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It is very important to get a good night's sleep when driving for work the next day. You should make sure that you are fit to drive. Do not drive if you feel fatigued or unwell. Planning your trip is key, give yourself plenty of time to reach your destination. Plan your journey to allow time to complete your journey within the permitted speed limits. Please allow for rest breaks (i.e. 15-minute break for every two hours driven), poor weather conditions, and refuelling etc. Speed is the single biggest contributory factor in vehicle collisions. Almost all road crashes involve human error, ranging from simple mistakes to deliberate dangerous and illegal behaviour. Please slow down and arrive safe at your place of work. Latest data from the RSA confirms that from the 1st of January – 28 July 2024, there have been 104 fatal collisions, which have resulted in 113 fatalities on Irish roads.



Description - Driver / Vehicle Journey Safety

It is very important to note that the greater the time spent behind the wheel, the greater the exposure to risks associated with driving. Daily vehicle pre-use checks are a simple and effective way to spot potentially dangerous issues or defects before vehicles are used. The vehicle must have a valid certificate of roadworthiness (NCT or CVRT) and be serviced according to the manufacturer's recommendations. Employers have a legal duty to check that the employee's vehicle is safe and legal when it is used for work.

Tips while driving for work:

- switch off your mobile phone while driving, check for messages during scheduled breaks
- avoid being distracted by phones, handheld devices, passengers or satellite navigation when driving
- make sure you have a safe and comfortable driving position
- only carry the number of passengers for which seat belts are provided and working
- drive with lights on at all times
- observe and obey road safety signs, in particular road signs warning of road works
- only carry loads for which the vehicle is suited (remember: a car is not a van)
- drive with seat belt fastened and make sure that all passengers are wearing their seat belts before driving
- do not use the vehicle in conditions for which it is not designed (for example off-road)
- keep at least one hi-visibility jacket in the cab or glove compartment
- carry a torch, first aid kit and warning triangle

There are some straightforward steps drivers can take to make their journey safer:

- allow plenty of time so you are not under pressure to drive at unsafe speed
- plan and note your route before setting out
- try to use dual-carriageways and motorways where possible
- check travel and weather information before travel and during the course of your journey
- plan for the safest route, avoiding urban and residential areas, if possible, particularly schools
- always use daytime running lights
- be courteous and considerate of all other road users when driving for work.
- slow down or even cancel your journey in severe weather conditions such as heavy rain, fog, high winds, ice or snow

Employers should have procedures for emergencies such as accidents or breakdowns. Ensure that drivers have a copy of the emergency procedures and the contact details of the person(s) to whom you should report emergencies and incidents. When dealing with collisions and emergencies, your personal safety and the safety of any passengers should always be your first consideration. Use your hazard warning lights and high visibility clothing to make sure you and your vehicle can be seen by other road users. Always exit the vehicle on the left hand side, and remain in a safe place away from traffic until assistance arrives.