

## Work

Due to the risk of unexpected hypos, people taking insulin are not allowed to do certain jobs. These include: armed and emergency services, train driving, airline piloting, deep-sea diving, working on off-shore oil rigs, at heights or near dangerous machinery.

Otherwise, there is no reason why you should not follow the career of your choice.

## Telling your employer

Often people with diabetes prefer to “keep quiet” about their diabetes, fearing they may be discriminated against. However, there are several reasons why this is **not** a good idea.

1. If you need time off work for medical reasons your employer is more likely to understand.
2. If you are taking insulin and you are responsible for other people’s safety, you must tell your employer. It may be a legal requirement of your contract.
3. If you have a hypo at work it is important that your colleagues know how to help.



Many employers will not know anything about diabetes so it is important to show that you are in control and able to carry out your job.

## At work

Have your meals at a regular time and if you need to have breaks for snacks do not be embarrassed to ask for them. Having a hypo would be much worse.

If the food in the canteen is not suitable for the diet you have been advised to follow, take your own.

### SHIFT WORK

If you work shifts, you should discuss this with your doctor so that an individual plan can be tailored to your needs.

If you take insulin, and are able to use a pen system, most people find it easier to take a long-acting insulin once a day and to use a pen injection system with fast-acting insulin before each meal. Your healthcare professional will be able to advise you further.

If your diabetes is controlled by diet alone or diet and tablets, shift work should not pose a problem – simply eat your day-time diet at night and vice versa.

### Remember

**Monitor your blood glucose regularly and keep snacks readily available for between meals.**

## Driving

You are only legally required to inform the vehicle licensing centre in Swansea (DVLA) if you take any form of medication for your diabetes.

**DRIVERS MEDICAL BRANCH  
DVLA  
SWANSEA SA99 1AT**

Normally your licence will be renewed, free of charge, every three years until you are 70, and then yearly thereafter. If your diabetes is diet controlled, you can hold an unrestricted licence. If you are dependent on insulin you will not be able to drive vehicles of greater than 3.5 tonnes or more than 8 seats without obtaining permission from the DVLA.

You must tell your insurance company immediately that you have diabetes. It should not affect your premium.

If you have not informed your insurance company and you have an accident, you may find that they will not process the claim.



Diabetes UK have their own insurance broker who may be able to help: Tel: 0800 731 7431.

The most serious potential problem when driving is a hypo. Symptoms may include sweating, dizziness, nausea, headaches and/or double vision.

### ***If you feel at all hypo when driving:***

1. Pull over, stop the car in a safe position, turn off the ignition and remove the key
2. Move to a passenger seat
3. Take some glucose tablets and a biscuit and wait until you have fully recovered

If you are involved in an accident whilst hypoglycaemic, you could be charged with driving while under the influence of a drug (insulin), driving without due care and attention, or dangerous driving.

## **Remember**

- **Check your blood glucose level before and during your journey**
- **Take regular breaks**
- **Always carry glucose and carbohydrate with you in the car**
- **If you take insulin, never drive on a empty stomach**
- **Some people with diabetes treat a long drive as exercise and take extra carbohydrate before setting off**

## **Leaflets available from Hypoguard**

- 1 What is Type 2 diabetes**
- 2 What is Type 1 diabetes**
- 3 Long-term complications of diabetes**
- 4 Hypos, hypers and all that**
- 5 Monitoring diabetes**
- 6 Diabetes and exercise**
- 7 Work and driving with diabetes**
- 8 Smoking and alcohol with diabetes**
- 9 On holiday with diabetes**
- 10 Men and Women with diabetes**

Please call the **Hypoguard Freephone Information Line: 0800 371 957** for further copies of this leaflet or other leaflets in the series.

## **Diabetes management made simple**

Hypoguard have a range of blood glucose monitoring systems specifically designed to help people with diabetes manage their glucose levels in their homes. If you would like any information about them, please call the Hypoguard Freephone Information Line: **0800 371 957** 8am and 6pm, Monday to Friday or visit our web site at [www.hypoguard.com](http://www.hypoguard.com)

### **Hypoguard Limited**

**Dock Lane Melton Woodbridge**

**IP12 1PE United Kingdom**

**Telephone: +44 (0)1394 387 333**

**UK Technical Service: 0800 0856 152**

**Fax: +44 (0)1394 380 152**

**<http://www.hypoguard.com>**

# **Work and driving with diabetes**

