

# Appendix

As an example, if one of the risk areas identified from the assessment process is an employee's high mileage profile, the risk reduction strategy would be, in this order:

1. Eliminate some of the mileage, which is generally a management initiative. As an example, sales territories could be reorganised.
2. Substitute some of the journeys for ones on public transport, which is also generally a management initiative. Air and train travel are both significantly safer than travelling by road.
3. Ensure you have robust policies on fatigue management, also a management initiative. The biggest risk for high mileage drivers is falling asleep at the wheel, so policies should include limits on the maximum length of the working day (including driving), maximum continuous driving times and break durations (15-20 minute breaks after 2h driving or sooner if feeling tired).
4. Raise awareness about fatigue issues and provide practical suggestions on how to manage this, also a management intervention.
5. Provide guidance & training on effective route planning, to ensure journey times are minimised.
6. Provide guidance & training on effective schedule setting to ensure that journeys are planned efficiently.
7. Provide guidance & training on how to attain the correct seating position, as incorrect posture will lead to the early onset of fatigue.

As you can see, even though this was identified as a risk from an individual assessment process, the prime risk reduction recommendations are those focused on management initiatives.