

# Safety is our TOP PRIORITY



## 5 FIT & ALERT RULES FOR DRIVERS



### 1. START ONLY WHEN YOU ARE FIT TO DRIVE

- Get enough rest before your shift
- Do not drive if you feel tired, sick, or unwell
- Be honest about your fitness to drive

If you are not fit and alert —do not start driving.



### 2. PLAN YOUR JOURNEY AND TAKE BREAKS

- Plan your route and driving time
- Take regular breaks during long journeys and use the time to stretch and move your body.
- Stop earlier if you start feeling tired

Breaks help maintain concentration and safety.



### 3. STAY HYDRATED AND TAKE CARE OF YOUR BODY

- Drink water regularly
- Eat properly during the day
- Avoid driving when extremely fatigued

Your physical condition affects your alertness.



### 4. AVOID DISTRACTIONS WHILE DRIVING

- Do not use your phone while driving
- Stay focused on the road and surroundings
- Avoid multitasking or unnecessary distractions

Distractions increase the risk of accidents.



### 5. SPEAK UP AND REPORT FATIGUE OR RISKS

- Report fatigue, near misses, or unsafe conditions
- Ask for support if you feel tired or distracted
- Stop driving if you feel unsafe

Safety always comes before the task.

Fit & Alert drivers make safer decisions and prevent accidents.



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## 5 RULES FOR SAFE LIFTING

**PROTECT YOUR BACK. WORK SAFELY.**

Follow these rules to reduce the risk of musculoskeletal disorders. Before starting the task, perform a short stretching or warm-up exercise to prepare your muscles and joints for lifting.



**1. PLAN THE LIFT**

- Check the weight of the load
- Make sure the path is clear
- Use mechanical aids if needed

**If the load is too heavy – ask for help.**

**2. KEEP THE LOAD CLOSE TO YOUR BODY**

- Hold the load close to your waist
- Keep it near the center of your body

**This reduces strain on your back.**

**3. BEND YOUR KNEES, NOT YOUR BACK**

- Keep your back straight
- Use the strength of your legs to lift

**Your legs are stronger than your back.**

**4. AVOID TWISTING**

- Do not twist your body while lifting
- Turn with your feet instead

**Twisting increases the risk of injury.**

**5. LIFT AND MOVE SLOWLY**

- Lift smoothly without jerking
- Keep control of the load

**Sudden movements increase the risk of injury.**

### REMEMBER

- ✓ Warm up or stretch before lifting tasks
- ✓ Use mechanical aids whenever possible
- ✓ Ask for help with heavy or bulky loads
- ✓ Keep good posture during the whole task
- ✓ Stop if you feel pain or discomfort

