



International
Labour
Organization

www.iru.org
IRU
Academy



Drivers' module



Driving for change

**A training toolkit on HIV/AIDS
for the road transport sector**



Driving for change

A training toolkit on HIV/AIDS for the road transport sector

Drivers' module

This module contains materials for use by IRU Academy Accredited Training Institutes (IRU Academy ATIs). It contains:

- Lesson plan for drivers
- Workbook for drivers

This toolkit has been produced as a joint initiative of the International Road Transport Union (IRU) Academy, the International Transport Workers' Federation (ITF) and the International Labour Organization (ILO).

It is intended for instructors, managers, drivers and other workers in the road transport industry.

It can be used by all those who are involved in fighting HIV/AIDS – employers, trade unions, training institutions (formal and informal) and government agencies.

Together we can fight HIV/AIDS.

Copyright © International Labour Organization 2008

First published 2008

Publications of the International Labour Office enjoy copyright under Protocol 2 of the Universal Copyright Convention. Nevertheless, short excerpts from them may be reproduced without authorization, on condition that the source is indicated. For rights of reproduction or translation, application should be made to the ILO Publications (Rights and Permissions), International Labour Office, CH-1211 Geneva 22, Switzerland, or by email: pubdroit@ilo.org. The International Labour Office welcomes such applications.

Libraries, institutions and other users registered in the United Kingdom with the Copyright Licensing Agency, 90 Tottenham Court Road, London W1T 4LP [Fax: (+44) (0)20 7631 5500; email: cla@cla.co.uk], in the United States with the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923 [Fax: (+1) (978) 750 4470; email: info@copyright.com] or in other countries with associated Reproduction Rights Organizations, may make photocopies in accordance with the licences issued to them for this purpose.

DRIVING FOR CHANGE
A TRAINING TOOLKIT ON HIV/AIDS FOR THE ROAD TRANSPORT SECTOR

Drivers' module

ISBN: 978-92-2-120817-4

These materials were produced by Mr. Stirling Smith in the framework of the Tripartite HIV/AIDS Project between the International Labour Organization (ILO), the International Transport Workers' Federation (ITF) and the International Road Transport Union (IRU) Academy.

The designations employed in ILO publications, which are in conformity with United Nations practice, and the presentation of material therein do not imply the expression of any opinion whatsoever on the part of the International Labour Office concerning the legal status of any country, area or territory or of its authorities, or concerning the delimitation of its frontiers.

The responsibility for opinions expressed in signed articles, studies and other contributions rests solely with their authors, and publication does not constitute an endorsement by the International Labour Office of the opinions expressed in them.

Reference to names of firms and commercial products and processes does not imply their endorsement by the International Labour Office, and any failure to mention a particular firm, commercial product or process is not a sign of disapproval.

ILO publications can be obtained through major booksellers or ILO local offices in many countries, or direct from ILO Publications, International Labour Office, CH-1211 Geneva 22, Switzerland. Catalogues or lists of new publications are available free of charge from the above address, or by email: pubvente@ilo.org

Visit our website: www.ilo.org/publns

Design and printing: International Training Centre of the ILO, Turin - Italy



What is in the toolkit?

When something is wrong with a truck, you choose the right tool from the toolbox to fix it. This toolkit is the same. You don't need to use all of it. You only need to find the right part that is useful for your purpose.

The toolkit contains:

■ Instructors' module

This module is intended for anyone called upon to deliver training about HIV and AIDS. You may be working in a road transport company, a training institution or a trade union. You may be delivering training in a more formal setting through, for example, a training institute accredited by the IRU Academy, the educational arm of the International Road Transport Union (IRU), or you may be meeting drivers at union meetings, border crossings or "truck stops". You may be a travelling counsellor working on a project as a volunteer.

Maybe you don't have a background in HIV/AIDS issues, or maybe you lack prior training experience, but don't worry about that! This toolkit will help you.

■ Managers' module

This module is for use by instructors who will deliver training programmes for managers on HIV/AIDS through an international network of quality approved IRU Academy Accredited Training Institutes (IRU Academy ATIs). It contains detailed lesson plans for training with managers and a workbook which the students on those training programmes will be able to use. Students who attend IRU Academy accredited programmes will receive a qualification.

■ Drivers' module

This module is for use by instructors who will deliver training programmes for drivers on HIV/AIDS through an international network of quality approved IRU Academy Accredited Training Institutes (IRU Academy ATIs). It contains detailed lesson plans for training with managers and a workbook which the students on those training programmes will be able to use. Students who attend IRU Academy accredited programmes will receive a qualification.

■ Module for informal settings

This module contains exercises and activities that can be used with drivers and other road transport workers in informal (and formal) settings.

■ "Driving for change" – a short promotional film on HIV/AIDS

■ PowerPoint presentations

- Condoms
- A CD-ROM with key publications:
 - Conclusions of the Tripartite Meeting on Social and Labour Issues Arising from Problems of Cross-Border Mobility of International Drivers in the Road Transport Sector, held in Geneva in 2006
 - ILO *Guidelines for the transport sector*
- *ILO code of practice on HIV/AIDS and the world of work*
- ILO leaflet *Know Your Status*



Foreword

HIV is spreading fast along major transport routes in different regions of the world. Transport workers are at risk by virtue of the nature of their work, but they can also make a significant contribution to the response required to deal with the epidemic. Therefore, efforts to combat HIV and AIDS in the road transport sector should be centred on the world of work and its workers. In addressing the issue of HIV/AIDS in road transport, the ILO has followed a sectoral approach that puts a sharper focus on the specificities of this economic sector. The ILO's focus on different economic sectors is achieved through its Sectoral Activities Programme.

In 2006 the Tripartite Meeting on Labour and Social Issues Arising from Problems of Cross-Border Mobility of International Drivers in the Road Transport Sector (TMRTS) adopted a series of conclusions. These included a number of follow-up activities, among them the development of an HIV/AIDS training course for the road transport sector.

In the past, the ILO Programme on HIV/AIDS and the World of Work (ILO/AIDS) has worked with other ILO departments to create policies and networks that guide and support the actions of its constituents, and also sensitize and mobilize leaders in the transport sector. However, much remains to be done in addressing the fundamental factors and risks, including trans-boundary risks, which confront transport workers and the communities with which they interact.

The present training toolkit on HIV/AIDS in the road transport sector is the implementing tool of the *Guidelines for the transport sector* developed by the Sectoral Activities Branch together with ILO/AIDS. It is designed to enable workers, drivers, managers and instructors to respond to the epidemic in their workplace.

The toolkit is the result of joint collaboration between the ILO, the IRU Academy and the ITF. During the process of development and validation of the toolkit, particular sector-specific issues related to HIV/AIDS were addressed and reflected in the training material.

The toolkit is structured in order to satisfy the training needs of the different actors in the transport sector and includes:

- A training manual for trainers/course for facilitators
- A training course for management personnel of road transport companies
- An awareness-raising and advocacy course for transport workers which can be used on its own or integrated in existing courses

- A DVD to promote the joint effort to combat HIV/AIDS in the road transport sector and raise awareness of the training materials and training opportunities that may be offered jointly or separately by the ILO, the IRU Academy and the ITF.

The toolkit builds on the principle of joint collaboration and action between workers and employers, and their respective organizations, as a basis for an effective HIV/AIDS response in the transport sector.

It is hoped that this toolkit will strengthen the capacity of ILO constituents to respond to and manage the impact of HIV/AIDS in the transport sector, thereby ensuring economic and social development.

Elizabeth Tinoco

Chief
Sectoral Activities Branch

Sophia Kisting

Director
ILO/AIDS



Introduction

Few issues are as important in the world today as HIV/AIDS, and the road transport industry cannot afford to ignore it.

HIV/AIDS is not something that affects only the people that are ill and their families.

It can have a serious impact on a transport enterprise as well as on the national economy of any country.

That is why the social partners in road transport – the International Road Transport Union (IRU), representing employers, and the International Transport Workers' Federation (ITF), representing workers – have come together with the International Labour Organization (ILO), a United Nations agency, to prepare this toolkit. Its aim is to help educate and inform all those involved in the industry about the threat of HIV/AIDS and what we can do about it.

We hope you will use it – and spread the message that HIV/AIDS is a serious problem, but also that it is a problem we can do something about.

HIV/AIDS is a threat to our industry. We can beat it – working together.

IRU Academy

Mr. Bruno Dingemans
Head - IRU Academy
International Road Transport
Union (IRU)

ITF

Mr. Mac Urata
Section Secretary
Inland Transport Sections
International Transport
Workers' Federation (ITF)

ILO SECTOR

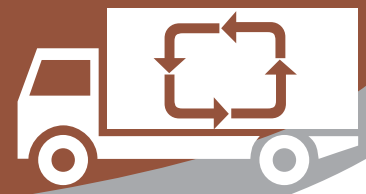
Mr. Marios Meletiou
Transport Sector Specialist
Sectoral Activities Branch
International Labour
Organization (ILO)

Road transport workers and drivers

Too many drivers have died from AIDS-related illnesses. Too many widows and orphans have been left behind, grieving and in poverty. Too many road transport workers are unable to work because they are sick.

Those who have contracted HIV can be helped. With the right support and access to medicines they can live for many years – working, supporting their families and contributing to a successful transport industry.

We can all work together to stop new infections. Drivers can take action to protect themselves and others. Drivers have the right to decent working conditions and this includes facilities and border crossings and other “choke points” on highways and transport corridors.



LESSON PLAN

IRU Academy drivers' programme on HIV/AIDS

Lesson plan

 Total time available: 30 minutes

Part 1

Welcome students to the unit and introduce ground rules

 You have 5 minutes

- Emphasize that this is an IRU Academy training programme, and that the subject has been agreed by the industry and the social partners at global level.
- Explain that you want them to pass on the information and ideas to other drivers.
- Because of the nature of the topic, which means talking about sex, remind students to please stick to the subject and to refrain from making inappropriate or offensive remarks.
- Remind students to switch off cell phones (or at least switch to vibration mode).
- Show emergency exits, explain any other domestic issues.

 Time used up to now: 5 minutes



LESSON PLAN

Part 2

Transition into HIV/AIDS class

 **You have 10 minutes**

Ask students for their views about HIV/AIDS – take a few comments, it is not necessary for all students to speak.

- Show introductory DVD film.
- Ask for their comments: What is their experience of truck stops, border crossings?
- Ask why some drivers might use commercial sex workers, or have casual partners while travelling.
- Questions should be phrased as being about “other drivers”, “your colleagues/friends”, etc., but if students are open to talking about themselves, that should be encouraged.
- Ask why drivers don't take precautions such as using condoms. (This will lead to next session.)

 **Time used up to now: 15 minutes**



LESSON PLAN

Part 3

Using condoms

 **You have 10 minutes**

- Ask students to compare changing a tyre and using a condom – which do they think is more difficult?
- You could use the exercise *Condomize!* from the toolkit.
- Get one or more students to demonstrate putting a condom on the model.
- There may be joking and all sorts of reactions. A lot of this is to cover embarrassment.

 **Time used up to now: 25 minutes**

Part 4

Wrap up

 **You have 5 minutes**

- Show illustration of global HIV/AIDS numbers (in PowerPoint).
- Remind students about percentages of drivers infected in some countries.
- Ask for final questions and comments.
- Offer literature, stickers, etc. for students to take and use in their own cabs or distribute to colleagues.

 **Time used up to now: 30 minutes**



WORKBOOK

IRU Academy drivers' workbook

Introduction

This workbook is intended for transport industry drivers and workers attending training programmes at IRU accredited centres (ATIs).

HIV/AIDS could affect you, your family, other drivers and workers; it could also have an impact on the business you work for.



WORKBOOK

Getting started: Thinking about AIDS

What do you think about HIV and AIDS?

"AIDS won't affect me, I only have sex with one regular partner."

"There is nothing wrong with having some enjoyment to break the tedium of a long journey, especially if you're stuck at the border crossing for a long time."

"It's the fault of the women at the truck stopping points."

HIV/AIDS: The facts

HIV = Human Immunodeficiency Virus

It attacks the immune system, which fights diseases.

AIDS = Acquired Immune Deficiency Syndrome

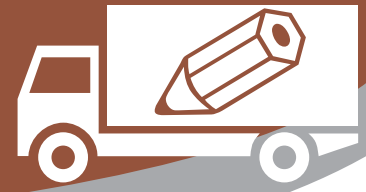
Once HIV has damaged the immune system, the body loses the ability to combat and resist diseases. The patient catches infections that he or she would normally fight off.

There is **NO** vaccination to prevent catching the virus.

Without treatment, the patient will die. There is no cure.

However, with the right treatment, the patient can live for many years.

The best thing is prevention – avoid catching the virus!



WORKBOOK

Delays and relaxing

If you are on a long journey, especially one that involves crossing borders, you may get delays. You will need somewhere to rest and relax.

What is your experience of truck stops and border crossings?

- Why are there delays?
- What kind of facilities are there?
- What kind of facilities would you like to be provided?

Sex on the road

We know from surveys in several countries that some drivers use commercial sex workers or have casual partners while travelling.

This can involve a risk, if the woman has an infection – like HIV, for example, or some other disease spread through sexual intercourse.

- Why do you think some drivers and road transport workers do this?
- Do they know the risks?
- If they know the risks, why do they still do it?

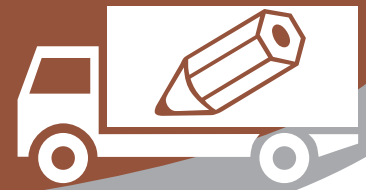
Life on the road

A survey conducted in Uganda showed that 70 per cent of drivers had spent less than a week at home in the previous four months.

In 2001 a study by the South African Medical Research Council found that 56 per cent of long-distance truck drivers in the KwaZulu-Natal Midlands were HIV positive. At one truck stop in Newcastle, 95 per cent of those tested were found to be HIV positive.

Along Highway Five between Phnom Penh and Poi Pet on the Thailand-Cambodia border, in 2000 there were 109 brothels and 40 “karaoke bars” – places where drivers and assistants congregated.

Two out of five truck drivers in a survey of border crossings in Poland and Lithuania had casual sex while travelling.



WORKBOOK

Taking precautions

Protecting yourself against HIV is simple:

- Have only one sexual partner
- Avoid unprotected intercourse
- Do not share needles with drug users
- Avoid injections unless you are sure the needle has been sterilized
- If you need a blood transfusion, insist the source has been tested for HIV

This can be summed up as:

ABSTAIN
BE FAITHFUL
CONDOMIZE

*How difficult is it
to use a condom?*

*If you can change a tyre,
you can put on a condom!*

HIV is not transmitted by:

- kissing
- insect bites
- casual physical contact like shaking hands
- coughing/sneezing
- sharing toilets
- sharing washing facilities
- using eating utensils or consuming food and beverages handled by someone who has HIV



WORKBOOK

HIV/AIDS and the world

We cannot ignore AIDS.

We cannot ignore people who are HIV positive, including other workers in the road transport industry who may be HIV positive.

Remember: you will not catch AIDS by working with them!

And what about you?

Do you know your HIV status? Is your family at risk?

If you are not sure about your status, read the leaflet *Know Your Status*.



ISBN: 978-92-2-120817-4



9 789221 208174