



# Toolbox talk

## VEHICLE SAFETY



# STATISTICS

- 73% of employed people in Sydney typically drive (at least part of the way) to work.  
(NSW State Supplementary Survey, ABS, 2008)
- Traffic accidents - The most common cause of work related fatality / injury / work absence in Australia. (Haworth et al., 2000)
- Work related MVA = Greater average time lost in worker absence than any other workplace claim. (Stewart-Bogle, 1999)

# LEGISLATION

*Under WH&S legislation:*

- Vehicles used for work purposes, provided by the employer, are considered a **workplace**. They are also plant and equipment.
- Employers have an obligation (duty of care) to provide a **safe place** of work and a **safe system** of work.
- Workers have an obligation to **perform work** (including driving) **safely**, complying with workplace P&P.

# VEHICLE SAFETY MANAGEMENT

- *Need correct systems for:*

Maximising Efficiency / Minimising Risk

(Many employers address risks associated with operation of their business but neglect the high risk area of driving)

- *All work places need:*

Safe driving safe practices / direct education for employees in safe vehicle use.

Consider the whole system:

- The Driver
- The Driving Environment
- The Vehicle

# VEHICLE SAFETY MANAGEMENT

- Vehicle safety policies
- Recruitment practices – job ads, job description, licence checks, reference checks
- Training practices – seating adjustment, manual handling, vehicle features/dimensions, driving practices
- Vehicle selection – suitability for the task and work environment, modifications

# DRIVING POSTURE



Poor Posture:

- Inefficient body mechanics
- Greater force placed on the body

= Early onset of fatigue /  
Greater risk of injury

# DRIVING POSTURE



Driver too reclined / too far from steering wheel →

*neck craned forwards for better view / hunched shoulders / loss of back support*

# Seat Height



- Looking through top 1/3 of windscreen
- Min. 10cm between head and roof
- Adequate vision of dashboard



# Back Rest / Base



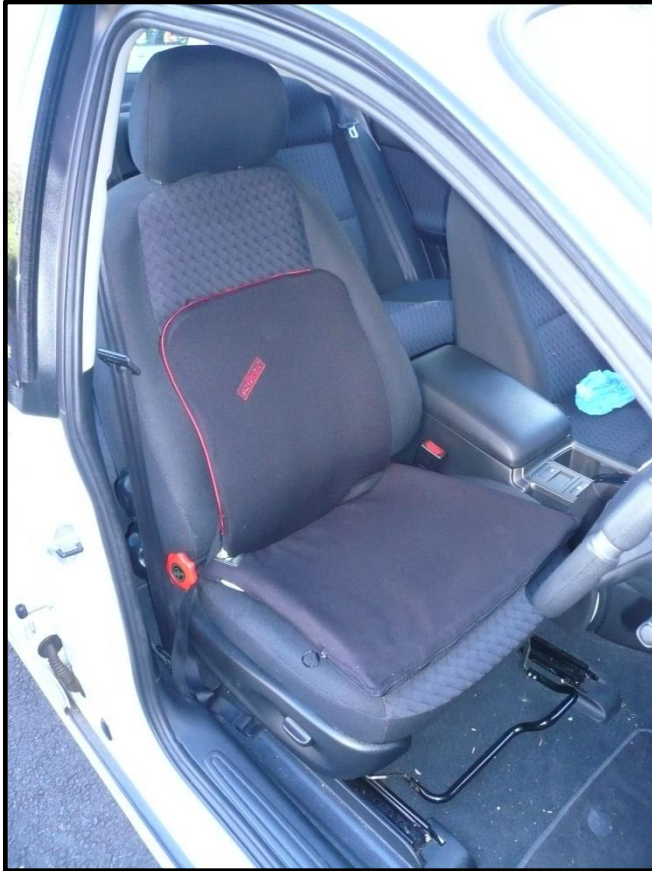
- Back Rest  $\approx 110^\circ$
- Base angle  $\approx 10^\circ$
- Knees higher than hips
- When getting in lead with hips / buttocks well back in seat

# Seat Base

2-3 finger width between seat base & back of knee.



# Back Rest / Base



- Adjustable lumbar support fully applied if available
- Additional Lumbar supports may be required
- Soft cloth method
- Shock absorption cushion (gel)

# Steering Wheel



*Hands lower than  
shoulders*

- Keep steering wheel as low as possible (with clear view of dashboard).
- Elbows slightly bent (drape test).
- Hands 9 O'clock and 3 O'clock (thumbs outside).



# Head Rest



- Whip lash protector  
*(not for head support)*
- Position correctly to avoid a whip lash injury
- No lower than eye level

# Pedals

- Slight bend in knee with brake fully depressed (auto)

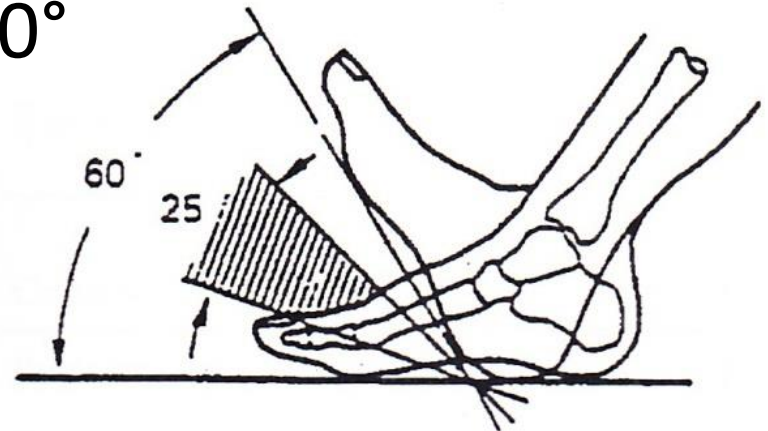
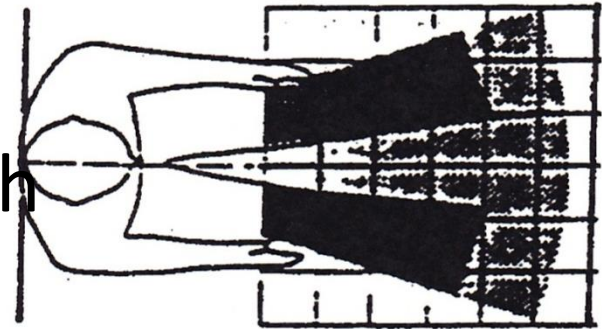
*Or*

- Slight bend in knee with clutch fully depressed in a manual car.



# Pedals

- Heel on floor
- Pressure applied with ball of foot
- Pivot technique
- Max pedal angle  $30^\circ$   
(Optimum  $15^\circ$ )



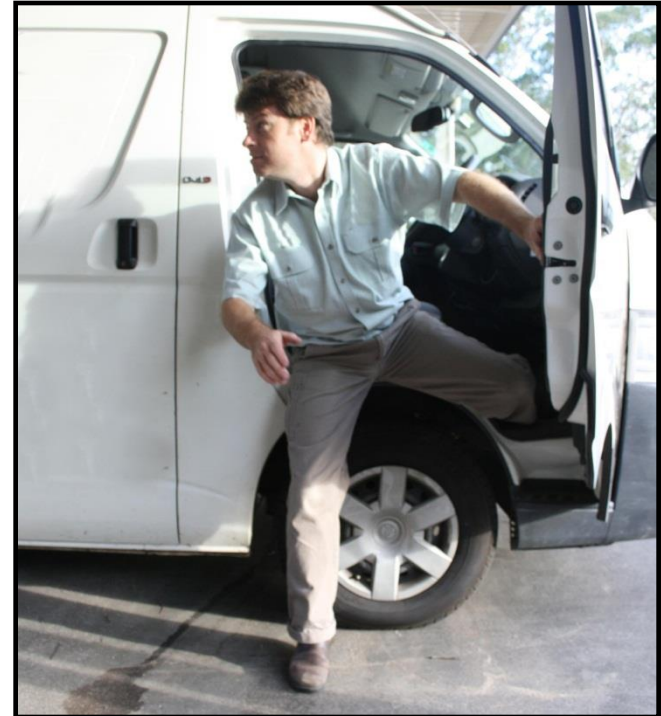
# Transfers



- 3 points of contact
- In Forwards
- Out Backwards
- Use grab bars if present



# Transfers- *Incorrect*



- Be aware of environment
- Plan ahead

# Transfer Techniques



# Transfer Equipment



# Benefits of Safe Driving

- Reduced risk of being hurt on the road.
- Increased confidence as a driver.
- Reduced stress levels while driving.
- Ability to influence the road safety decisions of family and friends.
- Improved fuel economy.
- Reduced insurance claims.



# Safe Driving Speed



# Drugs & Alcohol

## Blood alcohol limits

The amount of alcohol in your blood impacts on your safety whilst driving and can result in loss of licence. No matter when you had the drink remember **Sobering up takes a long time so you may still be over the limit when at work.**

## Drugs

The effects on the driver include the following:

- Gives the driver a false sense of confidence.
- Rash decision making and exaggerated confidence leading to increased risk-taking behaviour.
- Decreases driving ability and driver's coordination.

The bottom line is that you should never use alcohol or recreational drugs before driving.



# Mobile Phones

The distraction of talking on the phone is enough to make it unsafe to use at all whilst driving. Some general points:

- Never use a hand-held phone while you drive
- Never send or read an SMS or e-mail message while you drive
- Preferably only use a mobile phone when you are parked in a safe and legal position
- Consider planning stops in your trip to address phone calls and e-mails
- If you need to use the hands free phone, attempt to dial the number before you drive
- Limit your conversation and feel free to tell the caller why
- Reflect on your safety values and your need to be as safe as possible on the road
- Encourage staff who make calls to mobiles to check whether it is safe and convenient to proceed

# Car care and vehicle safety

- Avoid high speeds
- Drive smoothly
- Tyre pressure
- Minimise drag
- Windscreens
- Car Lights
- Anti-lock brakes