



DRIVER/SUBCONTRACTOR HEALTH POLICY

I,, as a professional Driver/Subcontractor observe the following work ethics and values:-

1. I observe all safety standards and regulations both on and off the road (relating to road transport) and with clients.
2. As a professional Driver/Subcontractor, I :
 - Maintain my vehicle to a high standard
 - Pace myself and take regular breaks to manage fatigue
 - Abstain from drugs of dependence
 - Keep myself in sound health
 - Undergo a regular medical examination to ATA Standards
 - My ATA registered doctor for monitoring my medical compliance is
Name :
 - Address:
3. My priority is to protect the safety of myself, fellow Driver/Subcontractors and the community on the road.
4. I practice self restraint in the 8 hours leading up to my next trip, in order to ensure that I am fresh and rested when driving on the road.
5. I pursue safe and sound scheduling processes which allow me to have adequate rest on the job and breaks away from driving.

This policy reflects the way in which I approach the responsibilities of professional driving. I understand that my family is a major influence on my driving performance and that I owe a responsibility to them to maintain my health and safety.

Driver/Subcontractor

Name: Date:

Witness: Date: