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# Safety Daily Advisor

Practical Safety Tips, News & Advice. Updated Daily.

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## Today's Safety Daily Advisor Tip:

# Wellness Training for Drivers

Topic: [Training](#)

Because of the sedentary nature of their job, because of job stress, and because of sometimes poor dietary habits, especially while on the road, motor carriers as a group tend to have a higher rate of health problems than workers in many other industries. This can affect their job performance and safety. In today's Advisor, we give you information to train your workers on driver wellness and safety.

**Fatigue on the road increases the risk** that drivers will make a mistake and have an accident. Fatigue affects reflexes, judgment, concentration, alertness, and mood—all of which are faculties needed to drive safely. Drivers can manage fatigue by:

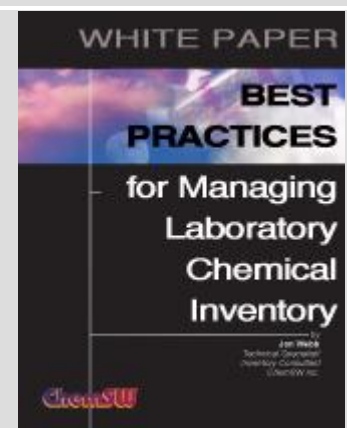
- Getting enough sleep
- Eating well-balanced meals
- Keeping the cab environment comfortable
- Taking periodic rest breaks
- Pulling over and taking a quick nap if feeling very tired

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**Unmanaged stress can be hazardous to health.** Stress can lead not only to physical discomfort (headaches, indigestion, aches and pains), but over time, it can contribute to serious health problems, such as high blood pressure, heart disease, and diabetes. To help manage job-related stress, drivers can:

- Count to 10 when stressed or angry and give themselves time to think more clearly before acting.
- Take deep breaths to release tension.
- Listen to music.

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### White Paper: Best Practices for Managing Chemical Inventory

White paper details operational excellence and risk mitigation best practices to:

- Optimize chemical safety & inventory data
- Access current MSDS information in real-time
- Automate Tier 2, Fire Code, Title 19 reporting
- Address regulatory requirements

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**Featured Prod**

**We've Made a Great Safety Management**

- Talk about problems with family and friends.
- Maintain a sense of humor.
- Exercise to relieve tension.
- Take time to relax everyday and do something they really enjoy.

**Ergonomics is about performing the job in such a way as to prevent injuries** to the back and other parts of the body. Sitting and driving for long hours, lifting heavy loads, and other aspects of a driver's job put a lot of stress and strain on a driver's body. Drivers can reduce the risk of ergonomically related injuries by:

- Being careful getting in and out of the vehicle to avoid strains
- Maintaining a good driving posture
- Adjusting their seat for maximum comfort
- Shifting position periodically to relieve muscle tension
- Walking around and stretching on driving breaks
- Lifting and carrying heavy objects properly

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**Drivers may be vulnerable to crime** and violence on the road, and that could lead to injuries. To prevent problems, drivers should:

- Lock their vehicles when they're in them and when they leave them.
- Be careful in parking lots, rest stops, and on the street.
- Carry a cell phone and report suspicious activity or individuals.
- Avoid disputes with other drivers that could lead to fights.
- Report any crime or violence to police right away.

### Why It Matters

- A significant number of vehicle accidents are health-related, which makes wellness an important safety factor.
- Being healthy helps you function better on and off the road.
- Wellness keeps you on the job earning a paycheck.
- Preventing illness and disease allows you to live a more comfortable, longer, happier life.

### [Share Your Comments](#)

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**For your convenience, here's a list of the top 5 most popular articles on the Safety Daily Advisor website so far this month.**

#### [Should Employees Be Disciplined for Safety Violations?](#)

Some safety professionals think safety and discipline are incompatible. Others disagree.

#### [Dog Days of Summer](#)

They say you can't teach an old dog new tricks. But when the dog days of summer roll around, take the opportunity for refreshing refresher training on how to stay safe when working in the heat. Today's Advisor gives you content for your session.

### Tool Better!

It's the new and improved version of BLR's popular website, *Safety.BLR.com*, and it makes "safety in a snap" even easier and more complete. No room here to tell you all that's new, so take a no-cost site tour. It may be the most eye-opening and work-easing 5 minutes you spend. [Find out more.](#)

### Best Sellers

1. [Safety.BLR.com](#)
2. [TrainingToday](#)
3. [Safety Audit Checklists](#)
4. [7-Minute Safety Trainer](#)
5. [Safety Meetings Library](#)

### [Avoid These Safety Committee Pitfalls](#)

Mismanagement of safety committees undercuts their effectiveness. Avoid these common mistakes.

### [Heat Stress: Not Just a Health Problem, But a Safety Problem, Too](#)

Heat is not just uncomfortable on the job. It can be deadly. Make sure your workers know the signs of heat stress and what to do about it.

### [Breakthrough Safety Performance](#)

You've been working hard to boost safety awareness and engagement in your workplace. You consider OSHA standards to be the bare minimum of compliance. And your injury stats are headed in the right direction. But it's still not enough. How do you kick safety and health up to the next level?



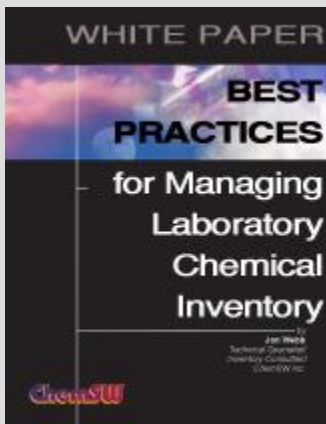
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## SDA Solutions Showcase

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Join Workrite's Technical Manager, Mark Saner, and Ken Cox from 3M to discuss the different measurements and terms related to cold weather insulated flame resistant clothing. Review terms like Clo Value, Temperature Rating, MET, and DLE. Approx 30 mins. August 7th, 2013 at 11AM PST.



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