

## Integration and long term commitment

The *Driving and Your Health* campaign has been developed to integrate with a wide range of other evolving initiatives including the reforms addressing driver fatigue.

The NTC and Austroads believe that the development of a culture that supports healthy lifestyles for commercial vehicle drivers will require ongoing effort across the transport industry, and that measures to improve road safety through driver health management will continue to develop.



The campaign is well timed to capitalise on:

- the increasing professionalism of drivers;
- current priorities in road safety management;
- the expanding road transport industry; and
- the aging driver workforce and driver retention concerns.

**Maintaining driver health is just like maintaining a vehicle – regular care and maintenance pays off in the long run.**

For more information about the *Driving and Your Health* Campaign see the NTC or Austroads websites:

[www.ntc.gov.au](http://www.ntc.gov.au)

[www.austroads.com.au](http://www.austroads.com.au)

For information on health and driver licensing contact the Driver Licensing Authority in your State or Territory.

DRIVER LICENSING AUTHORITY CONTACTS	
<b>AUSTRALIAN CAPITAL TERRITORY</b> Road User Services, Department of Urban Services Phone: (02) 6207 7000 Email: <a href="mailto:roaduserservices@act.gov.au">roaduserservices@act.gov.au</a> Web: <a href="http://www.urbanservices.act.gov.au">www.urbanservices.act.gov.au</a>	<b>SOUTH AUSTRALIA</b> Transport SA Phone: 131 084 Fax: (08) 8343 2585 Email: <a href="mailto:licence.services@transport.sa.gov.au">licence.services@transport.sa.gov.au</a> Web: <a href="http://www.transport.sa.gov.au">www.transport.sa.gov.au</a>
<b>NEW SOUTH WALES</b> Roads and Traffic Authority NSW Phone: 13 22 13 Email: <a href="mailto:rta@rta.nsw.gov.au">rta@rta.nsw.gov.au</a> Web: <a href="http://www.rta.nsw.gov.au">www.rta.nsw.gov.au</a>	<b>TASMANIA</b> Department of Infrastructure Energy & Resources Phone: 1300 851 225 Email: <a href="mailto:transport@dier.tas.gov.au">transport@dier.tas.gov.au</a> Web: <a href="http://www.transport.tas.gov.au">www.transport.tas.gov.au</a>
<b>NORTHERN TERRITORY</b> Department of Infrastructure, Planning & Environment Phone: 1300 654 628 Email: <a href="mailto:mvr@nt.gov.au">mvr@nt.gov.au</a> Web: <a href="http://www.ipe.nt.gov.au/dtw">www.ipe.nt.gov.au/dtw</a>	<b>VICTORIA</b> VicRoads Phone: (03) 9854 2666 Email: <a href="mailto:ccslicence@roads.vic.gov.au">ccslicence@roads.vic.gov.au</a> Web: <a href="http://www.vicroads.vic.gov.au">www.vicroads.vic.gov.au</a>
<b>QUEENSLAND</b> Queensland Transport Phone: 13 23 80 Web: <a href="http://www.transport.qld.gov.au">www.transport.qld.gov.au</a>	<b>WESTERN AUSTRALIA</b> Department for Planning and Infrastructure Phone: 13 11 56 Fax: (08) 9427 8191 Email: <a href="mailto:callcentre@dpi.wa.gov.au">callcentre@dpi.wa.gov.au</a> Web: <a href="http://www.dpi.wa.gov.au">www.dpi.wa.gov.au</a>



**Driving** AND YOUR **Health**

**Driving and your health - Think about it!**

This brochure describes the *Driving and Your Health* campaign which aims to alert commercial vehicle drivers and operators to the important link between health and road safety.

[www.ntc.gov.au](http://www.ntc.gov.au)



**Driving** AND YOUR **Health**





## The Driving and Your Health campaign alerts operators and drivers to the importance of health for road safety

Many factors contribute to safety on the road. Driver health is an important consideration and one that is identified in the National Heavy Vehicle Safety Strategy 2003-2010.

The Driving and Your Health campaign is a new National Transport Commission (NTC) and Austroads initiative designed to support awareness and action in relation to the health of commercial vehicle drivers.

The campaign follows the recent release of new driver medical standards *Assessing Fitness to Drive*, which apply nationally to all commercial vehicle drivers, including drivers of heavy transport vehicles and public passenger vehicles.



### Support for operators

The campaign provides support for transport operators including:

- information about the health requirements for safe driving including the roles and responsibilities of drivers and operators, and the features of the new medical standards; and
- resources to raise awareness of health issues and the driver medical standards amongst commercial vehicle drivers.

Information and resources are featured on the campaign website and include:

- **Operator Guide** – a guide to driver health issues and the new driver medical standards.
- **Tool Box Talks** – including Facilitator Notes to enable operators to address health issues with their staff in regular face-to-face meetings.
- **Health Fact Sheets** – to support Tool Box Talks and for use as general information resources.
- **Campaign poster** – to raise awareness of health as a road safety issue.
- **Frequently Asked Questions** – providing a quick reference for operators and drivers.
- **Useful contacts** – including internet links and contact numbers.

### Information for Drivers

In addition to facilitating communication between operators and drivers, the campaign seeks to communicate directly to drivers through a comprehensive media strategy, including print and radio media.

Key messages for drivers include:

- the importance of looking after your health throughout your driving career;
- the requirement to meet the new national driver medical standards;
- the types of health problems that can impact on road safety and fitness to drive including: vision problems, epilepsy; heart disease; blackouts & fainting; diabetes; psychiatric disorders; sleep disorders and age-related decline;
- the key changes to the driver medical standards, including the use of conditional licences;
- how to reduce health risks; and
- where to go for information and support.