

INDUSTRY HEALTH PACK

LOGISTICS HEALTH PACK

Drivers, night routes, forklifts and the docks



Freight moves while the country sleeps, and the people who move it need valid permits, rested bodies and sharp eyes. This pack covers PrDP medicals, driving time, night work, forklifts and dock risks, with the medicals and checks a logistics employer needs.

WHAT THE LAW ASKS OF YOU

These are the South African rules that matter most for a typical logistics employer. They are summarised from the regulations themselves; read the gazetted text for the full duties.

LAW	WHAT IT ASKS OF THE EMPLOYER
National Road Traffic Regulations, 2000, regulation 117(b)	A PrDP cannot be issued unless a registered medical practitioner or occupational health practitioner has certified the applicant medically fit on form MC, not more than 2 months before the application. Regulations 115 and 116 set who needs a PrDP and the G, P and D categories. ^[1,2,3]
Regulation 272B (GG 35413, 08/06/2012)	For vehicles it covers: no more than five hours of continuous driving, 15 hours in 24, and nine hours of continuous rest. ^[4]
Basic Conditions of Employment Act, section 17	Regular night work means more than one hour after 23:00 and before 06:00 at least five times a month or 50 times a year. The employer must inform the worker of the hazards and the right to a medical, and provide it at the employer's cost on request. ^[5,6]
Driven Machinery Regulations, 2015 (GN R540), regulation 18(11)	Every lifting machine, including forklifts and reach trucks, must be operated by a person trained for that type of machine. The 2024 National Code of Practice for training providers asks for an employer declaration or medical certificate of fitness, and an eye test covering day and night vision and depth perception, before training. ^[7,8]
General Machinery Regulations, 1988 (GN R1521)	Cover the supervision and safeguarding of machinery such as compressors, generators and powered equipment. ^[9]
Noise Exposure Regulations, 2024 (GN 5953)	85 dBA rating limit; 82 dBA action level where ototoxic chemicals or whole-body vibration are present; risk assessment at least every 24 months; baseline and periodic audiometry with written informed consent; records for 40 years. The 2003 NIHL Regulations were repealed on 06/09/2026. ^[10,11]
Hazardous Chemical Agents Regulations, 2021 (GN R280), regulation 7	Fuel, diesel exhaust, battery acid, adhesives and cleaning chemicals. Medical surveillance where an employee may be exposed to a listed agent or the practitioner recommends it. Initial evaluation before or within 14 days of starting; then at intervals not exceeding two years. ^[12]

Numbers in red refer to the sources on the last page. This pack is general information, not legal or medical advice.

THE MEDICALS **YOUR TEAM NEEDS**

Medical surveillance follows the exposure. Your risk assessment decides who is tested and for what, and your practitioner sets the programme. A typical logistics employer plans for three moments in a worker's career.

WHEN	WHAT IT IS FOR
Pre-employment (baseline)	Before the person starts, or for chemical exposure immediately before or within 14 days of starting (HCA regulation 7). Sets the baseline that later results are compared with. ^[12,13]
Periodic	At the interval your risk assessment and occupational medicine practitioner set. For hazardous chemical agents, at intervals not exceeding two years unless the practitioner specifies otherwise. ^[12]
Exit	When the person leaves the job or the exposure. It closes the record and shows the worker's health at the end of exposure. ^[13]

Tests and certificates to plan for

TEST	NOTES
PrDP medical (form MC)	Within two months before the PrDP application. Track renewal dates. ^[1,14]
Night work medical	On request; considers sleep, fatigue, medication, digestive and heart health. ^[5,6]
Forklift operator medical	Visual acuity and depth perception, hearing for reversing alarms, blood pressure and glucose, questions about sleep, fatigue and medication, and fitness to climb on and off. ^[14]
Vision	Driver and machine operator medicals use the Keystone screen, which includes colour vision. ^[15]
Audiometry and spirometry	For dock and yard staff exposed to noise, diesel fumes and dust. ^[16]



Planning medicals?

Tell us the headcount, the site and the exposures. A sales executive replies the same working day with a fixed-price proposal.^[17]

Request a quote:

carenetconsultants.co.za/forms/quote-request.html

THE MAIN RISKS, AND WHAT HELPS

Prevention starts at the source: remove or reduce the hazard first, then protect the person. Medicals check that the controls are working.

Fatigue

Night routes and long shifts. The RTMC asks motorists to rest every 200 km or two hours.

Prevention: Rosters within 272B limits, rest before long trips, fatigue reporting without blame.

Night work

Body clock, digestion and heart.

Prevention: Medical on request, transfer to day work where practicable if health suffers.

Forklifts at the dock

Loads near people on foot.

Prevention: Trained, fit operators; marked walkways; high-visibility vests.

Noise and fumes

Conveyors, trucks and diesel exhaust.

Prevention: Ventilation, hearing protection, audiometry and spirometry.

Manual handling

Loading and offloading.

Prevention: Lifting aids, team lifts, rotation.

Cold stores

Chill and freezer rooms.

Prevention: Thermal PPE, warm breaks, time limits.



For your notice board

Our Heart Awareness Month poster is part of the free Care Net Health Awareness Pack, with posters for the South African health calendar in A4, A3 and A0.

carenetconsultants.co.za/health-awareness-pack.html

YOUR ONE-PAGE CHECKLIST

Print it, tick it, and file it with your risk assessment. Anything left unticked is your next action.

- ☐ List of every driver who needs a PrDP, with category and expiry
- ☐ PrDP medicals booked so form MC is under two months old
- ☐ Driving hours rostered within regulation 272B where it applies
- ☐ Regular night workers told of hazards and the right to a medical
- ☐ Night work medicals provided on request at the employer's cost
- ☐ Forklift and reach truck operators trained for their machine and fit
- ☐ Walkways marked and high-visibility vests worn at docks
- ☐ Noise and diesel fumes assessed at docks and yards
- ☐ Chemical register covers fuel, battery acid and adhesives
- ☐ Manual handling assessed (Ergonomics Regulations, 2019)
- ☐ Medical records stored confidentially (POPIA)
- ☐ Emergency numbers 10177 and 112 in every cab and at the dock

Checked by: _____ Date: ____ / ____ / ____

FIVE-MINUTE TOOLBOX TALK

NIGHT ROUTES, RESTED DRIVERS

Night trunk routes move freight while the country sleeps. The drivers do not. Here is how we keep each other awake and safe.

1. Sleep before the shift in a dark, quiet room. It is part of the job.
2. Stop every two hours or 200 km. Get out, walk, drink water.
3. Yawning, heavy eyes or drifting in the lane: pull over safely and rest.
4. If night work is affecting your health, you can ask for a medical. It is your right.
5. At the dock, stay in the walkways and make eye contact with forklift drivers.
6. Never drink and drive. Not before a shift, not on the way home.

Talk it through

- Who has a long night route this week?
- Whose PrDP is due soon?
- Where are the dock walkways?

 Ambulance from
a landline

10177

 Emergency from
a cellphone

112

Save both numbers in your phone today. Know where the first aid kit is and who the first aider is on your shift.

Talk given by: _____ Date: ____ / ____ / ____ Number attending: ____

HOW CARE NET CAN HELP

PrDP, driver, night work and forklift medicals at four fixed clinics or at your depot, with renewals tracked on one planner. Every medical includes a risk-based exposure form and a review by an occupational health nursing practitioner, and is captured in My Clinic Online, our POPIA-aware record system.^[15]

4

fixed clinics

Walk-ins welcome. Busiest 8am to 2pm; afternoons are quieter. Saturdays for booked groups of more than 10.^[18]

16

mobile clinic units

From 10 employees on one site, Monday to Saturday. Most units carry inverters and battery packs.^[17]

Our fixed clinics

Midrand

875 16th Road Midrand, Unit 2 Alphen Square
North, Randjespark, Midrand, 1685
+27 60 070 2723

Elandsfontein

Cnr North Reef and Atlas Road, Shop 2 Delmond
Centre, Elandsfontein, 1429
+27 60 070 2723

Brackenfell, Cape Town

Cnr Kruis and Capricorn Way, Unit 15 Reserve 1,
Western Cape, 7560
+27 60 070 2723

Gqeberha

40 6th Avenue, Gqeberha, 6045
+27 60 070 2723

Get in touch

Request a quote

carenetconsultants.co.za/forms/quote-request.html

A sales executive replies the same working day with a fixed-price proposal.^[17]

Book medicals

carenetconsultants.co.za/forms/booking-request.html

Call or WhatsApp

+27 60 070 2723 | wa.me/27600702723

Email

salesdesk@carenetconsultants.co.za

Ambulance from a
landline

10177

Emergency from a
cellphone

112

In a medical emergency call these first. Care Net clinics are not emergency services.

SOURCES

Accessed October 2026. Legal summaries are drawn from the gazetted regulations on gov.za, labour.gov.za and health.gov.za, and from Acts Online. Health facts come from the named organisations. Care Net service details come from carenetconsultants.co.za.

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This pack is general information for employers. It is not legal or medical advice. Read the regulations for the full requirements and speak to a qualified practitioner about individual health concerns. Worker medical information is special personal information under POPIA: keep it confidential and share fitness outcomes, not diagnoses.