

Engen Driver Wellness in the spotlight this Transport Month

Engen Driver Wellness once again takes centre stage, bringing health to the front seat for truck drivers by providing them with free health screenings. In celebration of National Transport month, Engen officially kicked-off its annual programme on 21 October at Engen Gateway Truckstop in Musina.

Engen Driver Wellness aims to improve occupational health and wellness among long-distance truck drivers by providing free health screening, advice on healthy lifestyle choices and consultations where necessary.

Running for its eighth-year, the 2019 Engen Driver Wellness will reach 18 sites in four provinces in October and November, concluding on 6 November in the Eastern Cape.

All truck drivers passing through Gauteng, Free State, and the Eastern and Western Cape are invited to visit participating Engen 1-Stops and Truck Stops (see full schedule below) for free voluntary health screenings. Drivers also receive free meals, caps and water bottles after each assessment.

In partnership with Thubelihle Occupational Health & Wellness (TOCH), mobile clinics have been set up at selected Engen Truck Stops and retail service stations. These will offer free screenings conducted by qualified nurses and councillors, including blood pressure, cholesterol, diabetes, BMI (Body Mass Index) and HIV/AIDS tests.

Brochures are available at mobile clinics to further educate truck drivers as well as Engen petrol attendants and forecourt cashiers about these chronic illnesses. Referral letters are issued where needed to ensure follow up by clinics, hospitals or medical practitioners.

Unathi Magida, Engen's head of Transformation and Stakeholder Engagement says the primary aim of Engen Driver Wellness is to improve health through awareness and make roads safer.

"Given the long hours many truck drivers spend on the road and the stresses associated with the job, these interventions form a critical pillar of support. It is therefore essential to remind drivers and Engen forecourt staff why their health is so important and how lifestyle choices impact on their well-being. Ultimately, voluntary testing will improve their health, safety, well-being and productivity."

A clear indication that Engen Driver Wellness is making a difference is the marked increase in the number of individuals using the services. In 2017 and 2018, approximately 4 750 truck drivers took advantage of the voluntary health screenings.

Adds Magida: "As testing is voluntary, the incremental acceptance of health management as a path to longevity and wellbeing are important indicators that Engen's health empowerment is gaining traction."

Engen's focus on Health and Safety is aligned to its business. Health and Safety is entrenched in every aspect of the company's operations. World-class standards and guidelines govern all of Engen's practices in this regard and are applied vigorously to ensure operational excellence and best practice.

“The Engen Driver Wellness campaign continues to have a massive all-round impact for both drivers and their families, who benefit from reduced exposure to diseases and greater longevity of a breadwinner,” concludes Magida.