



# HEALTHY DRIVER™

After a sustained period of research looking at the mining, transport, infrastructure and construction industries, WFR identified a need for a health and injury prevention program specifically designed for heavy vehicle operators. One that addressed the unique risks of a sedentary role.

The Healthy Driver program was born...

There has since been increased attention on the danger of sedentary roles - with research identifying that sedentary workers are in fact, at a greater risk of developing chronic health issues than their more active counterparts.

The **Healthy Driver** is a unique education and assessment program, designed specifically with heavy vehicle operators in mind - focussing on driver health, ergonomics and physical conditioning.

Training in the use of the vehicle seats, the ergonomic layout of vehicle cabins, safe access and egress technique, as well as postural and manual handling training are all covered in this program.



Drivers are provided with simple strategies to help them incorporate more activity into their day.





The Healthy Driver program can be delivered via different methods to assist with business's operational needs:

## Healthy Driver Education Workshop

These group workshops are highly practical and interactive, with training delivered both in a training room environment and in specific work areas.

These sessions allow more time to be spent on education and addressing any questions that drivers may have.

The session typically includes four modules:

- **The Injured Body** - musculoskeletal anatomy, driver injuries and their impact and a drivers health and lifestyle
- **Posture, Flexibility and the Core** - individual assessments, stretching and core stability exercises
- **Risk Identification** - postures, loads and the work environment
- **Driver Health** - seat ergonomics, access and egress and manual handling

All participants are provided with a Healthy Driver booklet, pocket stretch card and a Certificate of Competence.

## Individual Driver Assessment and Education

Getting your drivers together in the one place can be a challenge for many organisations. That's why Individual Driver Assessment and Education sessions are conducted with your drivers, while they're making trips and on the road.

WFR's Exercise Physiologists spend time with each driver, providing feedback on the driver's posture, access and egress technique and supporting critical seat adjustments.

Key points from the group education workshops are also discussed including strategies to help them incorporate more activity into their role.

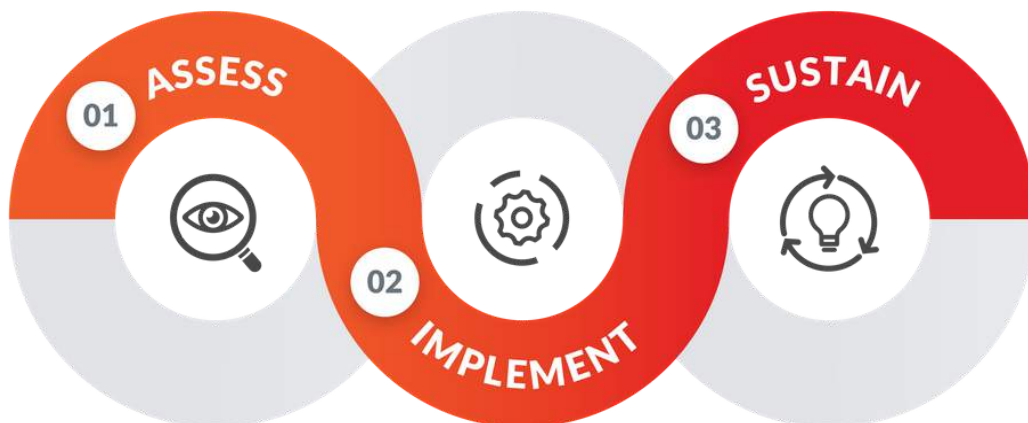
All participants are left with a pocket stretch card - including TheraBand stretching exercises that can be performed in the cab.





# OUR APPROACH

Over our 2+ decades in business, we've refined the way we work with our clients to get the best outcomes from our solutions. Our approach ensures that we understand the specific needs of your organisation and implement a solution that gets lasting results.





# WHAT CAN YOU EXPECT?



## ASSESS

Our first port of call is to always spend a little time asking questions and reviewing any available injury and incident data, gathering information on the vehicle and seat types and understanding the current training procedures.

This helps us paint a picture of the work environment, so we can tailor the delivery approach and program content to ensure the best outcomes achieved.



## IMPLEMENT

Once we've agreed on the delivery approach and tailored the content, we're ready to carry out the training and education process, typically one of the following formats:

**Individual Driver Assessment and Education:** A WFR Exercise Physiologist will join the driver for 20 – 40 min while they're doing a run. This allows enough time for an assessment to be completed on the various cabin items, as well as providing education and information specific to the driver's needs.

**Healthy Driver Education Workshop:** Designed as a 4-hour group workshop, options are available for alternative delivery methods. Small groups of 10 or less work best to encourage active participation and provide ample opportunity to ask questions.

Role specific pocket-cards are provided to the drivers to keep the importance of driver health and activity front of mind.

**+ OPTIONAL:** Schedule driver reassessments every two years to track progress and provide additional coaching.



## SUSTAIN





# WHAT ARE THE BENEFITS?

- Empowers your drivers to better manage their own health and wellbeing
- Content specifically designed for heavy vehicle operators can target the inherent risks of the role
- A delivery approach that can fit in with varying rosters and operational schedules
- Fitter, healthier and more active drivers significantly reduces the risk of chronic illness

## WANT TO GET A PREVENTATIVE PROGRAM IN PLACE?

Get in touch for more information:  
[ENQUIRIES@WORKSITE.COM.AU](mailto:ENQUIRIES@WORKSITE.COM.AU)



# TRY ADDING ONE OF THESE...

Healthy Driver is just part of our Preventing Worker Injuries offering. It's often complemented with:



Health 100 increases employee awareness of their own health, fitness and lifestyle status by providing advice, information and tools on how to improve or maintain their health. The program assesses individuals across nine health categories and provides the individual with a detailed, confidential report – including a health risk rating score (out of 100).

This is also a powerful tool for organisations, who are provided with collated group data in the form of a Group Health Report.



A perfect addition to a company's induction process or as a stand-alone training workshop, covering the various factors that may affect an individual's ability to perform their duties in a healthy and safe manner. Including:

- Fatigue
- Sleep
- Drugs and Alcohol
- Occupational Health & Safety

Or any of our solutions for that matter...

Our experience over the last two decades has shown us that the most effective health and wellness strategies are designed to deliver four outcomes:



All of WFR's solutions are designed so they can be run independently as a short-term campaign or can work together to form a comprehensive health and wellness approach that we like to call this our Healthy Lifestyle Program™.

Whether your workforce is 20 or 20,000, we can design an approach to meet your strategic needs.

Get in touch for more information:

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