



Marley's Workshop

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### Thought of the Month . . .



**LIFE IS TOO SHORT  
TO BE SERIOUS ALL  
THE TIME. SO, IF  
YOU CAN'T LAUGH  
AT YOURSELF,  
CALL ME, I'LL  
LAUGH AT YOU!**

*MinionsQuotes.com*  
[fb.com/MinionsQuotes](http://fb.com/MinionsQuotes)

### Staff Christmas Party

Dear Marley's Team Members,

Please join us for a Staff Christmas Party traditionally held before the "harvest fever".

Date: Saturday, 31<sup>st</sup> October 2015  
Time: from 12 PM to 6 PM  
Location: Marley's Headquarters,  
37 Armstrong Rd, Hope Valley WA 6165.

Bring the whole family for a day full of fun.  
Drinks & Food supplied.  
Come and celebrate  
another great year  
at Marley's.




### CBH Corner

#### PERSONAL PROTECTIVE EQUIPMENT

Drivers are again reminded that a high visibility shirt with long sleeves rolled down must be worn at all times while on CBH sites.

Starting Monday 17/08/15 CBH Kwinana will be undergoing some major construction works lasting for around 18 months. During this time it will be treated as a construction site and as such all personnel will be required to wear safety glasses and a hard hat. Please see Eryn if you require either of these. There will also be some traffic management (traffic lights) and changes to truck parking and flow. New amenities will be located next to the truck line up to help avoid unnecessary interaction with the construction work. You will be given further details upon arrival to site by the marshal. Any problems please contact Marley's Management.

#### SOYA BOAT

Marley's would like to thank all the staff who put a huge effort in the Soya Boat operations between 13th and 15th September. Your hard work was very much appreciated!

#### SAFETY REMINDERS and REQUIREMENTS

**REVERSING:** Be aware of your surrounding: If you are unsure about reversing safely, **ask for help** – ask someone to spot for you, and/or **get out of the truck** and check the surrounding area for any potential hazards, obstacles, or people.

**CHECK PAPERWORK:** Check your paperwork and **ensure your paperwork exactly matches the load** you are doing. For example, check product, customer name, location from-to, weight, unloading point, etc.

**PARKING IN YARD:** **Do not park trucks in front of the open shed doors** because out-loading may be in progress. If you are unsure where to park, contact Bill or Russell.

**TIME CARDS:** Ensure you have **signed the daily check**, recorded full date Day/Month/Year and day (e.g. Monday, Tuesday, etc.), start/end time, customer sites, docket numbers, tonnage, fuel intake; **Record accurately** driving, non-driving, rest, and non-work time. **Submit time cards after every shift!**

# Driver Health

TOOLBOX TALK

HEALTHY HEART



## Steps to recognize a heart attack

Warning signs of a heart attack can vary from person to person. The most common warning signs of a heart attack include feeling of pain, pressure heaviness or tightness in your: chest **and/or**, neck, jaw, arm/s, back, shoulder.

### Don't hesitate

In a heart attack, every minute is essential. It's better to call the ambulance for a false alarm than to wait until it's too late.

### Reduce YOUR risk of heart disease – Heart disease is largely preventable

The underlying cause of a heart attack is a coronary heart disease. You can reduce your risk of heart disease by: Being smoke-free; Healthy eating; Being physically active; Manage your blood pressure and cholesterol levels; Maintaining a healthy body weight; Maintaining mental health and wellbeing; Taking medicines as prescribed by your doctor.

### PREVENTION is your best option

Visit your doctor and ask about your heart health risk factors, and find out about your chance of having a heart attack or stroke.

*Each year, almost 10 thousand Australians die of a heart attack.*

*More than 1 million Australians aged 30-65 are at high risk of having a heart attack or stroke, and may not even know it.*

*High blood pressure or high cholesterol are called silent killers, as there are no obvious symptoms.*

More info: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



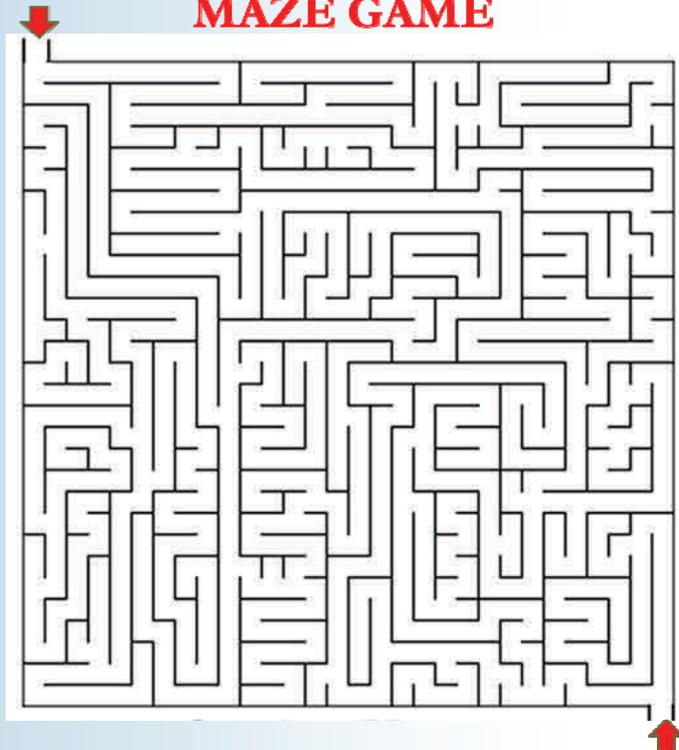
Happy Birthday to  
September babies!

Kim Downing– 7th  
Andrew Hicks– 12th  
Hayden Spargo– 24th

I smile because you're my family...

I laugh because there's nothing you can do about it!

## MAZE GAME



### Karting: Team Christison Racing - WA Junior Challenge update



Matt Christison is saying 'Thank You' to Marley's Transport for continued support for the boys who are doing WA Junior Challenge in Karting. Team Christison had a pretty good year to date even though the competition has become harder & racing a lot closer than last year.

### RTHF Reunion 2015 – Alice Springs

Frank, Marcus, Jason & Emma Hill recently embarked on a road trip up through the center of Australia to attend the Road Transport Hall of Fame 2015 reunion in Alice Springs. Over the 11 days they did a bit over 6,000 kms through some rough outback roads and amazing station country visiting places such as Niagara Dam & Kookynie, Laverton, Giles weather station, Lasseters Cave, Docker River, Uluru, Coober Pedy and then of course the trek across the Nullarbor. The reunion saw thousands of trucks from all over Australia converge on Alice, camping anywhere they possibly could to attend the open days, horse racing and the truck parade. Thousands more people turned up to line the streets for the truck parade which was truly an amazing site.



**We pride ourselves on providing a reliable and efficient transport service to our customers.**