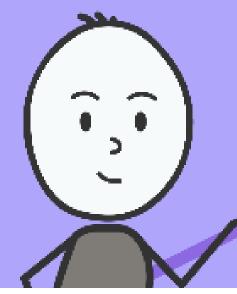
HEALTH AND SAFETY ESSENTIALS

SELF-STUDY WORKBOOK



SPEEDING ON SITE

Come in. Sit down. We need to talk. It's about speeding on site. Don't get upset. Look, we don't want to insult your intelligence. But it's really important. There are glaringly obvious hazards everywhere that you haven't even noticed. Plus, we've found a load more reasons for why you should keep your car speed down at work. Trust us, they'll all benefit you.

NAME



How to use this workbook

Well, you can start by writing your name on it.

That way, it's definitely yours and no one can take it away from you.

After that, you can flick through to get the important information from the course, along with a couple of keys stats, takeaway thoughts, and even do a little quiz.

This will help to drive home (sorry) the key points and the learning.

You can even take it home and pop it on the coffee table.

Or flick through it on the toilet.

Don't pretend you don't do that



Yes, if you drive a car or ride a motorcycle to work and your site has a speed limit.

Yes, if you want your employees to drive safely around the site and encourage a safe environment around the workplace.



Why people tend to ignore low speed limits

The very real dangers of speeding on site

Why NOT speeding on site is excellent for:

-You -Other workers -Your car

YOU DRIVE ME CRAZY

We know it sounds obvious to say you should drive at the speed limit.

'Why does there need to be an entire course to tell us something so basic?' You're thinking.

Because there does, alright?

No but seriously, it's because people think they can ignore lower speed limits.

Which is daft, because in lower-limit areas, there are potentially far more hazards than on a normal road.

So, we'll explain why these limits are there.

And outline the benefits to you.

It's not to control you, or throw rules at you for no reason.

It's to keep you and everyone safe, and happy.

Oh, and alive.

Who put them there?

'Flipping management. They love controlling us. Not only do they bark orders at us all day, they try and get us to drive at 10mph coming out of the car park. Scandalous.'

Well, first of all, it's not them.

The area you work in has been carefully assessed by local authorities on its potential hazards and risks.

The limit is there to protect you, not to control you.

Picture this scenario. It's 5pm. Every man, woman, and their dogs are leaving work. So imagine:

60% of them drive in cars

20% are running to the bus stop/train station

10% are on bikes or motorcycles

10% are walking home

Not to mention the salad lovers that are going for an after-work jog around the site.

That's quite a lot of activity happening. How are you supposed to keep an eye out for ALL of them?

We're overwhelmed just thinking about it.

That means there's people EVERYWHERE.

Jumping in and out of cars, leaving car parks, crossing the road...

...and the people crossing the road may not be fully engaged.

They might still be on phone calls or sending work emails.

It's all a bit frantic.

Are you starting to understand why your work site speed limit is so low yet?

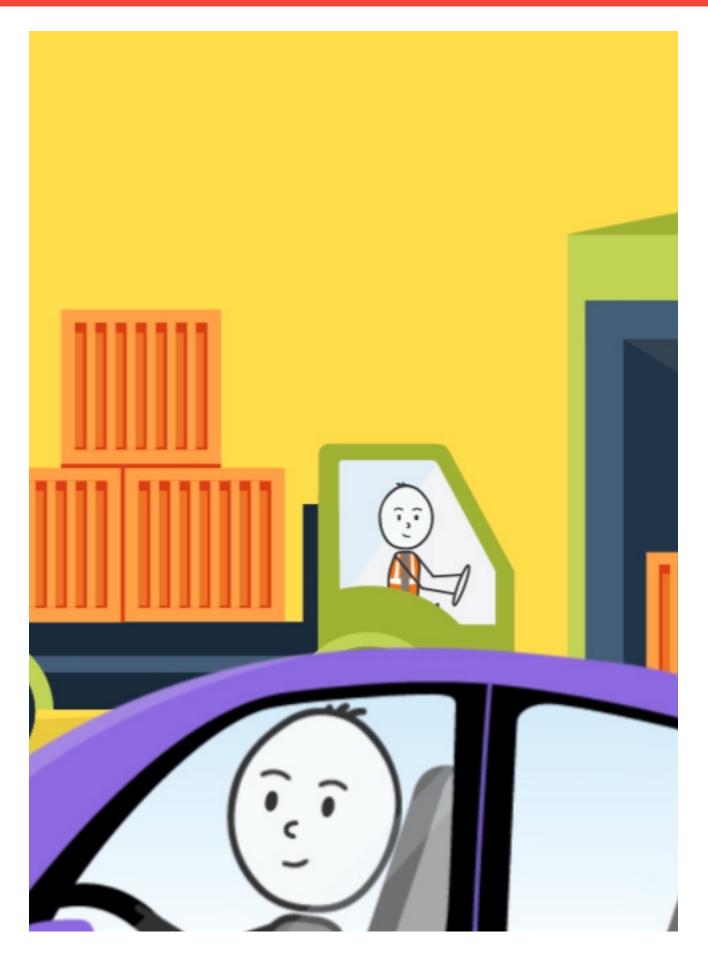


Contrary to popular belief, speed limits aren't in place to control you.

They're there to keep you safe.



LOWER SPEED LIMITS GET IGNORED





Work sites are busy.

People might still be distracted outside of work and failing to give other road users full attention.

'Why is that my problem?' you ask.

Well, it'll become your problem when Sharon from Human Resources hits your bonnet.

And we don't need to tell you why that could cause a few problems for you.

She's from Human Resources, for a start.

Slow it down and be aware of what's around you.



SPEED BUMPS

As if we haven't given you enough reasons to avoid speeding on site, we're going to chuck you another one, just for the hell of it.

This one's for free.

If there's a low limit on your work site, there's almost definitely speed bumps.

If you drive too fast over them, they are TERRIBLE for your car.

They will destroy your car's shock system.

That in part will eat away at your:

- Steering
- Exhaust system
- Tyres

So basically, your whole car.

Best off slowing it down.



If you don't go slowly over speed bumps, they're nasty for your car.

So unless you hate your car, go slowly.

And even if you hate your car, go slowly.

QUICK QUIZ

We know by now you're vowing to never, ever speed on site again.

That's great news.

But before we let you go - we're going to throw some open questions at you.

Have a think, discuss if you like, and see what you come up with.

You've got this.

Q1. Name some potential hazards on any work site.

Q2. What will speeding over speed bumps potentially destroy?

Q3: How are people more distracted on site?

Q4: Name a few top tips for driving around site.



Right, hopefully you've learnt why driving at the correct speed on site benefits yourself, your work colleagues, and your vehicle.

It's a matter of safety, and it's best for everyone.

We've got your best interests at heart.

So go out there, prosper, and drive at the correct limit on site.

