

Step one:

Dear LTSC member

LTSC is committed to the Health and Wellbeing of its members and the drivers within the Log Transport Sector.

This commitment has touched on various areas of health and wellbeing through different programs it has run such as Fit for the Road.

An area of concern for all drivers, the general public and all industries for that matter is Sleep Apnea.

LTSC started to look closer at this area and found there was a real need to provide help and support to both employers and employees that were struggling to identify and then ask for help with sleep apnea.

LTSC was concerned with the time it took to be first tested and the cost associated with the initial test so it purchased its own screener equipment to provide its members with a cost effective and potentially quicker time line to do this.

We first used this in association with the FFTR program but have seen the need to develop a standalone program that allows either the option for members to do one on one with staff or use it in a group environment.

Getting staff to come forward to ask for help if they think they have sleep apnea has been a huge challenge as there is a fear of what will happen to them and how it will affect them both personally and with their employment.

We hope the driver testimonial video LTSC has produced will help in breaking down those barriers so sufferers can start getting the help they need.

This program has been developed with the help of Rachel Lehen and her company Fatigue Management Solutions Ltd(FRMS) who LTSC has had an association with through FFTR and her own developed program Fit for Duty.

LTSC is excited to work again with Rachel and her team to manage this program with those members that choose to take advantage of this opportunity.

Rachel's knowledge and commitment in this area will help you to deliver a successful program and find solutions to issues that may be identified with your staff.

Your commitment is to enable someone within your Company (Manager/Supervisor) to lead the process and liaise with FRMS to ensure a successful and timely program delivery.

Please register your Company for the Program by emailing rachel@frms.co.nz and provide the following details:

1. Company Name
2. Company physical address (delivery address)
3. Primary contact at Company (liaison between FRMS & Company)
4. Number of participants
5. Date wishing to commence
6. Would you prefer the pre-start documents to be sent in hard copy (to complete and send back to FRMS by post) or to you electronically (to complete and scan and email back to FRMS)?

Yours in health & safety

B A Nairn
Secretary
Log Transport Safety Council