Fitness to Drive Pre-Start Declaration

This is an example document for your drivers to declare they are fit to perform their required duties. The checklist should be completed & the log signed by the driver at the start of each shift.

Driver Fitness Self-Assessment Checklist

Are you:

- not suffering from fatigue?
- not impaired by prescription or over the counter medication?
- not under the influence of alcohol or drugs?

Have you taken the statutory minimum rest breaks during the last 24 and 72 hours?

Have you had a minimum of seven continuous hours stationary rest since completion of the previous shift?

Do you have sufficient driving hours available under the relevant fatigue management regime (standard, BFM, AFM) to perform the task including a reasonable allowance for delays?

Are you free from any other factor which may prevent you from safely completing your task?

Name	Date	Signature
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If you're not fit to drive, do not drive.

Let your manager know and you can work together to manage the issue.

The Heavy Vehicle National Law (HVNL) and regulations imposes a primary duty in the chain of responsibility. Businesses are required to comply by identifying their risks, and develop and implement control measures tailored to their circumstances. This document format is a ***guide only*** and does not contain a definitive list of Heavy Vehicle National Law and regulatory requirements. To meet your obligations under the HVNL and regulations you are required to seek independent advice to assess your circumstances.

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