Stay Safe on the Road: Tips for Professional Drivers

Worksite Wellness Resource

- Use a hands-free device when making phone calls while driving.
- Maintain a safe distance from other vehicles to allow for reaction time.
- Avoid distractions such as eating, reading, or using a phone while driving.
- Check your vehicle's maintenance regularly to ensure it's roadworthy.
- Wear seatbelts and encourage others to do the same.
- Obey traffic rules and signals.
- Practice defensive driving techniques.
- Avoid fatigue - plan your route to get restful sleep before driving long distances.

Support the emotional well-being of employees

- Offer a healthy snack at the workplace during breaks.
- Ensure a clean and comfortable environment.
- Promote physical activity and exercise.
- Provide resources and information on stress management.
- Encourage open communication and support.

Six Core Outcomes for Health Workforce

- Improved health outcomes related to stress, illness, and injury.
- Reduced healthcare costs for employees.
- Enhanced employee engagement and job satisfaction.
- Increased productivity and efficiency.
- Better work-life balance for employees.
- Improved workplace culture and climate.
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Make This Your Moment

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