

# Toolbox Talks

*Interactive bite-size talks to boost your drivers' safety and wellbeing*



You want to make sure that your drivers have the knowledge to help them stay safe on the roads, but arranging for them to attend driver training courses within their busy schedules can be difficult, especially if you have a large or dispersed workforce.

With this in mind, we have developed Toolbox Talks: a set of interactive, bite-size presentations put together by our experts, that you can reach into at will and grab just the right driver safety tools for your fleet.

At just 45 minutes each, our Toolbox Talks are a convenient and impactful way for you to highlight and address specific areas of risk for your drivers in their line of work, with minimal demand on their time.

<b>Format</b>	<b>Classroom</b>
<b>Duration</b>	<b>45 minutes per talk</b>
Trainer: delegate ratio	1:20

<b>Half day</b>	<b>Full day</b>
<b>Choose up to 3 topics</b>	<b>Choose up to 6 topics</b>

# Toolbox Talks topics



## COAST

**Concentration, Observation, Anticipation, Space and Time** (COAST): incorporating these into your driving strategy is key to keeping your drivers and vehicles safe. This talk explains the system for applying COAST in everyday driving scenarios, providing drivers with a useful and memorable technique to add to their skill set.



## Speed

In the UK four motorists are caught speeding every minute, and for those who spend their working lives out on the road, avoiding speeding fines is a major concern. More importantly, inappropriate speed is the cause of many incidents, and contributes to the severity of collisions. We examine in detail the thinking behind our system of speed limits, incorporating the latest research on speed-related incidents and driver attitudes.



## Fatigue

We all know not to drive when tired but research suggests that almost 20% of accidents on major roads are fatigue-related. Those driving for work may be at particular risk, and this talk helps by highlighting peak times for fatigue, dispelling the myths and identifying effective coping strategies.



## Mobile phones and distractions

Does your business require workers to be contactable when out on the road, perhaps equipping them to take hands-free calls at the wheel? While this is legal, research shows that it can slow a driver's reaction times by 27%. At-work drivers are vulnerable to many sources of distraction including the pressure of work itself. This talk provides advice on using technology safely and on strategies for maintaining focus when driving.



## Managing space on the road and in confined areas

Collisions occur when a vehicle runs out of space. This can happen at high or low speeds, and is common in confined areas. We highlight ways in which drivers can create and maintain space around their vehicle, and identify hazards in confined spaces to avoid those costly low-speed collisions.





## Alcohol awareness

It's well known that drink-driving is dangerous, but many do not fully understand the effects of alcohol on driver capability, or the laws around being in charge of a vehicle when under the influence of alcohol. Our experts dispel the myths and provide advice for drivers on managing their alcohol intake in order to avoid drink-driving.



## Ergonomics

Most businesses' H&S policies cover office workstation ergonomics, but what about employees who spend their working days out on the road? Back pain is not only debilitating for the individual sufferer, it can also cost an employer and the economy thousands of pounds every year. Poor driving posture can often be the culprit.



## Driving at night

Our experts examine the factors which should be considered when driving at night, and offer advice on the different fields of vision experienced in the dark, and on understanding the body's natural clock to help manage the stresses of driving early in the morning or late at night.



## Vehicle checks and driver health checks

We discuss the benefits of regular vehicle checks, what they should include, and how best to carry them out. Equally important is the health of drivers, and we suggest strategies for ensuring that your drivers are always fit to get behind the wheel.



## Winter driving

Business drivers want to be mobile whatever the weather, but the changeable conditions experienced throughout a British winter can make the roads a dangerous place to be. We discuss how to prepare both drivers and their vehicles for winter driving to help keep them safe in the tricky conditions.



## Vehicle technology

Manufacturers' continual development of technology means that your fleet may include some of the most sophisticated vehicles ever. Our experts will provide your drivers with an insight on how technologies such as ABS, traction control and ESP work, and how understanding them can benefit driver safety.



## Cycling

We know it's not just motor vehicles that exist in the workplace, and that cyclists can be amongst the most vulnerable road users. Our experts provide advice to ensure that your employees' bikes are safe, and provide tips on how to share the road safely with others.

## How can Toolbox Talks can help my business?

A Toolbox Talk on an area relevant to your workforce can be a great value-adding addition to a working lunch, and is easy to slot into an induction day or other Health & Safety training programmes. The bite-size 45-minute format allows you to focus attention on a key area affecting your workforce, requiring minimal cost and minimal demand for your employees' time.

Toolbox Talks are great for supporting your driver risk management strategy across a range of scenarios, such as

- Group induction sessions for new starters who will be driving for work
- Refresher sessions for existing employees
- Addressing areas of concern highlighted by driver risk assessments
- Updating driver knowledge on topical or seasonal themes such as winter driving
- Supplementing an on-road driver training session in the morning with an afternoon classroom session to cover information of special relevance to your workforce

## How many people can attend?

We recommend a maximum audience of 20 people. This will enable you to hold the session in a small office or function room, and allow an opportunity for all attendees to participate fully.

## Where are they held?

Our trainer will come to you. Just organise a suitable space, ideally with seating and a screen for display of the presentation slides.

## Do you offer more in-depth classroom sessions?

If you require that your drivers focus on a particular topic in greater depth, we also offer a range of longer seminars and interactive group workshops, covering many of the key themes from across the Toolbox Talks portfolio in greater depth. Ask your account manager for more information.

## Why choose IAM RoadSmart?



With over 60 years' experience creating over half a million Advanced Drivers, we are one of the UK's leading authorities on driver training and road safety.

IAM RoadSmart can help your business fleet to become safer and more efficient through expert coaching delivered by a nationwide network of Approved Driving Instructors, delivering benefits that include:

- Improvements to individual drivers' MPG
- Reduced incident rates and substantial savings on cost of repairs at end of lease
- A safer, less stressed workforce, better equipped to deal with increasing in-car distractions
- Fulfilling your duty of care responsibilities in line with the Health and Safety at Work Act 1974

As a registered charity, we are dedicated to improving safety on the roads, and our not-for-profit status enables us to offer you our expertise at highly competitive rates.

**To book your course, call our customer care team on 0870 120 2910**

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