



Healthy Driver, Daily Check



Will you take your regular breaks?	
How many breaks will you have today?	
Do you have you designated time for a lunch break?	
Have you included a healthier option today? (try to get away from high fat and carb snacking)	
Will you check your seating position today? (posture issues are a major cause of driver ill health)	
Will you carry out some stretching following a journey? (put a bit of physical activity into your the working day)	
Could you park further away from you destination allowing for a small walk?	
Will you speak to others within the organisation today (keeping in touch is good for your wellbeing)	
Do you have any issues with your vehicle today? (pick up quickly – constant battles with mechanically issues can be dangerous and stressful for drivers)	