



**FIVE TIPS FOR
THRIVING IN
THE DRIVER'S CAB**



There are many different ways to make your working day easier and to thrive at work. But since work tasks and working conditions can differ significantly from driver to driver, tips and advice can also be quite different. However, here are some basic tips for all drivers, regardless of work situation.

CONTENTS

1. Plan your working day	3
2. Choose a healthy lifestyle	4
3. Avoid risk of injury in the short and long term	5
4. Expect the unexpected	6
5. Safety first!	7

1.

PLAN YOUR WORKING DAY

We know for a fact that stressed drivers increase the likelihood of traffic accidents. But your health can also be adversely affected by stress. One way of reducing stress is carefully reviewing and planning your working day. Good planning ensures that you have more control and can avoid irritation that leads to stress.



Avoid stress – take the time to think

Identify and plan around your
sources of stress

2.

CHOOSE A HEALTHY LIFESTYLE

All tools must be kept in good condition to work efficiently. The most important “tool” in the transport industry is yourself, and that is why you should choose a lifestyle that keeps you healthy. Choosing a healthy diet, exercising and making sure that you rest are things that will not only ensure you thrive at work, but also in general.



Choose a healthy diet



Exercise



Make sure that you rest

3.

AVOID RISK OF INJURY IN THE SHORT AND LONG TERM

Asymmetrical or strenuous postures or movements are the most common cause of occupational injuries among lorry drivers. For example, even if the result of an incorrect working position does not present until several years later, you still need to be aware of the risks and make every effort to avoid them. Ergonomics is about avoiding occupational injuries – in the short or long term. That is why you should always choose ergonomically designed solutions, whether for the driver's seat, the cab environment or the trailer coupling equipment. You will benefit in the long run.

Be aware of the risk of long-term
occupational injuries

Choose ergonomic solutions

- Change driving position occasionally
- Come up with a procedure for climbing in and out of
the cab
 - Take breaks – stretch your body
 - Make sure that you lift correctly

4.

EXPECT THE UNEXPECTED

Being prepared and knowing how to act in unexpected situations increases safety at work. These preparations may be extremely varied, e.g. carrying an “emergency bag” during the winter containing warm clothes and a little food and drink in case you end up at a standstill somewhere. Or always having a fully charged power bank with you in case you find yourself unable to charge your mobile phone.

But there might also be situations not primarily affecting you, but someone else.

Consider which unexpected situations you might actually encounter

Be prepared to manage these

- Do you know where your first aid kit is and what it contains?
 - Where is your high-vis vest?
-

Listen to traffic news on the radio!

5.

SAFETY FIRST!

For various reasons, it can sometimes be tempting to compromise on rules and procedures. You may feel alert even if you have not had your daily rest. And surely it isn't that big a deal to skip lunch and step on the gas to try and make up for lost driving time?

Never push the limits of safety, whether your own or fellow motorists'! If you always put safety first, you will not be as stressed when other things cause trouble. Although a delay in itself can be a major problem, it is still nothing compared to what might happen if you take unnecessary risks to avoid it.



Choose safety above all else

Never push the limits

- Securing and covering cargo is the driver's responsibility.
- Follow the traffic regulations applicable to your location.
 - Check your equipment.
- Establish and follow daily routines.

VBG CAN MAKE YOUR **BUSINESS** MORE EFFICIENT

We see how the industry is constantly changing, and we listen to our customers. That's why we also know which innovations provide real benefits. This drives our development – with safety and responsibility as top priorities – so that we can keep one step ahead. We have done so since 1951.



Safety



Responsibility



Innovation

Everything fits together and interacts in a robust and well thought out system that is quick and easy to assemble. Maximum reliability and durability with a long service life and low service and repair requirements, providing worry-free use and the best overall economy.



Knowledge



System



Products