

Using Your Car as an Office

Safe Actions conducts manual tasks training consistent with the Code of Practice: Manual Tasks and guidance material on working hours and fatigue to consider the specific risks associated with using the car as an office. The OSH Act and regulations, risk management and reporting are covered in the theory section.

The Using your Car as an Office short course covers:

- Correct driving position
- Loading the car with equipment
- Simple stretches to reduce the effect of static positioning
- Selection of cars suitable for transporting clients needing services
- Equipment that may improve comfort and positioning in the car
- Other safe driving principles e.g. fatigue, working alone, mobile phones and laptop use



In this 3 hour course, workers are coached in self protective behaviours when completing these tasks. This course is ideal for workers who are new to the industry, have changes to a more mobile role and those requiring a refresher of their manual tasks training.

Attendance certificates and manuals are available on request. Content can be customised.