**Monthly fleet focus, April 2025: Fitness to Drive**

**Driver Safety Messages**

Five messages to send to your drivers, across the month.

1. 40% of drivers haven’t had a sight test in the past two years, and a further 33% don’t wear their prescription lenses, according to a police study. 7% of those stopped failed the number plate test.
2. Dehydration impacts our ability to think, perform and react. Make sure you understand the importance of staying hydrated – and have access to toilet facilities en route.
3. #DriverFatigue is a killer. All drivers should prioritise getting seven to nine hours of good quality sleep. Too little sleep impairs cognitive function and can make you drowsy.
4. Eating healthily can help drivers maintain alertness and control their weight. Avoid the post-meal slump with high-fibre carbohydrates, protein and fruit or veg.
5. Did you know that if a driver sneezes at 70 mph, they will travel 70m with their eyes closed? Colds, flus and allergies can all impact your ability to drive safely – as can some of the medication available. Make sure you are always #FitToDrive