



**BACK TO
BASICS**
nutrition

TRUCK DRIVER HEALTH

Just the facts – cut through the talking points

Truck Drivers and Health and Safety Risks

FACT: Truck drivers work under uniquely physically and mentally demanding conditions:

Delivery deadlines, impacted by loading and unloading delays, maneuvering through traffic congestion enroute, breakdowns and punctures, stress related to bonus payouts, long periods of intense concentration all of which add to driver fatigue, putting them at increased risk of a range of chronic health conditions which simply add layer upon layer to their fatigue levels.



Meets the needs for health and safety of the driver, and ensures productivity.

Back to Basics offers a nutrition solution for drivers

FACT: Global research proves that truck drivers are at increased risk:

- Of being overweight or obese, diabetic or hypertensive
- Statistics indicate truck drivers tend to have a 50% chance of high blood glucose levels of which 9% are diabetic; 65% are overweight or obese; 15% are hypertensive.

FACT: Conditions under which truck drivers work, lend themselves to unhealthy practices:

- Long hours sitting; minimal physical exercise.
- Unhealthy food choices: convenience foods, refined snacks and drinks, high in salt and sugar which from a dietetic viewpoint is a deadly combination.
- The consequences of these unhealthy practices, research proves, lead to increased levels of chronic illnesses.

FACT: Chronic fatigue from the very nature of the job, coupled with high levels of chronic illness, leads to significantly increased risk of road accidents and company costs.

- Poor health contributes to poor concentration and reaction time – if slowed by only 2 seconds will bring a heavy vehicle travelling at 80kmp, 44 m closer to an obstruction on the road.

A business decision to institute nutrition based supplementary intervention, will go a long way to addressing the twin issues of driver fatigue and health, as well as related escalating company costs.

Back to Basics-Nutrition together with our associate company Dieticians@Work can provide the essential Low GI cost effective solutions, drawing on their 20 year experience in providing similar solutions to the mining and industrial sectors

Back To Basics-nutritional supplementary drinks have been developed as a result of 20 years research and service to the mining and industrial sectors. These fatigue management drinks are nutritionally complete and balanced, come in a wide variety of flavours with a tested and proven taste acceptance across all cultures.

In addition these drinks come in **single-serve sachets**, easy to mix with water (encouraging fluid consumption) and consume on the job.

Due to their ingredient profile, these products are suitable for both healthy individuals as well as those suffering from chronic diseases of lifestyle (including diabetics, hypertensive patients, obesity, HIV Aids, TB and lactose-intolerant individuals).

The Benefits of our Product

- By meeting recommended nutritional requirements, the well-being of truck drivers and road users in general is improved.
- Back To Basics Low GI supplements provide 4-5 hours of sustained energy, compared with typical high sugar drinks and sodas, which cause a one-hour energy spike followed by an energy “dump”, with consequences such as poor concentration and reaction time.
- Use of these supplementary drinks as part of a balanced diet can result in significantly improved control of lifestyle diseases.
- Consumption of Back To Basics complete nutritional supplements on a daily basis will result in improved nutritional status of drivers. Added benefits such as reduced absenteeism, improved energy levels, improved morale and significantly fewer road accidents.

About Back to Basics Nutrition

Back to Basics fatigue management supplements have fed in excess of 10 million portions to mine and industrial workers in the last 8 years. With no negative effects reported, we continue to provide assurance of safety for all workers.

Ensure good health and productivity with the provision of correct and appropriate **daily nutrition**. Easily done with our **Fatigue management nutritional packs**.

CERTIFICATION

Back to Basics Nutrition has 26% black shareholding

Back to Basics Nutrition has a
SABS HACCP CERTIFICATE



Back to Basics Nutritional Products

The Low GI Advantage.

Back to Basics - Nutrition supplementary drinks offer the important advantage of sustained energy release over a period of 4-5 hours. Traditional high GI, sugar-based drinks provide a maximum of a one hour energy spike followed by a plummet of energy levels, with symptoms of extreme exhaustion, often light-headedness, irritability and cravings for more refined foods.

As drivers need to concentrate intensely for many hours at a time, and as safety of the drivers is essential for the business' success, the advantage provided by Back to Basics Low GI supplements is critical.

FATIGUE MANAGEMENT NUTRITIONAL PACK

The Low GI Milkshake

A pre-driving shift supplement

It is recommended that the Low GI Milkshake, a complete meal replacement, be provided to drivers pre-shift to treat pre-shift hypoglycaemia (due to drivers arriving on shift not having eaten) thus stabilising blood glucose levels, ensuring sustained energy for the first 4 hours of the drive, and preventing dehydration.

Proven in the Workplace

15 million sachets issued by majors in mining and industry over the period 2010 - 2017 with no health issues.

Knowledge gained in the Workplace

- Low GI being a foundation pre-requisite on which ideally everything else is built in terms of human Dietetic principles.
- Cultural taste preferences
- Eating habits at home and in the workplace
- Nutritional shortcomings of worker diets as related to health and productivity, amongst both the healthy and those suffering Lifestyle diseases
- Energy expenditure required in the workplace by different work groups.
- Hydration levels in all circumstances, above ground, pit/strip mining underground mining as well as in heat intensive operations.

The Low GI Energy Drink

A supplementary drink for use during the drive

The Energy Drink is unique as it is Low GI. The Energy drink taken by the driver 3-4 hours after the Low GI milkshake, and again 3-4 hours later ensures sustained energy levels and with our added electrolytes, prevents dehydration (a common condition in air-conditioned cabins) ensuring total focus throughout the duration of the drive.

Research Validates Product Claims

Current and on-going independent research in mining and industry validates Back to Basics - Nutrition product claims. 2012 Anglo American research led to the products development, since sophisticated to suite mining, industry and legislative requirements by Dieticians and a Food Scientist.

Values are the most important partnering requirements

- SABS HACCP Certification of our factory facilities.
- Compliance with legislative requirements
- Compliance with the Mining Charter 26% paid up black shareholding
And social involvement, with Level Six BBBEE certification
- Committed to progression of procurement from HDSA companies,
whilst having already achieved minimum targets, resulting in client benefits accruing in their own companies.

SALES AND MARKETING HOTLINE

Share our knowledge, nutrition research and fatigue management expertise.

Secure a presentation to upgrade your Fatigue Management Code of Practice and procure affordable, increased health and safety for your workforce with increased productivity for the company.

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