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## **Personal Health & Hygiene Policy Opicorp (PTY) Limited T/A Auto Carriers**

### **1. Introduction: Why Personal Health & Hygiene Matter**

**Truck driving is demanding and often involves:**

- Long hours
- Limited access to facilities
- Irregular sleep
- Eating on the go
- Stress

**Good personal health and hygiene:**

- Reduce illness
- Improve energy and alertness
- Support mental well-being
- Promote professionalism
- Improve public and customer perception
- Help pass DOT medical exams
- Healthy drivers are safer drivers.

### **2. Personal Hygiene on the Road**

#### **A. Daily Hygiene Basics**

**Even on tight schedules, try to:**

- Shower regularly (truck stops offer facilities)
- Wash hands frequently
- Brush teeth at least twice daily
- Wear clean clothes
- Use deodorant
- Keep hair and facial hair groomed

**Why it matters:**

- Prevents infections
- Boosts confidence
- Maintains professional image



## **B. Hand Hygiene**

### **Wash hands:**

- Before eating
- After fueling
- After restroom use
- After handling cargo

### **If soap and water are unavailable:**

- Use hand sanitizer (at least 60% alcohol)
- This reduces the spread of colds, flu, and stomach illnesses.

## **3. Staying Healthy on the Road**

### **A. Hydration**

#### **Drink water regularly**

#### **Limit soda and energy drinks**

#### **Watch for signs of dehydration:**

- Headache
- Fatigue
- Dizziness
- Dark urine

### **B. Physical Activity**

#### **Long sitting hours increase risk of:**

- Obesity
- Back pain
- Blood clots
- Heart disease

#### **Simple exercises during breaks:**

- 5–10 minute walks
- Stretching
- Bodyweight exercises (squats, push-ups)
- Light resistance bands

#### **Movement improves:**



- Circulation
- Mood
- Alertness

#### **4. Preventing Common Health Issues**

##### **A. Back & Joint Pain**

###### **Prevention tips:**

- Stretch daily
- Adjust seat ergonomics
- Use proper lifting techniques
- Maintain healthy weight

##### **B. Skin Care**

###### **Long hours in sun and dry air can cause:**

- Sunburn
- Dry skin
- Skin infections

###### **Use:**

- Sunscreen
- Moisturizer
- Clean bedding

##### **C. Illness Prevention**

- Get recommended vaccinations (flu, etc.)
- Avoid sharing personal items
- Clean frequently touched surfaces in the cab

#### **5. Mental Health & Stress Management**

**Driving can be isolating.**

###### **Common stress factors:**

- Traffic
- Deadlines



- Time away from family
- Sleep disruption

#### ***Healthy coping strategies:***

- Stay connected with family/friends
- Listen to music or podcasts
- Practice deep breathing
- Take scheduled breaks
- Seek professional help if needed

#### ***Warning signs of mental health strain:***

- Irritability
- Poor sleep
- Loss of motivation
- Increased substance use
- Encourage drivers to speak up and seek help.

## **6. Sleep Hygiene & Rest**

#### ***Good hygiene includes:***

- Clean sleeper berth
- Fresh bedding
- Dark, cool sleeping area
- Regular sleep schedule when possible

#### ***Poor sleep impacts:***

- Reaction time
- Mood
- Decision-making
- Safety

## **7. Substance Use Awareness**

#### ***Avoid:***

- Excessive caffeine
- Tobacco overuse
- Alcohol misuse



- Non-prescribed medications

***Substance misuse can:***

- Impair driving
- Affect health
- Lead to job loss
- Increase accident risk

***8. Professional Image & Company Reputation***

***Drivers represent the company.***

***Maintaining:***

- Clean appearance
- Good hygiene
- Organized truck interior

***Builds trust with:***

- Customers
- Law enforcement
- Public

***9. Company Responsibility***

Companies can support drivers by:

- Providing access to wellness resources
- Encouraging regular medical checkups
- Promoting realistic schedules
- Supporting mental health awareness

***10. Key Takeaways***

- Personal hygiene protects your health and others.
- Small daily habits prevent bigger health problems.
- Movement and hydration are essential.
- Mental health is as important as physical health.
- Healthy drivers are safer, more productive drivers.