

Photographic ID Requirements for DCPC Attendance



To meet the requirements of the Driver CPC, you must hold the appropriate vocational entitlement and must bring either of the following to the course:

- **A valid photocard driving licence**
- **A valid passport**
- **A digital tachograph card**
- **A Driver Qualification Card (DQC), if previously held**

Unfortunately, failure to bring these documents to the course will mean that FTA is not allowed to record your training on the DVSA database and the training will not be recorded on your Driver CPC record.



Driver & Vehicle Standards Agency

Fair Processing Notice

- ✓ Your personal data includes your contact details, your photographic image, driver licence details and payment details, together with any other information we obtain directly from you or from third parties, or as a result of our relationship with you in our capacity as a Driver CPC (DCPC) Approved Training Centre and in providing goods and services to you
- ✓ We will use your personal data for the purposes of uploading completed DCPC Periodic Training hours on to the Government's Recording and Evidencing (R&E) database, the provision of an attendance certificate, and for all other purposes connected with our role as an Approved Training Centre in providing goods and services to you. This information will be shared with JAUPT in order for them to monitor and manage approved centres and the training uploaded to the DVSA system, and where necessary, this data may be shared with member state authorities to confirm DCPC entitlement abroad.
- ✓ We are committed to ensuring that your personal data is secure. In order to prevent unauthorised access or disclosure, we have put in place suitable physical, electronic and managerial procedures to safeguard and secure the information we collect

Obstructive Sleep Apnoea (OSA)



Driver CPC Training

Delivering safe, efficient, sustainable logistics

Session Aims



The aim of this session is to:

- Tell you about sleep apnoea
- Describe who is at risk
- Show you how to recognise sleep apnoea
- Explain how it affects driving
- Indicate how easy sleep apnoea is to treat
- Show how treatment improves quality of life

Learning Outcomes



By the end of the session, you should be able to:

- Understand what causes sleep apnoea
- Know how to recognise it in yourself or others
- Appreciate why it dangerously affects driving
- Describe how easily sleep apnoea is treated

Agenda



Road traffic accidents

Driving

Treatment

Consequences

Summary and Feedback

What is sleep apnoea?

Excessive sleepiness

What causes it?

Symptoms

“Man Guilty of Sleep Crash Death”



Man guilty of sleep crash death

A lorry driver who fell asleep at the wheel and crashed into a car has been jailed after admitting causing death by dangerous driving.

's 18-tonne lorry hit a crash barrier on the A48 Eastern Avenue in Cardiff then crossed the central reservation to the other carriageway.



The road was closed in both directions after the crash

The court heard medical tests since the incident showed suffers from severe obstructive sleep apnoea, a breathing condition which interferes with deep sleep and causes excessive tiredness during the day.

“ You will have to go through the rest of your life knowing you have caused this accident and that in itself is a significant punishment ”

Judge Philip Richards

What is Obstructive Sleep Apnoea?



A medical condition that affects breathing while you are sleeping

Disrupts your normal pattern of breathing during sleep

Causes our body to briefly wake up to restore normal breathing

Prevents you from enjoying a good night's rest

Daytime consequences of this disturbed sleep include mainly excessive daytime sleepiness



Who Is Affected By OSA?



- 5% of the adult population (1.4m)
- Twice as many men
- Increasingly common over 40
- Usually overweight
- Short, thick neck
- Small lower jaw
- Large tongue

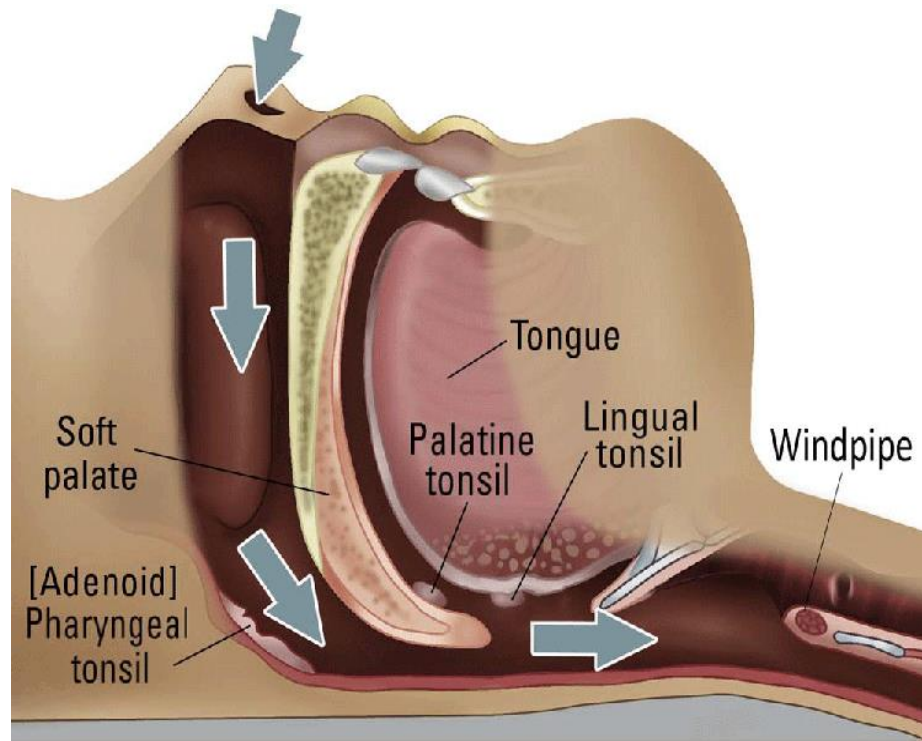


OFTEN SLEEP IN A DIFFERENT ROOM DUE TO SNORING

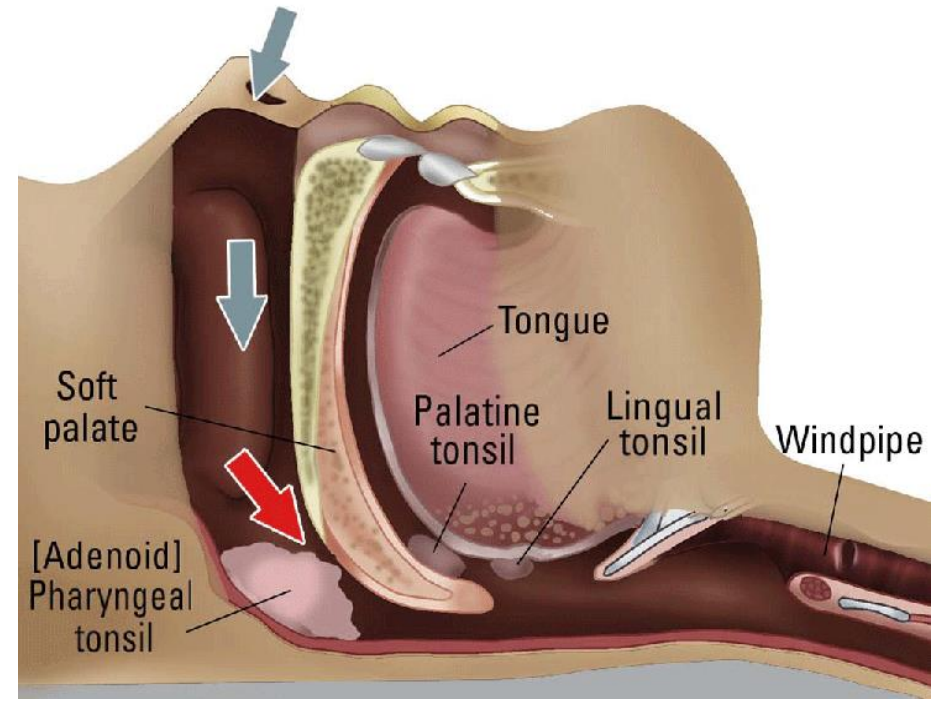
Why Does It Happen?



Normal Breathing



Obstructed Breathing





What is OSA?



Group Exercise – Symptoms



**How many
symptoms of
OSA can you
identify?**



What Are The Symptoms?



- Loud disruptive snoring
- Excessively sleepy
- Loss of concentration
- Irritability
- Dry mouth or sore throat
- Depression
- Excessive sweating at night
- Passing more water at night
- Loss of sexual desire
- Mood changes
- Morning headaches



OSA vs. OSAS



What is the difference?

OSAS is 'Obstructive Sleep Apnoea Syndrome'

If you have OSAS, it means that you will display symptoms which include daytime sleepiness

If you have OSA, without these symptoms you may still be able to drive

If you do have OSAS, you must notify the DVLA

It is advisable for visit your doctor if you feel you have with OSA or OSAS



Microsleeps



Morton High School Presents



got belt?

Consequences - Industry



Falling asleep is responsible for 20% of all motorway traffic accidents

Those with sleepiness due to OSA are 3 to 12 times more likely to be involved in a road accident

Impact on driving is often greater than a blood alcohol level over the legal limit

Group Exercise – Symptoms



**How many
consequences
of OSA can you
identify?**



Consequences – Home Life



Too tired to join in family activities

Always asleep in front of the television

Disinterested in what the family are doing

Marital disharmony

No enjoyment from social activities

Consequences – Work Life



Reduced performance at work

More errors of judgment

More accidents at work

Less chance of promotion

Poor sickness record

First in line when redundancies occur

Consequences – You!



Diabetes

**Heart
Attacks**

Strokes

**Blood
Pressure**



Over 12 years, you

**Average life span is
up to 20 years shorter
if left untreated**

untreated



Patient Experiences - Peter



Living With OSA



The common treatment for OSA is Continuous Positive Airway Pressure (CPAP) and is highly effective

For milder cases, you can make changes to your lifestyle, such as weight loss

For mild snoring and OSA, some sleep physicians recommend a mandibular device

In very rare cases, surgery via ENT may be appropriate





CPAP



Group Exercise



Epworth Sleepiness Scale



Epworth Sleepiness Scale



SITUATION	CHANCES OF FALLING ASLEEP (SCALES 0-3)			
	<i>Never</i> 0	<i>Slight</i> 1	<i>Moderate</i> 2	<i>High</i> 3
Sitting and reading				
Watching TV				
Sitting inactive in a public place				
As a passenger in a car for an hour without a break				
Lying down to rest in the afternoon				
Sitting and talking to someone				
Sitting quietly after a lunch without alcohol				
SCORE:	/24		

Epworth Sleepiness Scale



The higher the number you have scored, the more likely you are to have a sleepiness problem, possibly caused by Obstructive Sleep Apnoea

This test can never replace a medical diagnosis and is only a guide as to whether you are abnormally sleepy or not

If you are concerned about your sleep problems, get advice and help perhaps through your GP or occupational health department

Driving With OSA



UK law states we are responsible for assessing our fitness to drive, including whether we are too sleepy to drive

**Don't drive if too sleepy!
Common sense!**

You should inform DVLA if you are very sleepy during the day because of a medical condition

Driving With OSA



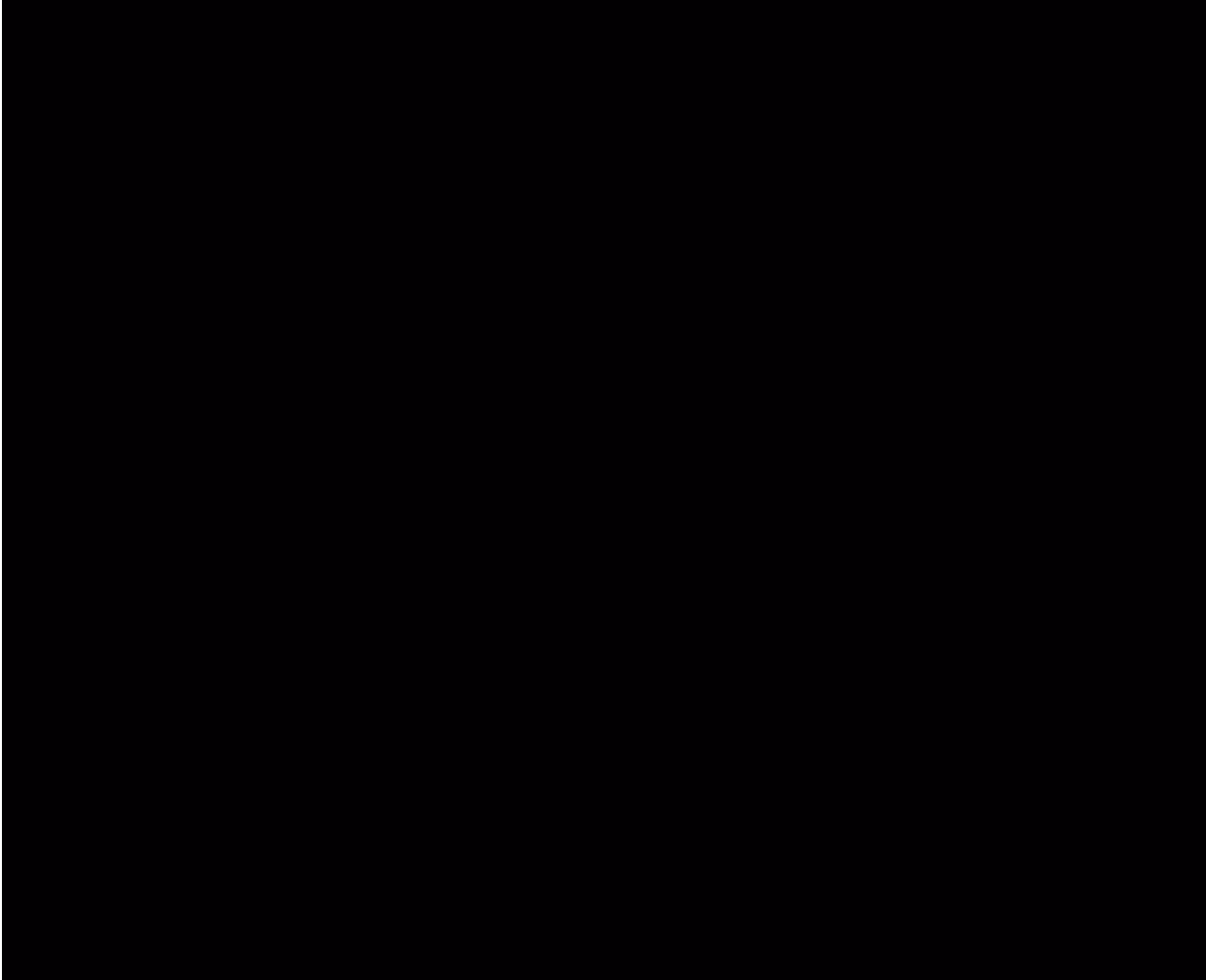
You run the risk of your licence being revoked, facing prosecution or causing a serious accident

**It's not worth
this risk!**

REMEMBER - The treatment for OSAS is very simple and will make you a safer driver, improve your quality of life and improve your health



An Interview with Colin Wrighton



Knowledge Check Questions!





Summary

Summary



The outcomes of this session were to enable you to:

- Understand what causes sleep apnoea
- Know how to recognise it in yourself or others
- Appreciate why it dangerously affects driving
- Describe how easily sleep apnoea is treated

Driver Support



Further information and web-based support from:

Real Sleep – What is Sleep Apnoea?

Sleep Apnoea Trust Association

NHS – Sleep Apnoea



DVLA Approved Guidelines on OSA and Driving:

Real Sleep – Sleep Apnoea and Driving – The Facts

Sleep Apnoea Trust Association

Acknowledgements



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Obstructive Sleep Apnoea

