



July 2007

Michael Kemp reporting affairs as he finds them

Now become as confident as your chairman Working drivers get bosses' stress cure

STRESS elimination techniques used by business leaders to sharpen their decision making can now boost working driver safety and job success.

Business driver training expert Drive & Survive at Bloxham, Oxon, has developed a one-day course that "tames aggression, hones judgement and improves work performance by relieving driving stress".

Many household name companies, some of them FSG clients, are considering running courses for groups of 20 employees (at £170 p/person) to produce:-

"Calm rational drivers exhibiting clarity of mind making good work decisions while exercising maximum safety at the wheel," says Drive & Survive.

All pupil drivers will emerge with the secret of how to waft away stress in rhythmic breathing and targeted thought.

Achieving peak job efficiency will also reduce home-work conflict while increasing employer turnover. So the tuition pays for itself "and more" in generating extra profit, it is claimed.

Trials of the process show participants acquire "more objective focus, better task prioritisation, and

CUTTING your vehicles' accident bill by just 1 per cent means your sales income rises by 1 pc. Properly managed road risk produces financial results - Roger Ashman FSG.

improved mental acuity. Business performance is enhanced irrespective of employment sector".

So states stress management expert Hunter Kane, in Wokingham, Berks, a company incorporating Heartmath stress-eliminating techniques that include rhythmic breathing.

Hunter Kane has helped Drive & Survive to develop stress relief for working drivers, inevitably similar to systems used by big name executives and sports stars to prevent panic, anxiety and mental freezing in high-pressure situations.

Heartmath solutions have been, and are being, successfully applied by international golfers and even some UK sixth formers approaching exams - with winning results.

Over 42 per cent of working drivers are stressed at the wheel and nearly half have admitted that anxiety spilled into their job performance, says Drive & Survive.

Hunter Kane executive Chris Sawacki adds: "In a complex and demanding business environment, solutions are available

to enable individuals to perform at a much higher level while retaining a balanced lifestyle."

UK 'breeding' eco-drivers - by order

ECO-DRIVING is set to become a key part of the L-test. The official aim is to 'pass' only speed limit observing, fuel economy conscious drivers.

Gradually, under Driving Standards Agency guidance, learners are now being taught "good driving habits" including "environmental

damage limitation" (EDL) - minimising exhaust emissions by conserving fuel by limiting engine speed.

Slowly EDL is to gain priority in the L-test... as Government focuses on vehicle pollution taxation with possible off-setting low emission credits.

So, eco-driving with vehicle

sympathy needs to be taken seriously. Yet many businesses are not geared for that, although all should be.

Driver discipline is the key and FSG has solutions including driver eco-management and tracking and refining your working vehicles' carbon footprint. Call Geoffrey Bray.

Change in the making now!

A FIFTH of working drivers will be in a crash in the next 12-months, says RoSPA. Of those 70 will have invalid licences, 85 inadequate insurance, and 241 unroadworthy cars, adds Total Motion Vehicle Monitor.

NEW H&S rules for directors now seem likely this Autumn. Lawyers predict a high profile prosecution will highlight the rules and corporate killing legislation.

FEAR of conviction most inspires chief executives to introduce the legal protection of effective occupational road risk management, states FSG client research.

"SOCIAL, human, business, and legal costs of road crashes cause people to wish they had done things differently, when it is too late" - Ian Brooks ex-Metropolitan Police.

BIOFUEL can damage engines, warns ex-Shell scientist Peter Barlow revealing that suppliers and distributors can each add 5 per cent biofuel to forecourt fuels unannounced.

TYRE pressures adjusted at filling stations can emerge 12-15 per cent under-inflated if reset when warm following a drive to the garages, warns IAM research.

ELECTRONIC 'wedge brakes' from Siemens VDO are set to replace hydraulic brakes in all new cars from around 2010, reducing stopping distances by 15 pc.