

THE IMPACTS OF THE NEW HEALTH AND SAFETY ON COMPANY BIKE FLEET UPTAKE

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CONTENT:

- 1. What is a bike fleet**
- 2. Company considerations in having a bike fleet**
- 3. Health and Safety legislation**
- 4. Is Cycling actually a risk?**
 - i. The Perceived risk against the actual risk**
- 5. If cycling is a risk- what are the reasonable steps needed to address that risk?**
 - i. Common code**
- 6. What is good and bad policy relating to owning a bike fleet**
 - i. Introduce some policy examples**

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Bike Fleet & Employer benefits



What is a bike fleet?

Bike and bike safety equipment for staff to use. Typically used for work-related trips, such as meetings, travel between sites and visiting clients.

Company bike fleet benefits?

Healthier employees

Cheaper business travel

Smaller storage

8 car parks at Beca became 100 bike parks

A greener image



Bike Fleet considerations



- Fleet manager
- Bike Servicing
- Booking system
- Cyclist checklist
- Cycle skills training
- Insurance cover
- Trip purpose
 - Commuting
 - Personal business
 - Recreation
 - **Employer's business/Work-purpose trip:** Includes work-related travel other than to and from work (for example, travelling to meetings, visiting clients or site).

Five Key Concepts



WORKSAFE
NEW ZEALAND | HAKI HAUMARU
AOTEAROA

HEALTH AND SAFETY AT WORK ACT 2015



YOU NEED TO KNOW...

- > **What the risks are** from your work
- > The **likelihood** of those risks occurring
- > The **degree of harm** that might result from those risks
- > Options to **eliminate** the risks
- > If they can't be eliminated, options to **minimise** the risks

- MOST SIGNIFICANT RISK FIRST
- RISKS INCLUDES BOTH HEALTH RISKS AND SAFETY RISKS
- IS CYCLING ACTUALLY A RISK?
- PERCEIVED RISK > ACTUAL RISK

USE COMMON CONTROLS FOR COMMON RISKS

PROPORTIONATE RISK

Cycling: Safer than you think

(And healthier)



Cycling is 500 times safer than playing rugby

A recent study showed that a fairer transport mode crash risk comparison needs to consider:

TIME TAKEN to travel the same distance for different modes

DISTANCE travelled between nodes for the same trip

AGE distribution and “road experience” of different types of travellers

ROAD ENVIRONMENT

CRASH REPORTING methods

CYCLING SAFETY INCREASES WITH NUMBERS

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http://m.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11816885
https://ir.canterbury.ac.nz/bitstream/handle/10092/9716/12648239_2013-Koorey-Wong-RS4C-ModeCrashRates.pdf?sequence=1&isAllowed=y

Cycling: Healthier than you think

(And Safer)



Deaths/ year: 10 from cycling, 300-500 premature deaths estimated due to motor vehicle emissions and 2500 from physical inactivity.

“The biggest risk to the health of office workers is the sedentary lifestyle”.-Dr. Timothy Church

8 hours of sitting without exercise raises your chance of premature death by 60 percent BUT “at least one hour of physical activity per day eliminates the association between sitting time and death.”

Cycling being a physical activity can not only protect you from physical illnesses but also mental illnesses such as anxiety and depression

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https://ir.canterbury.ac.nz/bitstream/handle/10092/9716/12648239_2013-Koorey-Wong-RS4C-ModeCrashRates.pdf?sequence=1&isAllowed=y
<http://www.medicalnewstoday.com/articles/293314.php> <https://www.newscientist.com/article/2099128-desk-job-death-risk-is-eliminated-by-an-hours-walk-or-cycle/>

PERCEIVED RISK > ACTUAL RISK

SEDENTARY LIFESTYLE RISK AND AIR POLLUTION RISK

VERSUS:

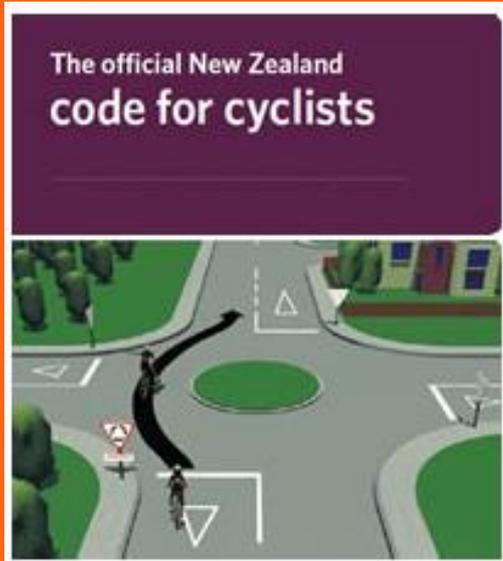
COMPARATIVELY LOW ACCIDENT RISK OF CYCLING

IS CYCLING ACTUALLY A RISK?

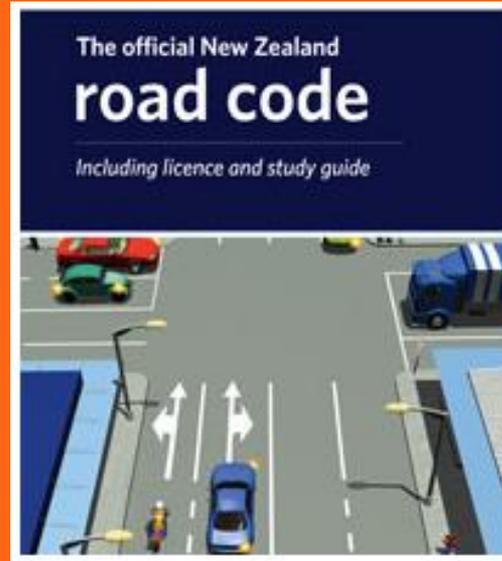
IF CYCLING IS A RISK WHAT IS
REASONABLY PRACTICABLE
STEPS NEEDED TO ADDRESS THE RISK?

USE COMMON CONTROLS FOR COMMON RISK

IS THE ROAD CODE A COMMONLY ACCEPTED GUIDELINE FOR VEHICLE FLEETS?



- Helmets
- White/ Red Reflectors
- Rules and regulations



- Licences
- Warrant of Fitness
- Rules and regulations
- Registration

EXISTING BIKE POLICIES:



CYCLE POLICIES

WHAT IS GOOD, BASIC AND BAD COMPANY BIKE POLICIES?



RESULTS:

WORST CASE: CYCLE BAN

PREFERRED CASE: CYCLING ALLOWED AND BIKE FLEET PROVIDED