



## Occupational Health Policy

Driver Alertness is an important responsibility for J Swingler Transport. As such J Swingler Transport shall ensure all drivers are fit to drive and comply with the relevant eyesight standards for driving as detailed in our Occupational Health procedure.

- All HGV drivers shall complete an annual health and fitness declaration, which may identify further checks required, which shall be booked and monitored to ensure driver compliance with minimum medical standards.
- All drivers shall comply with DVSA HGV Medical standards for driving, this shall include their medical a key component of being fit to drive and issue of a HGV Licence.
- All drivers/employees must comply with our Drugs and Alcohol policy and Road Traffic regulations.
- J Swingler Transport shall select the vehicles and routes to minimise any negative effects of driver posture and in-cab air quality.
- As a minimum, a driver eyesight check shall be completed on site at a minimum of every six months, to read a vehicle number plate from 20 metres.
- All drivers must report to the Operations Manager if they are taking any prescribed and/or over-the counter medication.
- J Swingler Transport support their drivers and operate an Open-Door policy to support.
  - Fatigue-related illnesses such as sleep apnea
  - Mental health problems such as stress, depression and anxiety
  - The prevention of impairment through drugs and alcohol

Various Medical Checks including Drug and Alcohol testing as above may be requested

- Prior to employment
- After an incident
- Annually as a minimum
- Random checks including those selected on our customer's site without notice.

Any driver failing an eyesight check **shall** be referred to an optician for an eyesight test. Medical checks failings shall be reported to DVLA as required by regulations.

A handwritten signature in black ink, appearing to read 'Anthony Thompson', is written over a horizontal line.

Signed: \_\_\_\_\_  
**Anthony Thompson**  
**Proprietor**

BMS 012	Rev 2	2 January 2024
Reviewed Michelle Woodward		Renewal due Jan 2025