



Keep trucking

Description

The National Department of Transport, in partnership with Safer Stops and sponsored by AfroCentric and Sanlam, hosted a truck driver safety and wellness symposium in May, shining a spotlight on the health and safety challenges faced by truck drivers.

Themed “Wellness on the road, safety at the wheel”, the two-day event brought together government, industry leaders, healthcare professionals, and truck drivers to discuss critical issues such as fatigue, access to healthcare, road safety, and mental wellbeing.

As event sponsor, AfroCentric and Sanlam played a key role in promoting a holistic approach to driver health by offering knowledge through an impactful presentation by Luthando Copiso from the AfroCentric Wellness Team, titled “Mental health & resilience: Self-care practices”.



Luthando addressed the psychological strain drivers face and offered practical tools for stress management and emotional resilience.

“Caring for one’s mental health is not a luxury, but a necessity, especially in high-risk, high-pressure environments like long-distance trucking.”

— Luthando Copiso

Category

1. Our Wellness

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