



TRUCKERS' TOILETS UK

Campaign to improve the health & wellbeing of lorry drivers

DECEMBER 2014 
NEWSLETTER 2-5

2014: The aim for *Truckers' Toilets UK* in 2014 was to begin to spread the word. We are pleased to say we have achieved our aim – in fact it is still very much ongoing and we are delighted with the responses and support we continue to receive. A big THANK YOU from us all to the companies, individuals and journals who have made great efforts to help us this year.

2015: Our promotional activities will continue. Unite the Union and Blue Arrow are making plans which include TTUK and we are most grateful to them for proactively helping this very large workforce. This year will focus on 5 main areas: medical evidence, location of facilities, costs & savings, human rights and communication with companies. The aim is to determine a workable solution to the issues. We are aiming high but with assistance from the industry and our supporters there is no reason why we should not achieve our goal.

Twitter: Gill is continuing to highlight the Drivers' lack of facilities and effects on their health at every appropriate opportunity



Sleep apnoea: There have been articles on the subject in both in Commercial Motor and Truck & Driver. According to T&D [Nov2014] *'the disorder prevents a good night's sleep, leaving sufferers feeling chronically tired'*. This is extremely dangerous and a call for professional drivers to be screened has been put forward.



Call Centre Toilet issue: Having heard of Madeleine Moon's [Bridgend MP] involvement with the Call Centre toilet issue [Nov newsletter], TTUK wrote to her explaining the plight of UK lorry drivers. The issue could be raised in the House of Commons if there is an appropriate occasion she said.



'Lorry Drivers a Menace': [Redditch Standard 21 Nov]. Apparently an industrial park is being used as an unofficial lorry park and there are claims of 'near misses' and human waste in the location. A local petition has been launched to halt overnight stops on the site. Once again punitive measures are being sought rather than a solution to the problem. That said a senior police officer admits there is a problem in the area and *'by working with all of the parties involved we are currently negotiating and educating rather than enforcing'*. Hooray, someone has seen sense! [Ed: If any Driver has visited this particular location, please let TTUK know].



Updating Roads: There has been a lot in the media recently about updating roads. TTUK has not heard of any discussions re: drivers' facilities also being included in the plans. Have you?



The Hygiene Doctor: Our grateful thanks to Lisa Ackerley, the Hygiene Doctor who focused on TTUK in her November blog! She contrasted her own easy experience of accessing a toilet with the problems faced by HGV drivers out on the road. She also mentioned the health issues that can arise. Do take a minute and read it at



<http://www.thehygienedoctor.co.uk/going-toilet/>

Hand Hygiene: Apparently the summaries of the study on the antibacterial ingredient in antibacterial soaps [see Nov newsletter] 'grossly misrepresent' the results. Users should be reassured that the ingredients are well researched and tested and play an important role in hand hygiene [Cleanzine 27 Nov].



Toilet status: A Driver has raised an interesting issue. He has found that factories appear to have a lower standard of washroom facilities available. The bare essentials are there and in most cases are reasonably well maintained but office or management toilets are much nicer. It's the small differences that count such as a mirror or coat hook, paper towels or hand drier – and warmth! Why should there be this difference?



'World Toilet Day. Yuck': [The Guardian 21 Nov] An excellent article on the psychology of disgust which explains '*why there is such resistance to talking about toilets and how to get around this*'. It also points out that access to a basic toilet reduces disease more than access to clean drinking water but attracts far less funding. Jack Sim of the World Toilet Organisation suggests we make toilets 'cool'. That is the challenge facing TTUK in 2015! Any ideas?



Abuse of facilities: One of the problems facing providers, not only in companies but also in public facilities is the fact that a minority of people leave the toilets in a disgusting state which has to be cleaned up. The Boston Standard [21 Nov] describes such an occasion complete with photos. When councils are facing cuts it is to the credit of Boston Borough Council that they did NOT take this opportunity to close the facilities; instead their cleaners nobly set to and cleaned them. There is no excuse for such misuse and 11 out of 10 to those who did the cleaning.



Cleaning: The editor of Cleanzine [23 Oct] asks how cleaning can become a career to be proud of with opportunities to gain certification and progress up the career ladder rather than one that carries a stigma? TTUK feels that cleaning staff are at the forefront of helping to keep us free from infections and should be treated accordingly. On behalf of UK lorry drivers TTUK is willing to work with cleaning companies to help improve cleaning standards.



Blue Arrow: Plans are in progress for 2015. Watch out for updates

Unite the Union: Plans are also in progress for 2015. TTUK will keep you updated

Another MP reply: TTUK received a reply from Philip Hollobone MP after describing the position of UK lorry drivers. He suggested Gill contact her own MP – which she continues to do on a monthly basis by emailing the newsletter accompanied by suitable comments - and also Jack Semple of the RHA which Gill has also done via the RHA website – no response has been received as yet. That said TTUK sends the newsletter to the RHA via the editor of their magazine so we are not unknown!



Women's issues: Do you have a '9 hour bladder?' Apparently this is what you need if you are a Truck Driver [T&D Nov 14]. But it is not good news. 'Holding on' can be dangerous to health. Not only can it cause bladder distension but it can also provoke a rise in blood pressure as well as damage the kidneys. And then there's the effect on concentration mentioned in our October newsletter. Should women – and men – really be expected to take such risks with their health in order to make deliveries for us?



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Next issue of the **Truckers' Toilets UK** newsletter will be January 2015

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The British Toilet Association < www.britloos.co.uk >