

ACTIVE TRAVEL

TO AIM OF THIS TOOLBOX TALK IS TO EMPHASISE THE IMPORTANCE OF DECARBONISATION OF TRANSPORT AND INCREASE THE ROLE OF WALKING AND CYCLING TO WORK BY NHS STAFF.



WHAT?

Road transport is responsible for 20% of the UK's greenhouse gas emissions and causes air and noise pollution to the local communities. Further, in 2019 there were 7,638 road injuries reported in Scotland, consequently putting NHS Scotland services under even more pressure and stress on those directly impacted. A survey showed that at current - over 50% of NHSGGC staff, patients and visitors travel by car. To reduce the impacts of road travel, NHSGGC encourages their staff to cycle and walk to work and deliver sustainable agenda. NHS staff can now apply for Cycle to Work Scheme to spread the cost of a new bike between 25-39%.

WHY?

- Cycling and walking have been proven to be beneficial for health and wellbeing.
- Active travel makes roads quieter and safer.
- Active travel reduces carbon emissions and air pollution.
- Encourages physical activity.
- Reduces business traffic.
- Beneficial for the economy.

QUESTIONS

- Do it more sustainability?
- Avoid car travel completely?
- Do it more efficiently? (shorter/efficient route)
- Can I car share?
- Is there public transport available in my area?

DO ✓

- Car share where possible.
- Consider choosing public transport.
- Encourage your staff to walk/cycle to work.
- Work from home when possible to reduce the carbon footprint.

DON'T ✗

- Travel if unnecessary.
- Cycle without protective equipment.

