



OUR DRIVERS

Driver Wellbeing Toolkit

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The
Logistics
Partnership



Broadreach

UNDERSTANDING THE ROADBLOCKS

What's Holding Drivers Back?

Every day, professional drivers face a unique combination of challenges: long hours behind the wheel, physical strain from loading and unloading, and the mental demands of dealing with traffic and tight schedules.

While these pressures may come with the job, they can take a lasting toll on both physical and mental health.

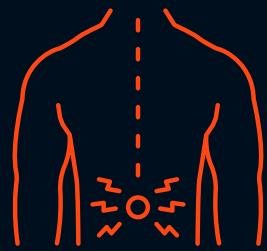
Healthy, supported drivers are more productive, safer on the road, and more likely to stay in their roles.

That's why we're focused on creating a healthier, more sustainable future for the logistics workforce.

PHYSICAL STRAIN

Tackling the Toll on the Body

Musculoskeletal (MSK) issues are one of the most common causes of work-related ill health among drivers. These issues can lead to absenteeism and even long-term injuries.



Lower Back



Knee



Neck



Shoulder



Wrist

Improve Cab Ergonomics

Adjustable seats with lumbar support and controls positioned within easy reach.

Incorporate Stretch Routines

Short, effective exercises drivers can do during breaks.

Provide Safe Lifting Training

Emphasising posture, equipment use, and teamwork.

Offer Regular Health Assessments

Routine MSK screenings to catch issues early and refer to appropriate treatment.

MENTAL HEALTH

Mental Fitness Behind the Wheel

Driving can be an isolating job. Extended time alone, tight deadlines, and demanding routes can take a toll on mental health.

1 in 4

HGV drivers will experience a mental-health issue within a 12-month period.

46%

of UK lorry and van drivers considered quitting in the past year due to stress, poor support, and unsafe roads.

95%

of stress-related absences go unreported as physical illness.

Manager Mental Health Awareness Training

Help managers recognise signs and offer support.

Establish Open Communication Channels

Regular check-ins and anonymous feedback options

Provide Access to Support Services

Employee assistance programmes (EAPs), counselling, and telehealth.

Plan With Wellbeing in Mind:

Realistic route schedules, buffer time for delays, and autonomy where possible.

CREATING HEALTHY HABITS

Shifting Gears for Better Habits

The demands of the job can make it difficult for drivers to prioritise exercise, sleep, or healthy eating.

Here are some small shifts to build healthier habits:



Support Meal Preparation

Cool boxes, healthy snack ideas, and onboard meal kit options



Incentives for Movement

Step challenges, fitness tracker rewards, or active break policies.



Encourage In-Cab Fitness

Resistance bands, stretching guides, and short routines for rest stops



Provide Coaching & Motivation

Partner with health coaches or use wellbeing apps to support habit change.

Driving Positive Change

Wellbeing initiatives only work when they're embedded into company culture. That means making health a shared priority across the business.



Integrate Wellbeing into Planning

Design routes and workloads to allow for recovery time.



Recognise Participation

Celebrate drivers who engage in wellness programmes.



Easy Access to Resources

Ensure support is consistently available.



Ask & Listen

Involve drivers in shaping wellbeing initiatives.

Supporting Our Drivers

If you're an employer looking to improve driver retention, safety, and performance through better wellbeing support, we can help. Contact our team.

And, if you're a driver looking for more than just a job, where your wellbeing matters and your career is supported, speak to your local branch.



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