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## Health Well-Being for the Professional Driver (Paperback)

By Brian Roberts

AUTHORHOUSE, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health And Well-Being For The Professional Driver is published to fill what I perceive to be a need for Professional Drivers to access information, essential to the improvement of their health and well-being, while working in the Driving Industry. This manual intends to generate informed Professional Drivers, with a heightened level of understanding about the driving industry and its implications, as they pertain to the Driver s health. It aims to increase the Driver s awareness of the harmful elements of this profession and introduce steps to sustain wellness throughout one s driving career, toward a healthy retirement. The book will assist Corporate Companies by making available a provision for their employees to improve their health awareness, thereby creating a healthier work environment and subsequently reducing absenteeism and increasing employment retention. Health And Well-Being For The Professional Driver will assist more senior Drivers in remaining fit, to pass their Health and Safety Fitness Assessment, required for drivers 45 years old and over. This evaluation is set and regulated by (TfL) and (DVLA). Adherence will also enable drivers to be less prone to illness and feeling...



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