Road Safety At Work

Reducing Stress to Improve Driver Safety

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Introducing today's presenters



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Road Safety at Work



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What stress looks like and how it impacts drivers

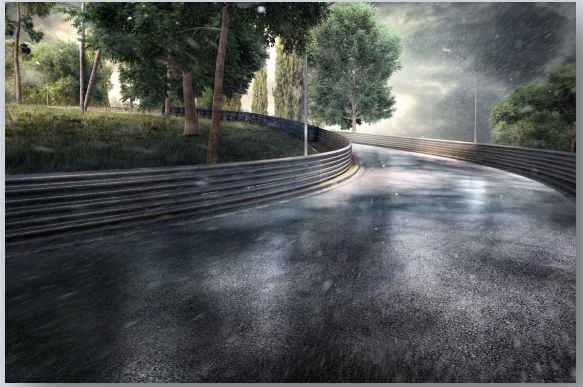
Sarah's stressful driving day







Sarah’s stressful driving day







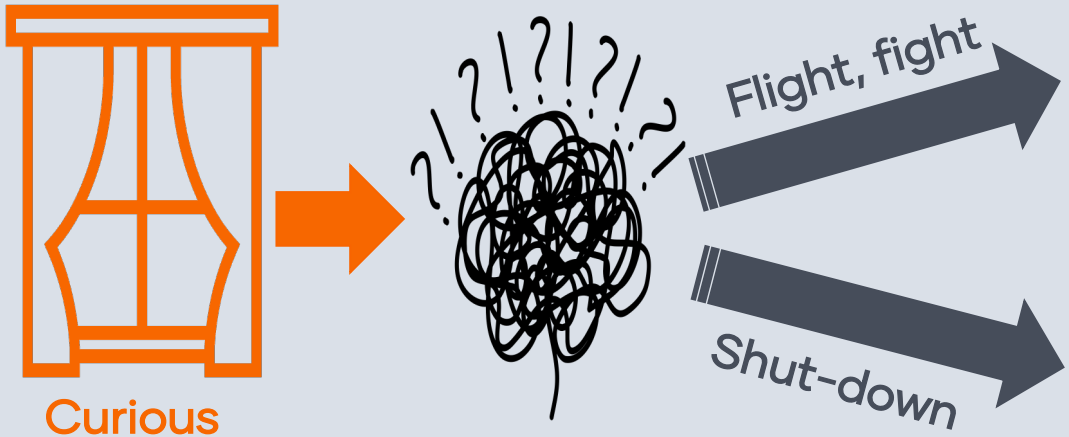
What does stress look like

Contributing factors

- Road conditions
- Worried
- Nervous
- Distracted



Window of tolerance



Curious
Mindful
Capable

- Feeling unsafe, edgy, or overstimulated
- Impulsivity, stuck “on”, “deer in the headlights”

Survival

- Cognitive functioning is slowed, “lazy”
- Emotionally flat/numb, “not there”, depression, apathy
- Socially withdrawn, difficult to express themselves

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Reference: Ogden P., Siegel, D., Fisher J.

Signs of stress



- Headaches
- Frequent infections
- Muscle aches / twitches
- Breathlessness
- Fatigue

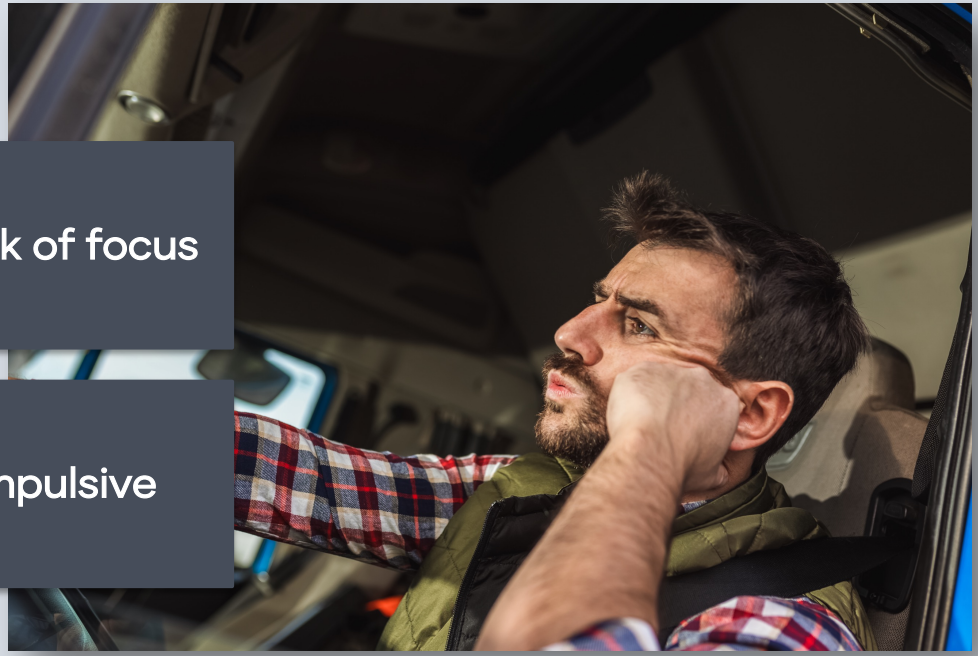
- Worrying
- Muddled thinking
- Impaired judgement
- Nightmares
- Indecisions
- Negativity

- Loss of confidence
- Irritability
- Depression
- Apathy
- Alienation

- Low libido
- Accident prone
- Loss of appetite
- Drinking more
- Smoking more
- Eating more

Stress can impact driving behaviours

- Tension
- Fatigue
- Lack of focus
- Impaired judgement
- Aggressive
- Impulsive



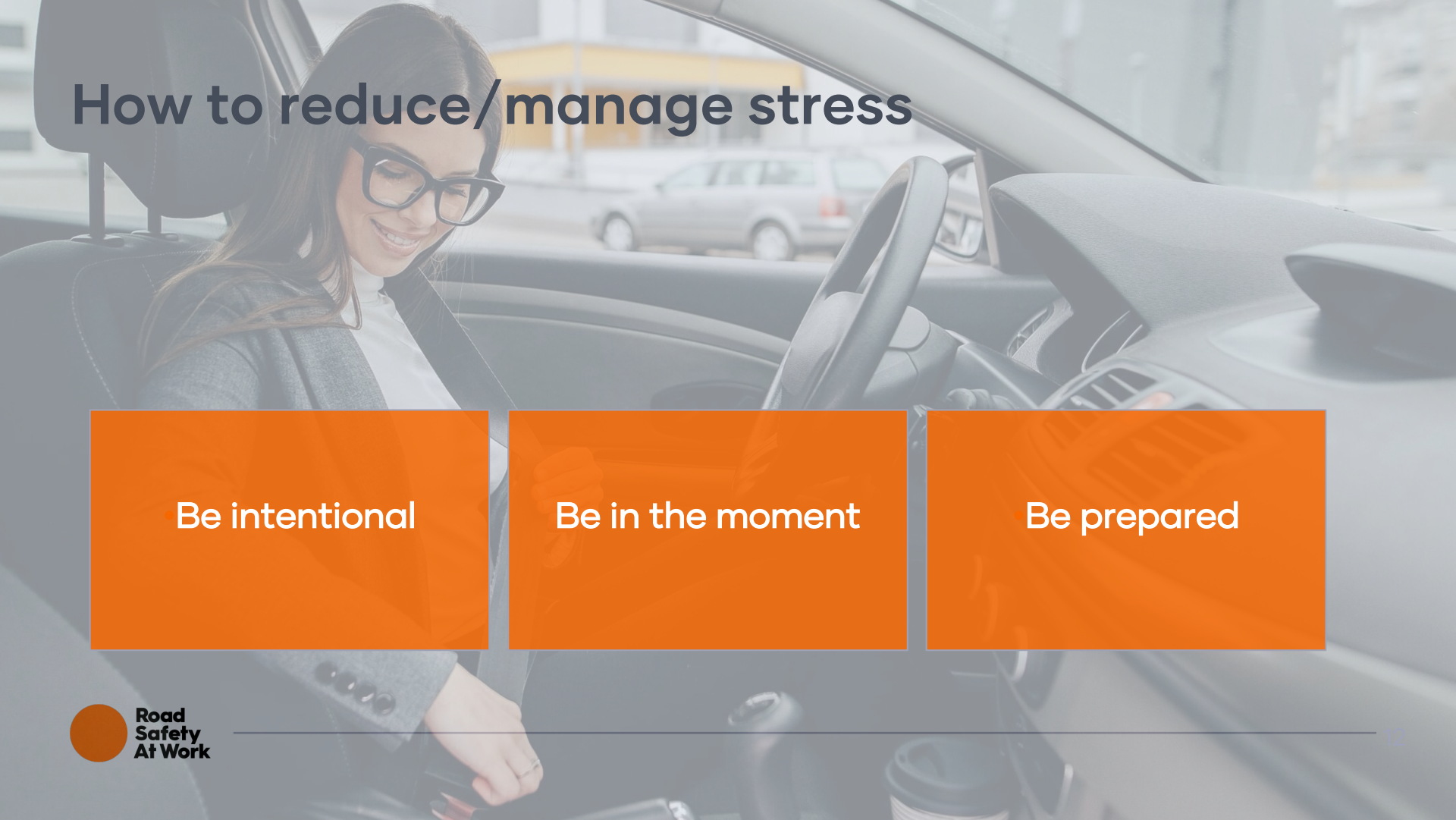
Questions



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How to reduce/manage stressful driving

How to reduce/manage stress



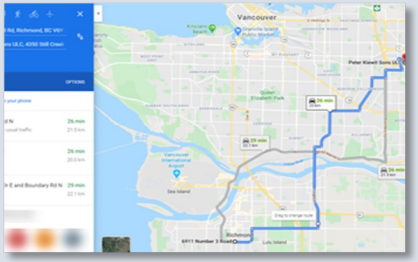
- Be intentional
- Be in the moment
- Be prepared

Before the drive

- Plan ahead
- Consider options
- Allow enough time
- Expect delays

BRITISH COLUMBIA | DriveBC
www.drivebc.ca

DriveBC road conditions



Google Maps
route planning



Local weather
conditions

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Journey management resources

Journey Management Tool Kit

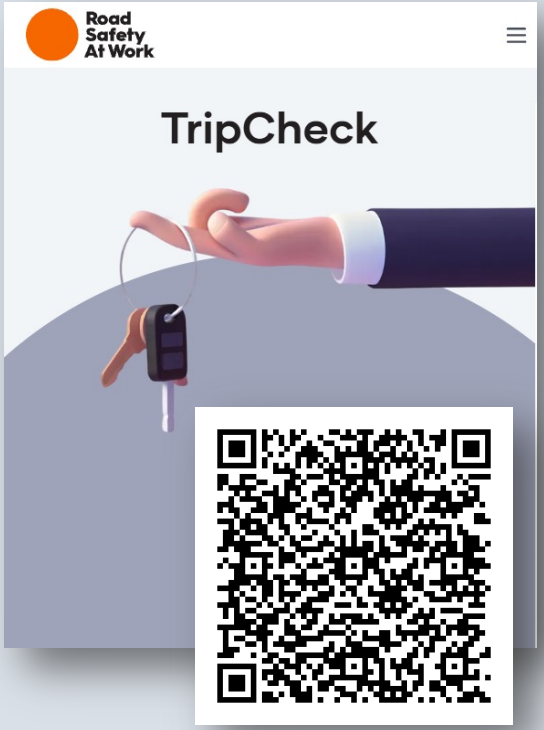
Link to resource

TripCheck

Link to resource

TripCheck

- A guided pre-trip inspection tool
- Steps a driver through the risks to consider for any drive
- Runs on a phone, in a browser
- Nothing to install, nothing to log into
- Save it to your phone
- Creates a shareable summary report



Link to resource

Managing stress on the road



- Heavy traffic
- Unexpected delays
- Surprises
- Drivers impeding progress
- Poor weather/ road conditions
- Aggressive drivers

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What employers can do, techniques, and resources

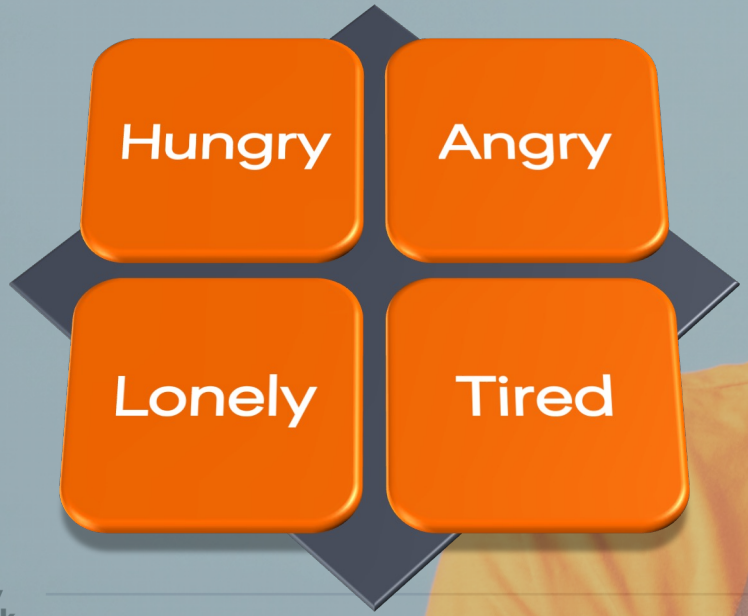
What employers can do

- Clear expectations/policies
- Realistic travel times
- Be flexible
- Support psychological health
- Train workers
- Encourage reporting



H.A.L.T. check

Ask yourself: Am I ?





Other ways to recognize stress

Individually
(Emotional well-being)

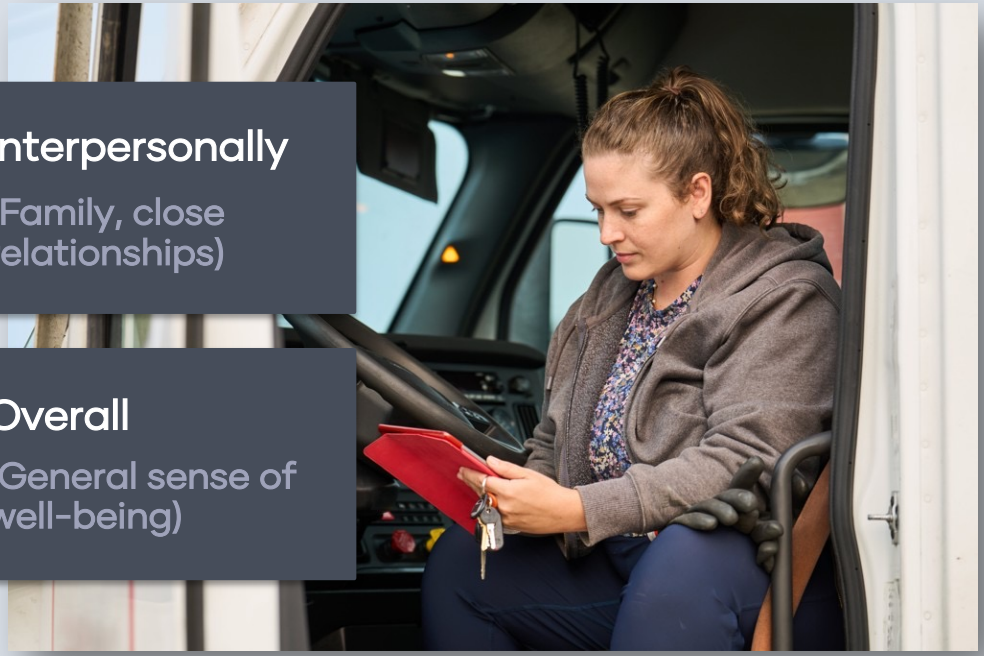
Physically
(Pain, sleeping, eating, fitness)

Interpersonally
(Family, close relationships)

Socially
(Social engagement, friendships)

Vocationally
(Work)

Overall
(General sense of well-being)



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Canadian Mental Health Association – Stress Index Quiz

Resources

Driver Health and Wellness Tool Kit

Link to resource

Preventing Aggressive Driving Tailgate meeting guide

Link to resource

Putting the Brakes on Aggressive Driving Webinar

Link to resource

Summary

- Prepare for your drive and the unexpected
- Be in the moment
- Recognize signs of stress
- Build capacity to stay curious, mindful, and capable

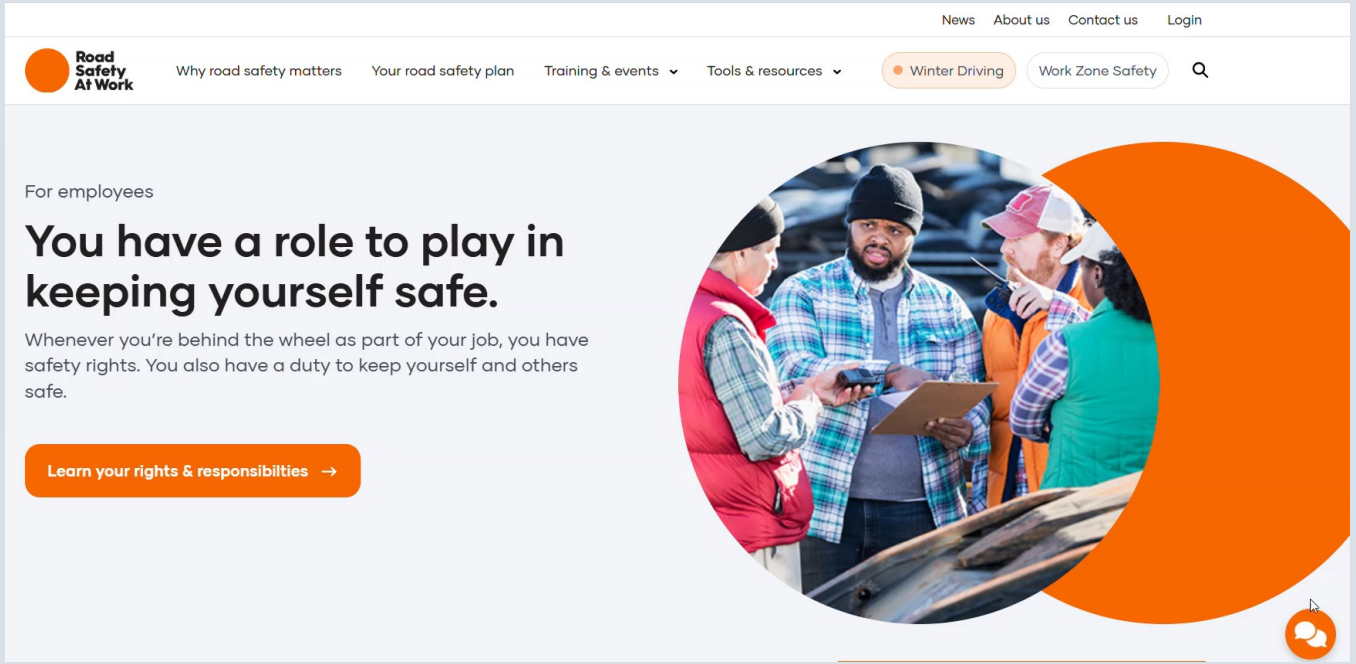


Questions



We can help

RoadSafetyAtWork.ca



Contact us with your questions



Angelina Robinson

Client Relationship Manager

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How can we help you?

Fill out a request online and we'll answer you directly

Link to Contact Us page

Let’s talk, we’re listening

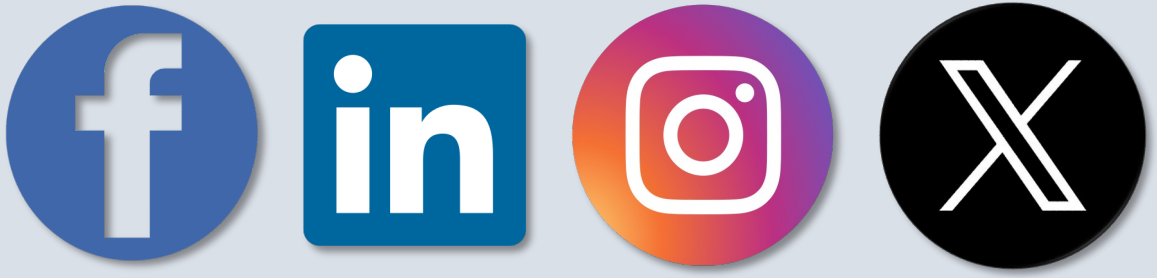
- Your challenges
- Resources you use
- Resources you wish we had
- Types of support that are best for you and your organization






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Thank you

For more information visit:
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