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# TIPS AND TRICKS TO DEVELOPING SAFE DRIVERS





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**THE ROLE OF FLEET MANAGERS IN  
DEVELOPING SAFE DRIVERS AND  
ENSURING THAT THEY OPERATE SAFELY**





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WHO IS A SAFE DRIVER ?





## A SAFE DRIVER IS A SELF-DISCIPLINED DRIVER.

A safe driver has three attributes namely:

1. Ensures that their vehicle is in good condition
2. Self-disciplined
3. Their proactive not reactive





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As organizations strive towards sustainable transport and logistics for a better world, one of the key people who fleet managers need to look and focus a lot of attention on are the DRIVERS.

Organizations need to invest in training their drivers continuously because it will bring economic advantages for the organization.

This is a win-win-win situation for:

- the driver,
- the organization
- the community.





Today's webinar we will be discussing the following topics that relate to how fleet managers can develop safe drivers:

1. Driver fatigue, its causes and its management
2. The importance of keeping fleet management records
3. Prestart checks and its importance
4. Drivers Do's and Don'ts





**What is Fatigue?**

**What is Driver Fatigue?**

**What are some of the Impact of fatigue on Drivers**





## What is FATIGUE ?

Fatigue is extreme tiredness or weakness as a result of mental or physical exertion.

## What is Driver FATIGUE ?

It is the feeling of being physically and/or mentally exhausted which can impair a driver's ability to safely operate a vehicle.

## The Impact of FATIGUE on Drivers

1. It reduces their reaction time to unexpected situations on the road
2. Impairs a driver's ability to make good decisions on the road
3. Increased risk of accidents
4. Drivers experience brief moments of microsleeps (falls asleep for a few seconds without realizing it)
5. Fatigue can impact a driver's performance





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## The causes of Driver Fatigue





## The causes of Driver Fatigue:

There are many factors that can contribute to driver fatigue. The most common causes include:

1. Lack of sleep: Sleep deprivation can cause mental and physical exhaustion, making it difficult for drivers to stay alert while driving.
2. Long hours of driving: Driving for long periods of time without breaks can cause fatigue, which can impair a driver's ability to react quickly and make safe decisions.
3. Monotonous driving: Driving on long, straight roads or in heavy traffic can be boring and monotonous, leading to a lack of concentration and alertness.
4. Use of medication: Some medications can cause drowsiness and fatigue, making it dangerous to drive after taking them.





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How Fleet managers can help prevent driver fatigue





## How fleet managers can help prevent Driver Fatigue:

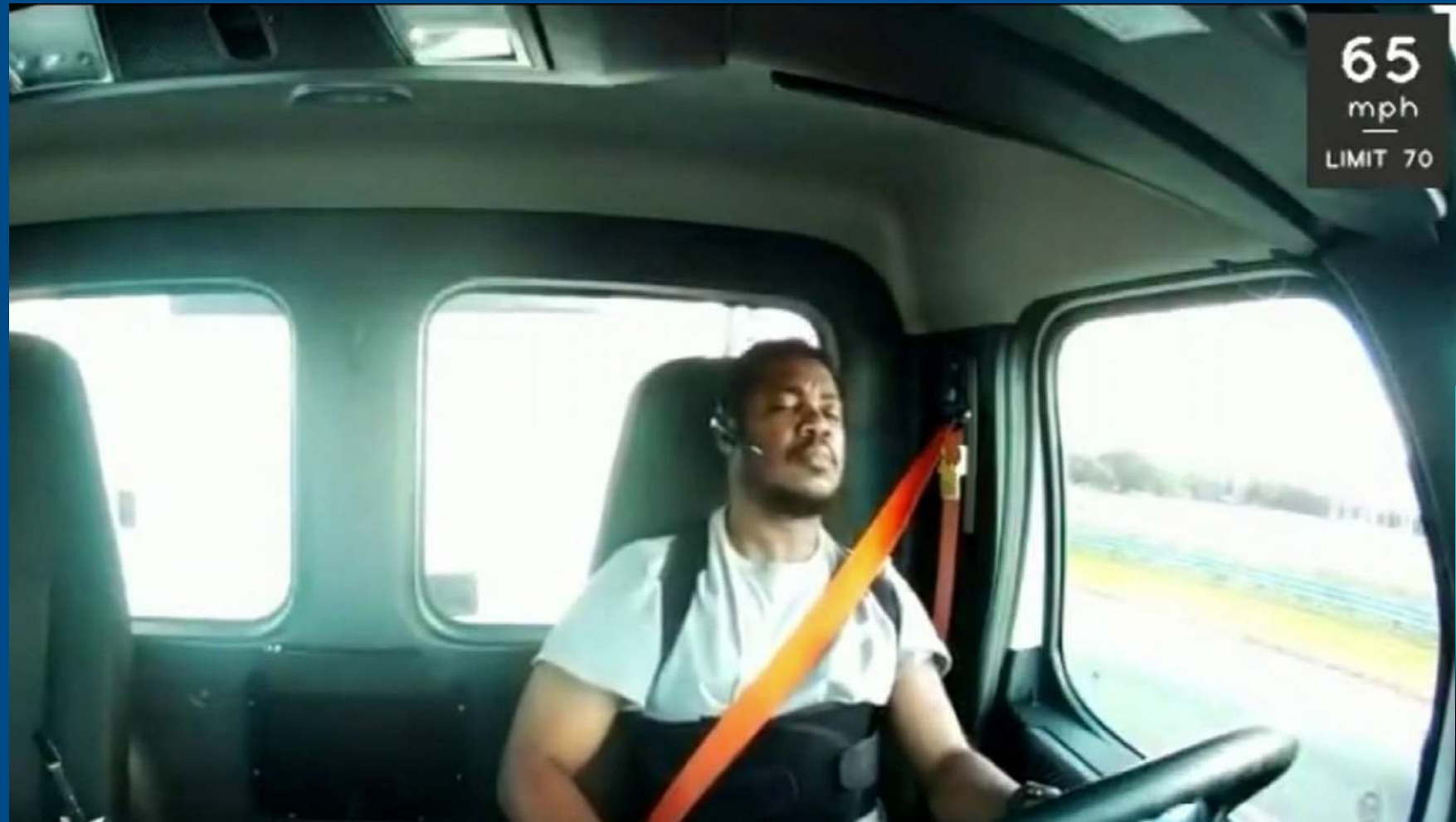
There are several ways to prevent driver fatigue and stay safe on the road. Here are some tips:

1. Fleet managers to train their drivers to be able to identify the early signs of fatigue and to promote a culture of safety
2. Get enough sleep: Fleet managers are to ensure that their drivers get a good night's sleep before driving, especially if they will be embarking on a long journey.
3. Take regular breaks: Fleet managers are to implement policies and procedures that will ensure that their drivers take regular breaks every 2 – 3 hours to stretch their legs, get some fresh air, and have a drink or healthy food.
4. Share driving duties: If possible, fleet managers can have their drivers share driving duties with another driver so that they can take turns driving and resting.
5. Avoid alcohol: Never drink alcohol before or during driving as it can impair your ability to drive safely.
6. Develop healthy lifestyles and Stay hydrated: Drink plenty of water to stay hydrated and eat healthy foods to keep yourself in good health
7. Where necessary fleet managers should avoid drivers driving at night.
8. Fleet managers should develop a fatigue management plan if there is none.





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WHAT IS A FLEET MAINTENANCE RECORD?





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## FLEET MAINTENANCE RECORD

It is a record that keeps track of ALL maintenance and repair works performed on an equipment. It also keeps record of all other consumables such as fuel, tires etc issued till date to each vehicle.





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## The importance of keeping fleet maintenance records

Fleet maintenance records are very important in keeping tabs on the current condition of the vehicles and the driver performance.

These records need to be continuously updated.

These records helps fleet managers keep track of the maintenance and repair works done on the vehicles and the various components that have been replaced.

It helps fleet managers make informed financial decisions based on data/records because it gives an overview of the costs in maintaining a particular vehicle where such repairs are becoming consistent.

Driver safety is enhanced

It allows fleet managers make very important and critical decisions for the organization.







## Why keeping Maintenance Record is Important?

Prevent Expensive Repairs

Increases Safety

Replacing Equipment

Reduces Labor Workload

Manage Each Machine



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What is Pre-Start Checks ?





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Pre-Start Checks are the daily or weekly inspections carried out by drivers to ensure their vehicle is in safe working condition before they embark on a journey.





## The importance of Pre-start checks

It is the responsibility of Fleet Managers to ensure that their drivers understand what Pre-start checks is by answering the following questions:

1. What are pre-start checks and why drivers need to do it?
2. Does it improve driver and equipment safety?
3. How can Fleet managers ensure it forms part of driver's daily task?
4. Why is it important drivers have to inform their fleet managers when they find any defects during inspections?
5. Why should drivers have to maintain my truck and trailer?





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## ITS IMPORTANT TO DO DAILY CHECKS BEFORE MOVING YOUR VEHICLE

Fleet managers are to ensure that drivers carry out their daily pre-start checks before moving their vehicle.

**STOP!!!** Is your Vehicle Roadworthy?

Do your daily prestart checks

Check your vehicle exterior and interior prior to starting your daily journey. **IT'S A MUST DO!!!**

Have someone else stand behind the vehicle to see if the lights, turn signal lights, reverse and brake lights are working

Check your tire pressures

Are the air filters clean?

Drain condensate from the air receivers regularly

No loose items or cables?

Are the windows free of damage? A little scratch can cause a broken window during driving, which could lead to huge problems.

Etc.





## Drivers Do's and Don'ts To Be A Safer Driver

### Driver'Do's :

- Use hazard lights in case of emergency in front of you so the people behind know they need to brake
- Use the seatbelt
- Use the flashing lights
- Take a moment to put your mirrors in the right position
- Keep a safe distance from the vehicle in front of you.
- Be always alert
- Be extra careful in bad weather conditions
- Be mindful of speed limits and keep to the approved speeds
- Get to grips with your steering wheel
- Ensure you carry out your daily prestart checks before a journey





## Driver's Don'ts :

- Don't overuse the horn. It might scare people.
- Don't use your phone while driving! Leave it somewhere so you cannot see/hear it.
- Don't overspeed
- Don't have loose items in the dashboard or in the vehicle in case of an emergency brake.
- Don't overload
- Don't distract yourself whilst driving
- Don't postpone repairs and maintenance jobs. There is nothing like 'let me try and go on this journey so when I return, I will get it fixed.'







## **PRESTART**

Prestarts on your phone, sent straight to the office.





In conclusion, safe driving is hinged on the following:

1. Driver education and training – safe driving practices including defensive driving and respect for road regulations turns out to produce safe drivers
2. Vehicle maintenance – there is no alternative to safe driving if the vehicle is not well maintained.  
Vehicle maintenance is key to developing safe drivers.
3. Driver monitoring – risky driving behaviors needs to be monitored and where necessary coaching and training is provided.
4. Safety culture – throughout the organization, management should promote a culture of safety where all employees understand the importance of safe driving practices

The development of safe drivers who can navigate the roads safely and reduce the risk of accidents and protect themselves as well as other road users, starts with you, the **FLEET MANAGER!!!**



**THANK YOU!!!**



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