



MARITIME SUPPORT SERVICES LIMITED

Title:	JOURNEY MANAGEMENT POLICY	Procedures No:	MSSL 014
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For every journey one should ask if the journey is actually necessary; the safest journey is the one not taken. If the journey is necessary it is advised to consider other, safer, transportation options than car travel. This may include train or bus transport.

When making a road journey, whether it's for business or pleasure, your chances of arriving safely are greatly increased by careful planning. Fail to plan adequately and your chances of being involved in an incident will increase.

A Journey Management Plan is typically a set process that you follow for planning and undertaking road transport journeys in compliance with HSSE requirements, with the goal of arriving safely. Every country and company will operate different standards but as a general rule, it is wise to put in place a Journey Management Plan for trips of more than 4.5 hours.

Top Tips

Schedule your journey carefully to avoid night driving and those times of day when falling asleep is most likely (2am – 6am)

Take into account road hazards and weather conditions

Adhere to the legal restrictions on driving times and distances

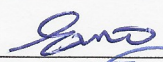
Plan when and where to take rests

Allow for unexpected delays

Take plenty of drinks with you so that you stay hydrated

Know what to do in case of an emergency

Fatigue is one of the most obvious consequences of poor journey planning and is a major contributing factor in road traffic incidents. A good Journey Management Plan will take into account all the factors that will minimise your chances of feeling sleepy whilst driving. Check out our hints and tips on fatigue.

Controlled by:	MSSL HSEQM	
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