

February 2023 Summary Health Safety & Wellbeing Performance Report

Board Sponsor: Lawrence Gosden Executive Sponsor: Mike Wilson Author: Melanie Clarke

Executive Summary



All data included within this report is up to date as of **2 March 2023**. This performance report is provided to assist the Board and Executive to fulfil their leadership and management responsibilities in respect of health and safety. All incidents within the report have been reviewed by the Health, Safety & Wellbeing Division.

Hours worked





Please note: Incidents move out of scope once the duration of 12 months has passed. For example, if an incident occurs in January, it will remain within the frequency rate until December. The following month, it will move out of scope, for rate calculations.







Supplier	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Ra
Costain	5,168,876	5	0.10	3	0.06	7	0.14
Kier	3,465,653	2	0.06	1	0.03	5	0.14
Balfour Beatty	2,785,441	2	0.07	2	0.07	11	0.39
Amey	2,721,238	11	0.40	5	0.18	7	0.26
Connect Plus	2,571,567	7	0.27	5	0.19	4	0.16
Ringway Ltd	1,497,039	3	0.20	1	0.07	3	0.20
Galliford Try	1,133,753	0	0.00	0	0.00	6	0.53
Skanska	1,078,627	2	0.19	1	0.09	4	0.37
Colas	894,024	1	0.11	0	0.00	1	0.11
Morgan Sindall	832,810	1	0.12	0	0.00	0	0.00
Telent	737,977	1	0.14	0	0.00	0	0.00
Chevron	737,425	3	0.41	0	0.00	1	0.14
HW Martin Traffic Management	648,157	1	0.15	1	0.15	0	0.00
Tarmac	528,190	1	0.19	1	0.19	0	0.00
Graham Construction	525,950	1	0.19	0	0.00	3	0.57
Atkins	515,060	1	0.19	0	0.00	0	0.00
Autolink Concessionaires (A19) Ltd	420,090	4	0.95	0	0.00	0	0.00
John Sisk	400,131	1	0.25	0	0.00	4	1.00
Carnell Support Services Ltd	391,285	1	0.26	1	0.26	1	0.26
Egis	374,894	1	0.27	1	0.27	0	0.00
Volker Fitzpatrick	325,303	1	0.31	1	0.31	1	0.31
Eurovia UK	244,630	0	0.00	0	0.00	2	0.82
Keltbray (formerly NMCN)	244,069	0	0.00	0	0.00	1	0.41
Joe Roocroft & Sons Ltd	111,637	2	1.79	2	1.79	0	0.00
Road Management Services	104,793	1	0.95	1	0.95	0	0.00
AE Yates	102,256	0	0.00	0	0.00	3	2.93
Farrans	93,437	0	0.00	0	0.00	3	3.21
HW Martin Ltd	36,254	0	0.00	0	0.00	2	5.52
R W Civil Engineering	36,039	0	0.00	0	0.00	1	2.77
ATM (Ainsty Timber Marketing Ltd)	27,197	2	7.35	1	3.68	2	7.35
Green Valley Arborists	24,377	1	4.10	0	0.00	0	0.00
Barrier Services	19,274	1	5.19	1	5.19	0	0.00
				1			
National Highways		1					
Total	28,799,073	58	0.20	29	0.10	77	0.27

Lost Time Incidents

Red 😣	Amber	Green 🗸
≥0.16	0.15-0.16	≤ 0.15

Service Strikes

Red 😣	Amber	Green 🗸
≥0.25	0.15-0.25	≤ 0.15

*The event showing unassigned to a supplier relates to event 138420, a RIDDOR Disease. This remains under investigation.

**The Lost Time Incident assigned to National Highways relates to event 139351. The Regional H&S team have been made aware this record needs reassigning to the correct supplier.

Suppliers will only be shown in this table if LTIs, RIDDORs or Service Strikes, have been assigned to them

	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
RIP	9,001,081	8	0.09	5	0.06	35	0.39
SMP	5,357,037	3	0.06	3	0.06	9	0.17
CIP	525,941	1	0.19	0	0.00	0	0.00
Total	14,884,059	12	0.08	8	0.05	44	0.30

Programme	Total Hours ▼	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
RIP	9,001,081	8	0.09	5	0.06	35	0.39
South West	1,997,049	3	0.15	0	0.00	7	0.35
Yorkshire & North East	1,898,653	2	0.11	2	0.11	7	0.37
Midlands	1,575,925	1	0.06	1	0.06	12	0.76
South East	1,497,744	2	0.13	2	0.13	5	0.33
North West	1,379,653	0	0.00	0	0.00	2	0.14
East	652,057	0	0.00	0	0.00	2	0.31
SMP	5,357,037	3	0.06	3	0.06	9	0.17
North West	1,580,709	1	0.06	2	0.13	3	0.19
East	1,315,151	1	0.08	1	0.08	3	0.23
South East	767,218	0	0.00	0	0.00	2	0.26
National	740,062	0	0.00	0	0.00	0	0.00
Midlands	431,939	1	0.23	0	0.00	0	0.00
Yorkshire & North East	352,481	0	0.00	0	0.00	0	0.00
Yorkshire & North East	147,451	0	0.00	0	0.00	0	0.00
South West	22,026	0	0.00	0	0.00	1	4.54
CIP	525,941	1	0.19	0	0.00	0	0.00
East	437,311	1	0.23	0	0.00	0	0.00
South West	82,911	0	0.00	0	0.00	0	0.00
Yorkshire & North East	5,719	0	0.00	0	0.00	0	0.00
Total	14,884,059	12	0.08	8	0.05	44	0.30

Lost Time Incidents

Red 🛛 😣	Amber	Green 🗸		
≥0.16	0.15-0.16	≤ 0.15		

Service Strikes

Red	8	Amber !	Green 🗸
≥0.25		0.15-0.25	≤ 0.15



Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
South East	4,518,085	8	0.18	6	0.13	7	0.15
DBFO - M25 (Area 5)	2,571,567	7	0.27	5	0.19	4	0.16
Area 3	751,185	1	0.13	1	0.13	0	0.00
AD - M&R - Four	412,907	0	0.00	0	0.00	3	0.73
Area 4	304,880	0	0.00	0	0.00	0	0.00
M20 Quick Moveable Barrier Project	266,944	0	0.00	0	0.00	0	0.00
ASC & PAD - Four	82,520	0	0.00	0	0.00	0	0.00
AD - Construction - Four	29,854	0	0.00	0	0.00	0	0.00
RTMC - M25 Regional Technology Contract	24,313						
Pavements - Four	23,855	0	0.00	0	0.00	0	0.00
Pavements - Three	20,845						
AD - OD-CDF - Four	20,364						
TST - TST(N) - Four	5,345						
AD - Design - Four	3,506	0	0.00	0	0.00	0	0.00
Total	4,518,085	8	0.18	6	0.13	7	0.15
Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
East	3,612,846	11	0.30	4	0.11	9	0.25
Area 6 & 8	1,296,423	9	0.69	3	0.23	7	0.54
AD - M&R - Eight	962,942	0	0.00	0	0.00	2	0.21
AD - Design - Eight	474,849	0	0.00	0	0.00	0	0.00
AD - Construction - Eight	382,839	1	0.26	0	0.00	0	0.00
DBFO - M40 J1-15 Denham to Warwick (area 30)	374,894	1	0.27	1	0.27	0	0.00
Pavements - Six & Eight	57,112	0	0.00	0	0.00	0	0.00
DBFO - A1(M) Alconbury to Peterborough	39,080	0	0.00	0	0.00	0	0.00
TST - TST(I) - Eight	20,846	0	0.00	0	0.00	0	0.00
ASC & PAD - Eight	3,083						
CPMS M0025 Operations East 20/21 H&S Close Out	500						
OD-CDF - OD-CDF - Eight	278						
Total	3 642 846	44	0.30	4	0.11	9	0.25

Lost Time Incidents

Red 😣	Amber	Green 🗸
≥0.16	0.15-0.16	≤ 0.15

Service Strikes

Red 🛛		Amber	Green	\checkmark
≥0.25		0.15-0.25	≤ 0.15	5

Total 3,612,846 11 0.30 4 0.11 9 0.25



Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
North West	2,604,292	5	0.19	3	0.12	8	0.31
Area 10	986,190	2	0.20	1	0.10	3	0.30
AD - M&R - Ten	584,390	2	0.34	2	0.34	2	0.34
AD - M&R - Thirteen	430,983	0	0.00	0	0.00	0	0.00
Area 13	308,771	1	0.32	0	0.00	0	0.00
AD - Design - Ten	136,021						
AD - Construction - Ten	78,896	0	0.00	0	0.00	0	0.00
AD - Construction - Thirteen	58,898	0	0.00	0	0.00	3	5.09
AD - Design - Thirteen	9,410	0	0.00	0	0.00	0	0.00
Pavements - Ten	7,193	0	0.00	0	0.00	0	0.00
TST - TST(I) - Ten	2,095						
TST - TST(N) - Ten	844						
ASC & PAD - Ten	601						
Total	2,604,292	5	0.19	3	0.12	8	0.31
Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
Yorkshire & North East	2,372,286	7	0.30	2	0.08	2	0.08
AD - M&R - Twelve	563,085	2	0.36	1	0.18	1	0.18
DBFO - A168 / A19 Dishforth to Tyne Tunnel	461,159	4	0.87	0	0.00	0	0.00
Area 12	417,208	0	0.00	0	0.00	0	0.00
Area 14	375,485	1	0.27	1	0.27	1	0.27
AD - M&R - Fourteen	231,818	0	0.00	0	0.00	0	0.00
DBFO - A1 Darrington to Dishforth	85,893	0	0.00	0	0.00	0	0.00
ASC & PAD - Twelve	79,436						
DBFO - M1 - A1 Link Road	68,664	0	0.00	0	0.00	0	0.00
AD - Construction - Fourteen	37,468	0	0.00	0	0.00	0	0.00
DBFO - A69 Carlisle to Newcastle	31,401	0	0.00	0	0.00	0	0.00
AD - Design - Fourteen	9,281						
Pavements - Twelve	5,154	0	0.00	0	0.00	0	0.00
TST - TST(I) - Twelve	2,630						
Pavements - Fourteen	1,899	0	0.00	0	0.00	0	0.00
TST - TST(N) - Twelve	1,640						
AD - Construction - Twelve	65	0	0.00	0	0.00	0	0.00
M62 J28 - J29 & M1 J42 – M621 J7 Concrete Barrier Scheme	1	0		0		0	
Total	2,372,286	7	0.30	2	0.08	2	0.08

<u>Targets</u>

Lost Time Incidents

Red 😣	Amber	Green 🗸
≥0.16	0.15-0.16	≤ 0.15

Service Strikes

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≥0.25	0.15-0.25	≤ 0.15



Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
South West	1,775,791	7	0.39	2	0.11	3	0.17
Area 1 & 2	932,620	3	0.32	1	0.11	3	0.32
AD - M&R - One	408,065	1	0.25	0	0.00	0	0.00
AD - SBIM - One	165,261	2	1.21	0	0.00	0	0.00
DBFO - A419 / A417 Swindon to Gloucester	77,125	1	1.30	1	1.30	0	0.00
AD - Design - One	73,900						
DBFO - A30 / A35 Exeter to Bere Regis	52,561						
Pavements - One & Two	30,738	0	0.00	0	0.00	0	0.00
Severn Bridge Maintenance Unit	16,008						
TST - TST(N) - One	12,294	0	0.00	0	0.00	0	0.00
AD - Construction - One	4,594	0	0.00	0	0.00	0	0.00
TST - TST(I) - One	2,625	0	0.00	0	0.00	0	0.00
Severn Bridge		0		0	NaN	0	
Total	1,775,791	7	0.39	2	0.11	3	0.17

<u>Targets</u>

Lost Time Incidents

Red 😣	Amber	Green 🗸
≥0.16	0.15-0.16	≤ 0.15

Service Strikes

Red 😣	Amber	Green 🗸
≥0.25	0.15-0.25	≤ 0.15

Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
Midlands	3,217,233	6	0.19	3	0.09	4	0.12
Area 9	832,398	0	0.00	0	0.00	0	0.00
Area 7	810,290	2	0.25	2	0.25	0	0.00
ASC & PAD - Nine	765,519	0	0.00	0	0.00	0	0.00
AD - M&R - Seven	591,241	4	0.68	1	0.17	4	0.68
AD - Construction - Seven	71,908	0	0.00	0	0.00	0	0.00
DBFO - A50 / A564 Stoke to Derby	66,367	0	0.00	0	0.00	0	0.00
Pavements - Nine	40,224						
AD - Design - Seven	15,902	0	0.00	0	0.00	0	0.00
Oldbury	15,567						
Pavements - Seven	6,951	0	0.00	0	0.00	0	0.00
TST - TST(N) - Seven	866						
Total	3,217,233	6	0.19	3	0.09	4	0.12



Region	Total Hours	Lost Time Incidents	Lost Time Rate	RIDDORs	AFR	Service Strikes	Service Strike Rate
National	1,181,018	2	0.17	1	0.08	0	0.00
National Roads Telecommunications Services	658,324	1	0.15	0	0.00	0	0.00
National Highways TFM	211,200	1	0.47	1	0.47	0	0.00
National Traffic Information Service	87,359						
NGVR National - Next Generation Vehicle Recovery	72,124						
Estates and Property Services	70,593	0	0.00	0	0.00	0	0.00
Redflex Speed Cameras	32,887	0	0.00	0	0.00	0	0.00
National Expert Control Room Tech Support -NECoRTS	19,913						
HE Noise Insulation Project	16,298	0	0.00	0	0.00	0	0.00
Property Management, Enquiries, Sales & Estates	12,320						
Total	1,181,018	2	0.17	1	0.08	0	0.00

Lost Time Incidents

Red	⊗	Amber	Green 🗸
≥0.1	6	0.15-0.16	≤ 0.15

Service Strikes

Red	8	Amber	Green 💊	/
≥0.25		0.15-0.25	≤ 0.15	



Directorate	Damage of Infrastructure or Asset	Disruption	Minor or Low Potential Impact	Minor or Low Potential Impact (Near Miss)	RIDDOR Dangerous Occurrence	Total	Major Projects Operations UNITED
Najor Projects		13	29	1	1	44	KINGDOM
Service strike Telecom		3	9			12	
Service strike electricity		3	6	1	1	11	
Service strike other cables or pipelines		2	6			8	Belfast (UK) Middlesbrough Sea Cut
Service strike water		2	3			5	indalk
Service strike CCTV		3				3	Jeans OHUII
Service strike gas			3			3	Wancheserg
Service strike Drainage			2			2	Sheffield
perations	1	7	21	3	1	33	Atha Cliath
Service strike Telecom		3	8			11	Wigston Magna
Service strike electricity	1		5	2	1	9	Birminoffam
Service strike other cables or pipelines		1	5	1		7	Swansea
Service strike CCTV		1	2			3	Abertawe
Service strike water		2	1			3	Bristol Channel Cardiff
Service strike gas							Caerdydd
ower Thames Crossing							Southampton
Service strike gas							Little Sea
Service strike water							Plymouth
otal	1	20	50	4	2	77	riyinoddi
rice Strike Rates	ossing — Major P	Projects — O	perations	-	0.00		2 (4.55%) (6.82%) 5 (1) 2 (4.55%) (27.27%) (9.09%)
			Target: 0:	15	0.00 LTC		(1) 0.30 MP 0.1
					LIC		7 1.2)
							(18.18%) - 11 (25%)

Service strike electricity Service strike other cables or pipelines Service strike Telecom Service strike water Service strike CCTV Service strike gas Service strike Drainage



Operations - RIDDOR Over 7	/ days HART ref: 137975	
DBFO - M25 (Area 5), South	An operative was accessing the bearing shelf at Cobham Road viaduct to carry out routine	
East region.	maintenance when they tripped over on an uneven paving slab landing on their knee, causing	
01/02/2023	deep tissue damage.	RIDDOR
Tripped from Same Level		
Contractor: Connect Plus		
Employer: Connect Plus		
Operations - 1-3 day Lost Ti	me Incident HART ref: 137868	
DBFO - A168 / A19 Dishforth	During tree felling works, the operative was lowering a tree stump with a chainsaw when they	
to Tyne Tunnel, A19 Nether	felt a twinge in their lower back. The operative went to place the saw on the ground at which	
Silton Junction, Yorkshire &	point they felt pain & muscle strain, in their lower back.	
North East region.		
07/02/2023		
Lifting		
Contractor: Autolink		
Concessionaires (A19) Ltd		
Employer: Autolink		
Concessionaires (A19) Ltd		
Major Projects - 1-3 day Los	t Time Incident HART ref: 137983	
A30 Chiverton to Carland	An operative was walking down stairs on the embankment between the underbridge and the site	
Cross, Regional Investment	compound. At the bottom the operative twisted his ankle.	
Programme (South).		LTI
09/02/2023		
Slipped from Same Level		
Contractor: Atkins		📥 nation
Employer: Atkins		

Supply Chain – Significant Incidents

Operations - 1-3 day Lost Ti	me Incident HART ref: 137986
Area 10, M62, Junction 9-8,	Works were taking place within a Lane 4 closure protected by a Impact Protection Vehicle (IPV).
North West region.	A car struck the rear of the IPV at high speed, resulting in large amount of debris being spread
09/02/2023	across the carriageway.
Incursion; Unintentional -	
Driver confused	Police attended the incident and advised the driver had sustained serious injuries (a possible
Contractor: Chevron	fractured pelvis) and was also intoxicated. The driver of the IPV was off work for two nights
Employer: Chevron Traffic	following the incident.
Management	

Major Projects - RIDDOR Dis	Major Projects - RIDDOR Disease						
M56, J6-8, Smart Motorway	A subcontractor felt unwell with flu like symptoms. They attended hospital	•					
programme, North West	diagnosed as having leptospirosis / Weil's Disease. This has been report	ed to the Health and					
region.	Safety Executive as a RIDDOR reportable disease.						
18/02/2023							
ТВС							
Contractor: TBC							
Employer: Galliford Try							

Supply Chain – Significant Incidents

Operations - RIDDOR Over 7	days HART ref: 138389		
DBFO - M40 J1-15 Denham to	The operative was conducting communications box maintenance when he tripped over a metal		
Warwick (area 30)	rod sticking out of the ground. The trip caused the operative to fall which has resulted in back		
21/02/2023	pain.		
Tripped from Same Level			
Contractor: Egis			
Employer: Egis			

nation **highw**

Operations - 1-3 day Lost Time Incident HART ref: 139		
Area 1&2 contract, South	The operative employed as a driller, advised he had felt his back tweak last week, while	
West region	reaching to get kit from his van, but had carried on working, undertaking normal duties for the	
28/02/2023	rest of the week. When he woke on 28 February, he suffered a sore back and was not able to	
ТВС	work.	
Contractor: TBC		
Employer: Arcadis		





Directorate	Site/Project	Date of Event	Event Details/Event Sub Type	HART Ref
Major Projects	MP-0147 - M1 J13 to J16	14 December 2022	IPV Strike Unintentional	136087
Operations	DBFO - M25 (Area 5)	14 December 2022	IPV Strike Intentional	137050
Outstations & ROCs	East Midlands ROC	14 December 2022	IPV Strike Unintentional	136080
Operations	DBFO - M40 J1-15 Denham to Warwick (area 30)	22 December 2022	IPV Strike Unintentional	136315
Operations	DBFO - M25 (Area 5)	17 January 2023	IPV Strike Intentional	137510
Operations	AD - M&R - Seven	24 January 2023	IPV Strike Unintentional	137324
Major Projects	MP-0147 - M1 J13 to J16	31 January 2023	IPV Strike Unintentional	137588
Operations	Area 10	08 February 2023	IPV Strike Unintentional	137986
Operations	DBFO - M25 (Area 5)	08 February 2023	IPV Strike Intentional	138321
Major Projects	MP-0147 - M1 J13 to J16	17 February 2023	IPV Strike Intentional	138250
Operations	DBFO - M25 (Area 5)	17 February 2023	IPV Strike Intentional	139338
Operations	DBFO - M25 (Area 5)	20 February 2023	IPV Strike Intentional	138323

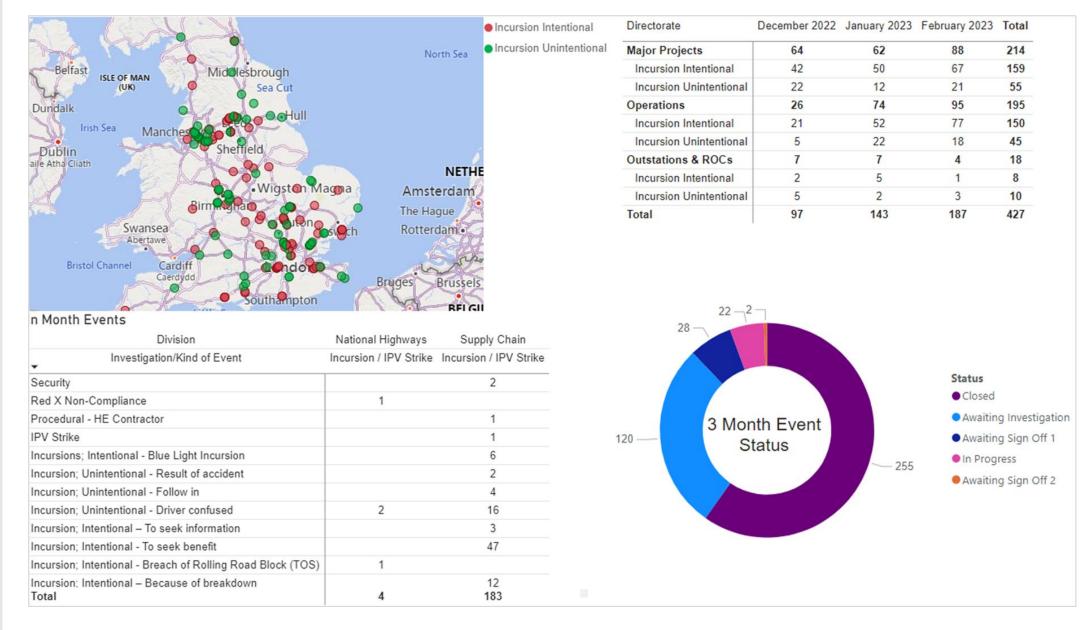
Directorate	December 2022	January 2023	February 2023	Total	
Major Projects	1	1	1	3	
IPV Strike Intentional			1	1	
IPV Strike Unintentional	1	1		2	
Operations	2	2	4	8	
IPV Strike Intentional	1	1	3	5	
IPV Strike Unintentional	1	1	1	3	
Outstations & ROCs	1			1	
IPV Strike Unintentional	1			1	
Total	4	3	5	12	
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nal	1
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national	
highways	

Port Talbo	t St		High Potential Near Miss Directorate	December 2022	January 2023	February 2023	Total
Bridgend	Cardif	ft solution	Operations			1	1
Pen-y-bont ar Ogwr	Alter 1	AN	High Potential Near	Miss		1	1
	Barry Weston-su	uper-Mare	Outstations & ROCs	s 1			1
llfracombe		KEN	High Potential Near	Miss 1			1
Barnstaple Dartmoor N.P. Tavistock Newton Abbo	Seaton	Bridnet	Total	1		1	2
irectorate Site/Project Date		Event Details/Event Sub Typ	Report Event/Describe the facts of what happened				
perations Area 1 & 2 01 F	ebruary 2023	High Potential Near Miss	Whilst removing spalling from a previously designated been observed that further areas of delamination are p of the designated Principle M&R contractor Ringway.	area found during a wal resent and need inspect	k through inspec tion and remova	ction. It has I with the use	







- Collaboration and Partnership: Safe vehicles and safe people
- In the South East on 8th February we took part in a partnership-based compliance event at Membury Services on the M4. A total of 21 commercial vehicles were stopped and inspected during the event, with a variety of offences recorded. We worked closely with our partners including the Driver and Vehicle Standards Agency (DVSA) and police colleagues to spot and stop high risk behaviours, which included: driver hours offences, insecure loads, and dangerous tyres. Several drivers were issued with fixed penalties, four vehicles were issued with PG9 prohibitions until faults were rectified, and words of advice were given to others.
- The North West Regional Programme Manager sends out a monthly road safety update to over 1000 Regional based staff and external stakeholders. This is now being shared regularly as part of meeting safety moments. The February update focused on Mobile Phones and the law.
- The Regional Programme Managers, along with SES, have come together to develop plans for working in specialist squads to ensure that specialisms can be shared across regions and nationally. This will improve collaborative working as well as efficiency and consistency of approach.

Roads Policing Review – Strategic Policing Requirements 2023

Safe Vehicles and Safe People

This month the Home Office have published the <u>Strategic Policing Requirement 2023</u> (SPR). Thanks to the hard work of all the organisations that have been working on the Roads Policing Review (including significant contributions of resource and intellectual support from National Highways), the recommendations of <u>HMICFRS Roads Policing report</u> roads policing is now referenced as a capability in the SPR. This is a significant positive strategic policy development.

It means roads policing must be considered with due regard in policing and crime plans. This is a first and should lead to increased enforcement on our roads and will be linked to improved use of intelligence to maximise the impact of roads policing. National Highways have been a driving force in this review, working closely with Department for Transport (DfT) and the Home office (HO) by providing funding and resource to ensure the success of the review in which this is the first of the key achievements.





Driving for Better Business - DfBB

Driver medicals and fitness to drive - what you need to know

The aim of this article is to provide clarity on exactly what a D4 medical is, who needs to do one, and its importance for drivers and those who manage drivers, and tips for fleet professionals and driver managers to share on how their drivers can stay healthy in preparation for their next one.

We also provided tips for employers to share with their drivers, covering hydration, fatigue, diet, stress, and stretching! Driver Medicals and fitness to drive - what you need to know - Driving for Better Business

Celebrating Women in Transport: Driving for Better Business is producing a series of articles and podcasts celebrating women in transport, fleet management, and road safety.

Article: Caroline Burnell – Head of Marketing and Communications, eStar

"It was amazing how the interest in what I was doing amongst the commercial vehicle community grew, everyone was so interested".

Even on our best days, stress can prevent us from being fully focused and doing our best work. Too much of it can lead to burnout, disengagement, more sick days, and strained relationships in the workplace.

Internally within Mercedes-Benz Vans Caroline raised awareness of mental health establishing established a Weekly Wellness essay, which highlighted key research and guidance on topics such as self-care, loneliness, ageism, period poverty, grief, caffeine and alcohol, movement and exercise, the importance of sleep, and mindfulness.

Following a move to eStar, she began highlighting the poor offering that service stations provided to truck drivers, despite being a necessity for them. This led to national TV coverage, sparking a phone debate on GB News, and prompting a social media discussion with the Managing Director of Moto Services. Caroline volunteers at Shout 85258, a text-based crisis service. *"this gave me a real purpose and enabled me to further boost my skillset in this area and to date, I have supported over 250 people in crisis".*

https://www.drivingforbetterbusiness.com/articles/women-in-transport-caroline-burnell/







Let's Talk Fleet Risk – DfBB Podcast

Driver Fitness - What if your drivers' jobs were good for them?

In the first quarter of this year, the Driving for Better Business programme is taking a deeper look at the area of Fitness to Drive. We'll be sharing content on driver impairment, fatigue and wellbeing.

This month, we discussed wellbeing with WJ Group's Sustainability Director Paul Aldridge, talking about how WJ Group mitigates the effects of what is a physically and mentally demanding job role, on it's staff. Especially those who also drive the company vehicles.

We tended to live on the food in the local garage and there's a lot of night work so it's hard to maintain a good diet. In our driver's handbook we have a section on nutrition...Fatigue is a big risk for us so we have a fatigue policy which is regularly updated. We have a set of rules about rest, planning it properly...Unfortunately we have lost colleagues who have taken their own lives. Its terrible for all involved, so desperately sad. A few years ago we engaged the services of a mental health counsellor. The results have been remarkable."

https://www.drivingforbetterbusiness.com/podcast/episode/what-if-your-drivers-jobs-were-good-for-them





Health Safety & Wellbeing team

Safety Alerts: There has been 5 Safety Alerts issued in the month of February.

- NHa318 National Highways Safety Alert for Information Tractor Trailer Towing Incident.pdf
- <u>NHa319 National Highways Safety Alert for Information Drone Update.pdf</u>
- <u>NHa320 National Highways Safety Alert for Information Hydrogen Generator Unit Fire.pdf</u>
- <u>NHa321 National Highways Safety Alert for Information Safe Use of Chainsaws.pdf</u>
- <u>NHa322 National Highways Safety Alert for Action Grounding of Freefly Astro.pdf</u>

