - DO eat healthy low fat foods, exercise, and use less salt - don't smoke. DO See a doctor.



Get tested – known as the silent killer.

EYESIGHT

- Getting a PrDP licence requires good eyesight. Poor eyesight is a hazard to all road users.

Symptoms include: headaches, blurred vision, unable to focus and sore red eyes.

- Have your eyes tested at least once a year.
- Always wear sun glasses or contact lenses if prescribed.



Poor eye sight is a safety hazard

DIABETES

Diabetes is caused by too much sugar in the blood Symptoms are:

- Excessive thirst, frequent urination, blurred vision, numbness in hands and feet to avoid:
- Eat healthy food and exercise regularly.
- Take medication as instructed



Diabetes is treatable - see a doctor

FATIGUE

Long hours on the road cause fatigue.

- Some symptoms are:
- Eyes going out of focus, lack of concentration, yawning staying out of the lane.
 - Stop in a safe place and rest 10 minutes every 2-4 hours.



Don't drive tired – get a good night's rest.

HIV/AIDS

- Know your status
- Say no to casual sex
- Always wear a condom
- Say no to sex if partner has a STD

Prevention is the only cure



MALARIA

- Choose overnights, stop with care - know malaria areas
- Use repellent, wear long sleeves at dawn and dusk
- Watch out for flu-like symptoms



Contact doctor immediately!

Your drivers are your most valuable asset - give them the attention they deserve: Good health!

**With us you are
Number One**