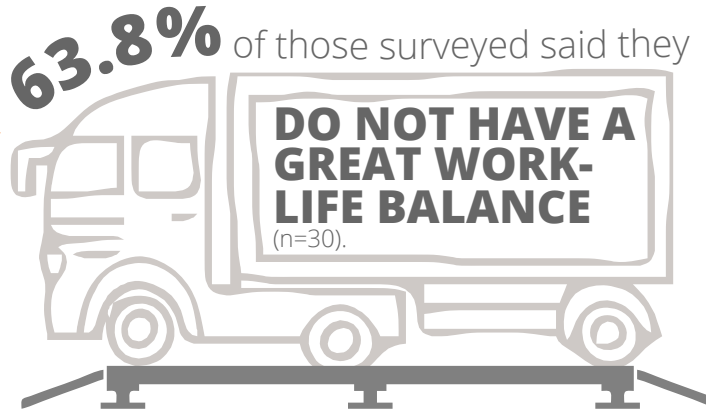
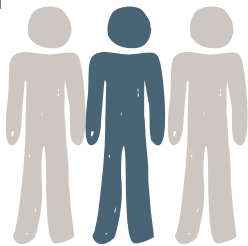




**66.7%** of survey respondents indicated that they had been involved in, witnessed or were the first on scene of a serious crash while at work (n=26).



**OVER ONE-THIRD** of those surveyed could not identify health and wellbeing initiatives conducted by their company (41.9%, n=18).

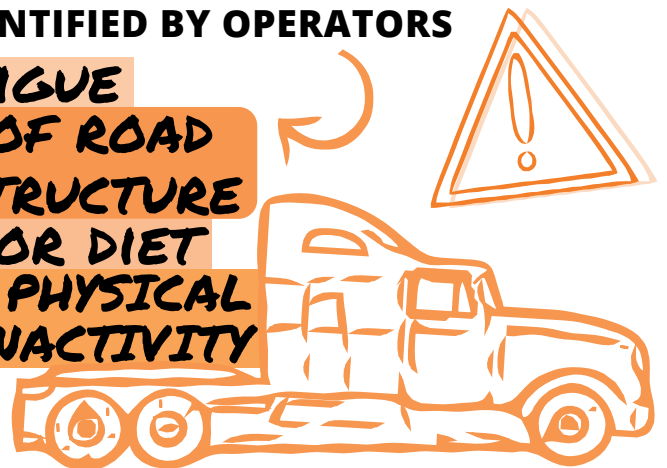


Operators experience a range of **negative thoughts and feelings**

after being involved in, witnessing or being the first on scene of a serious road crash.

**FREQUENT PHYSICAL HEALTH RISK FACTORS IDENTIFIED BY OPERATORS WERE:**

- FATIGUE
- LACK OF ROAD INFRASTRUCTURE
- POOR DIET
- PHYSICAL INACTIVITY



**THE LEADING MENTAL HEALTH RISKS IDENTIFIED BY OPERATORS WERE;**

- BEING AWAY FROM HOME,
- UNREALISTIC SCHEDULES,
- STRESS AND OTHER ROAD USERS.



KEY FINDINGS FROM MaPS ON OUR ROADS CONSULTATIONS:

**LEADING ACTIVITIES THAT SUPPORT OPERATORS' MENTAL HEALTH INCLUDE:** SPENDING TIME WITH FAMILY AND FRIENDS, MAKING TIME TO RELAX AND USING AUDIO ENTERTAINMENT.



To support their physical health, many operators try to regularly:

- > EXERCISE
- > EAT A HEALTHY DIET
- > REMAIN ACTIVE AT WORK.

