



Safety, Health and Environment (SHE) Huddle



Huddle Date:	14/11/2022	Ref:	SHE Huddle FY22 066 Brake RSW (Road Safety Week)
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Audience:	Processing	Delivery	Collections	Distribution	PFW	Specific Work Area
	All Drivers					

Overview:	<p>This week is Brake Road Safety Week</p> <p>Last year 1,558 people were killed on British roads, 50% of whom were either motorcyclists, cyclists, or pedestrians.</p> <p>This year Brake are campaigning for 'Safe Roads for All'.</p>
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Message

'Safe Roads for All' recognises that there are lots of different road users, from HGVs to vans and cars, to motorcyclists, horse riders, cyclists, and pedestrians. We are all just trying to get somewhere and none of us want to get hurt or hurt someone else – **there is no 'them and us', we're all in this together.**

In 2008, postie Chris Robbins was seriously injured when he was hit by a speeding driver in America. You can hear his story and the impact it had on him and his family, on RMTV.

Chris calls for drivers to drive within the speed limit, to focus on the road, avoid distractions and never drive tired. If everybody was to do this all the time, then road casualties would decrease sharply.

Speeding

Excessive speed is a contributory factor in one-third of fatal collisions.

At lower speeds, you have better control over your vehicle, better observation, and more time to react to if something happens. If you are in a collision, then the forces are much lower. **An average speed reduction of just 1mph, reduces collision frequency by 5%** - remember that when you are 'just a few mph' over the limit.

Remember, **it's a limit, not a target** – drive to the conditions, reducing your speed according to the weather and the road.

'**20 is plenty**' in many urban and residential areas, even if the limit is 30mph. Nobody is saying to drive everywhere at 20mph but use your judgement to consider when and where this is appropriate. A vehicle driven at 20mph could be stopped in time to avoid a child running out three car-lengths in front. The same vehicle driven at 30mph could not stop in time and would hit the child at 27mph. This is roughly the same impact as a child falling from the third floor of a building!

Distraction

Safe driving requires your full focus, with your eyes and your mind on the road. Anything which takes attention away from your driving increases the risk of a collision – do not use your mobile phone, eat whilst driving, programme your sat-nav, read addresses etc.?

Our policy is clear that **you must not use a mobile phone or other mobile device (including PDAs) whilst driving**, including hands-free. Speaking on a mobile phone increases the risk of a collision by four times, and hands-free use is no less risky. You can follow a sat-nav (or RON) provided you programme it in advance and do not try to change it

whilst driving.

Impairment

When carrying out your vehicle check, take a moment to **check that YOU are safe to drive** and speak to your manager if you aren't.

Don't drive tired – falling asleep at the wheel has obvious consequences but driving whilst excessively tired also affects your ability to concentrate and increases reaction times. Ensure that you are well rested before work, take your breaks and do not exceed drivers hours rules.

Avoid Drugs and Alcohol – there are strict legal limits for drugs and alcohol, above which you face receiving a driving ban and a hefty fine. However even small levels can significantly affect your ability to drive safely, so the best approach is not to take any drugs or alcohol if you plan on driving – **not a drop, not a drag**.

Check any medical conditions – lots of medical conditions can affect your ability to drive safely and you must report to DVLA (DVA in Northern Ireland) if you develop certain conditions or if existing conditions worsen. Details can be found on the DVLA website. You must also report any of these conditions to your manager immediately. Be aware that many prescriptions or over the counter medications can make you drowsy and/or unfit to drive – always check with your pharmacist if you aren't sure.

Actions

Managers:

- Show drivers the RMTV 'Safe Roads for All' film, featuring Chris Robbins.
- Encourage drivers to let you know if they aren't fit to drive.

Drivers:

- Give driving your full attention
- Don't get distracted
- Drive at a suitable speed for the road and conditions and ALWAYS within the speed limit
- Don't drive tired
- Make sure that you are fit to drive and tell your manager if you aren't

Supporting Information

See supporting information on the Royal Mail screens



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Date
14/11/22

Intended Audience: All managers and frontline employees

Managers' Brief

Your signature below confirms you understand this safety briefing.

Name (Print)	Personnel No.	Signature	Date
Forename, Surname			