

TRUCKING

Lorry drivers get their own MOT



Erith Group MD Tony Darsey presents one of the firm's drivers with a punch bag as part of the company's initiative for Men's Health Week

Hard-working truckers are being given their own MOT test as part of a new initiative for healthy living and working by the Erith Group, which provides a range of support services for construction and related industries.

Devised as part of Men's Health Week, which took place last

month, a mobile clinic offering a free a check-up and advice by nurses was on hand so drivers could check their blood pressure and weight, and take a test for diabetes and high cholesterol.

This initiative was launched by the Erith Group, together with occupational health firm Building Health, to help men understand the importance of looking after themselves at work. As Peter Baker, of the Men's Health Forum, says elsewhere in this issue of SHP, men are often reluctant to visit their own doctor until health problems have become serious and harder to treat.

First to go for his MOT was Erith Group managing director, Tony Darsey. He said: "We all know men don't look after their health as well as they could, and I have to admit I'm no exception. But you never know – a quick check-up could save your life. We have targeted this initiative at our haulage department but it is open to all."