



# areyoucarfit?

An Evolution Occupational Therapy Program

“ 33% of Motor Vehicle accidents on Australian roads involved vehicles used for work purposes and the likelihood of an employee, contractor, or volunteer being involved in an incident is 1 in every 4. ”

## Information for Employees

All workers should be aware that driving is potentially your largest identifiable risk when working. Statistics also reveal that the greatest cause of workplace deaths in Australia is vehicles. If you drive a car, a heavy vehicle, forklift or plant for work, your employer has a duty of care to ensure that you are medically and physically fit to operate this machinery.

Driving a motor vehicle is a complex task requiring perception, good judgement, responsiveness and reasonable physical capacity. Drivers Licence holders have a mandatory requirement under law to report to Queensland Transport any longer term or permanent medical condition that may impact their ability to drive safely.

Many factors contribute to safety on the road. Driver health is an important consideration and drivers must meet certain medical standards to ensure that their health status does not increase their crash risk. If your main role is driving, it is even more important to ensure that you are fit to drive. Even temporary conditions or low levels of discomfort may impact on your safety.

Occupational Therapy (OT) driver rehabilitation in the workplace aims to assist the worker with a functional or medical impairment to continue or return to safe and independent driving through the identification of strengths and limitations. OTs also work with employees who are struggling with the physical demands of operating their vehicle, and can assist with ergonomic modification, adaptive driving equipment or engineering a cockpit re-design where appropriate.

### You may be referred for Occupational Therapy driver rehabilitation in the following circumstances:

- Where there is a concern regarding your medical suitability and safety for driving as your primary work role.
- Where the activity of driving is aggravating your symptoms, or your symptoms are impacting on their ability to drive.
- If you have stopped driving due to an injury or disease, and you wish to explore the possibility of returning to driving. This is important if driving is your primary mode of transport and/or part of your work duties.

Many individuals come out of the assessment with no restrictions, however sometimes OTs will recommend driver training, modifications or further treatment. For further information:

Please  Speak with your General Practitioner or Employer

Or  Call Evolution Occupational Therapy on (07) 3103 3561 or 0407 561 012.