

TOGETHER WITH OUR CLIENTS AND WORKFORCE - ONE VISION, ONE TEAM, ONE SOLUTION

Speeding, Drink Driving and Fatigue

Welcome to the seventh issue of the Hercules Site Services Ltd, Speeding, Drink Driving and Fatigue (SHEQ) eBulletin. Each issue will have a central theme which is relevant to us all in the construction industry.

Speeding

Drivers who are travelling at inappropriate speeds and exceeding the speed limit or driving too fast for the conditions are more likely to be in an accident. Following too closely to other cars, known as tailgating, is one of the biggest causes of road accidents in the UK.

It's first worth noting that a stopping distance = **thinking distance + braking distance**

Weather

In poor weather conditions, a car's total stopping distance is likely to be longer for a number of reasons. For a start, poor visibility might mean the driver takes longer to react – increasing his/her thinking distance. But slippery roads caused by rain, snow or ice will also extend the braking distance.

Research suggests braking distances can be doubled in wet conditions – and multiplied by 10 on snow or ice. That means, in the snow, it could take you further than the length of seven football pitches to stop from 70mph.

Inappropriate speed contributes to around 11 per cent of all injury collisions reported to the police, 13 per cent of crashes resulting in a serious injury and 21 per cent of collisions that result in a death.

Inappropriate speed also magnifies other driver errors, such as driving too close or driving when tired or distracted, increasing the chances of these types of behaviour causing an accident.



Drink Driving

While all these factors can affect the braking distance, the individual behind the wheel is responsible for the thinking distance – and that can have a huge effect on the overall stopping distance.

A driver's age how awake they are and if they've consumed any drugs or alcohol can all influence how quickly it takes them to react.

It's important to remember that alcohol can slow you down and affect your body's responses making your driving unsafe,

putting you and other at risk of accident.

With Christmas just around the corner, the next few days may pass in a blur of Christmas meals with friends and drinking a good glass (or two) of hot mulled wine under the Christmas tree.

While strict alcohol limits and drink driving penalties exist to ensure safe driving on the roads, it's been estimated that between 2010 and 2017 there were 48,750 reported drink drive accidents and 1,870 reported deaths caused by drink driving accidents.

Each year around 100,000 drivers lose their licence because they've been caught driving over the limit. The result is an instant driving ban for at least 12 months – but that's just the start of it. So, this Christmas – and indeed all year round – don't take any chances if you're driving, because it's just not worth it.

The morning after drinking

Even if you've had a good sleep in between drinking the night before and driving to work the next morning, it doesn't necessarily mean that the alcohol will have left your system and you'll be safe to drive. Feeling 'sober' isn't a reliable guide to knowing whether you can drive or not, and drinking coffee, eating a meal or bracing a cold shower won't make the

alcohol leave your body any faster!

With the police watching the roads carefully, how can you make sure you're not caught out this Christmas? The obvious way is to stay off the booze altogether, if you are having a drink then - [Use a taxi, elect a designated driver within your group or ask someone to drive you.](#)



Fatigue

Fatigue is a feeling of constant tiredness or weakness and can be physical, mental or a combination of both. It can affect anyone, and most adults will experience fatigue at some point in their life. It is a very common complaint, and it is important to remember that it is a symptom and not a disease.

If you are experiencing fatigue, your activities and other lifestyle choices may be the root cause. For example, fatigue can result from:

- Physical exertion
- Lack of physical activity
- Lack of sleep
- Being overweight
- Periods of emotional stress
- Boredom
- Medication, such as antidepressants
- Misuse of alcohol on regular basis
- Misuse of recreational drugs

A number of measures can help lessen fatigue caused by daily activities. To help boost your energy levels and overall health:

- Drink enough fluids to stay hydrated
- Practice healthy eating habits
- Exercise on a regular basis
- Get enough sleep
- Avoid known stressors
- Take part in relaxing activities, such as yoga
- Abstain from alcohol, tobacco and recreational drugs

These lifestyle changes may help ease your fatigue. It's also important to follow your doctor's recommended treatment plan for any diagnosed health conditions. If left untreated, fatigue can take a toll on your physical and emotional well-being.



We're probably all familiar with a slump in mood during the Christmas holidays, but did you know Christmas fatigue and the January doldrums are actual real things, driven by hormones? The highs and lows of Christmas preparation, anticipation and participation generate powerful hormones which play an important part in mood and can suppress our immune system. Being tired can affect our confidence, happiness, perspective and ability to focus. Help your children (and yourself) avoid Christmas fatigue and the impending January doldrums to

arrive back at school focused and ready for a positive start to the New Year.

Escaping Christmas Fatigue:

- Keep gently busy and maintain some routine
- Have a rest - do not neglect sleep
- Get out and get exploring, get fresh air regularly
- Organise some family fun
- Drink in moderation
- Eat the right food

Help and resources

We are with you - is a UK-wide treatment agency that helps individuals, families and communities manage the effects of drug and alcohol misuse 0808 8010 750

Adfam - is a national charity working with families affected by drugs and alcohol - <https://www.nhs.uk/live-well/alcohol-support/>

NHS fatigue advise - <https://www.nhs.uk/live-well/sleep-and-tiredness/>

<https://www.gov.uk/coronavirus>

<https://www.constructionindustryhelpline.com/our-app.html>



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<https://www.mentalhealththatwork.org.uk>

<https://www.mind.org.uk>

Employee Assistance Programme

- 0800 0474097

Hercules Dedicated Support Line

- 01793 686223