

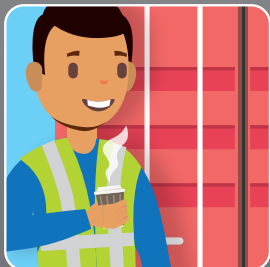
GOOD PRACTICES TO PREVENT VEHICULAR INCIDENTS

Do you know that vehicular incidents were the top contributor (14 cases) of workplace fatalities in 2017? Half of them were incidents within worksites, while the other half were on public roads. Vehicular incidents are also one of the top incident types in the first quarter of 2018. Two workers lost their lives while 20 workers sustained major injuries.



Workplace safety and health is everyone's responsibility. Whether you are an employer or employee, it is important that you take time to take care of your safety and health.

Here are some good practices to adopt to ensure a safe and healthy workplace.



Fatigue Management

- Encourage drivers to take short and scheduled breaks to relieve fatigue due to monotony of driving;
- Provide adequate facilities for breaks or rest; and
- Plan shift schedule ahead of time and communicate to drivers.



Driver Ergonomics

- Remind drivers to stretch their bodies at regular intervals; and
- Encourage drivers to adopt good seating (e.g., sit up straight and avoid slouching) and driving (e.g., adjust seat and steering wheel) postures.



Safe Parking

- Remind drivers to park on firm and level ground;
- Ensure that parking brakes are engaged, engines are turned off and starter keys removed;
- For safe loading and unloading operations, ensure that all stabilisers and/or wheel chocks are properly positioned; and
- For parking on slopes, the gear should be engaged, where appropriate and safe to do so.



Driver Visibility

- Adjust rear-view and side-view mirrors to maximise driver's visibility;
- When appropriate, drivers should take a quick look over the left or right shoulder to check for blind spots;
- Remind drivers to use blind spot mirrors or blind spot cameras, where available, to enhance visibility; and
- Appoint trained signallers or banksmen to assist in directing vehicles during difficult manoeuvres such as when negotiating a tight bend.

Every workplace injury and ill health is preventable, and we can take a little time to take care of ourselves and others in the midst of our work. +

For more tips on safe driving, go to <https://bit.ly/2li3vyN>

For more information on workplace traffic safety management, go to www.wshc.sg/trafficsafetymanagement