



MARLEY'S MAIL

OCTOBER/
NOVEMBER
2015

37 Armstrong Road, Hope Valley WA 6165, Phone 9410 4600, F:ax 9410 4699
Email: admin@marleys.com.au Website: www.marleystransport.com.au

MOB 47 "Chicken Run" in Action



Inside This Issue:

- ⇒ Reminders from Wesfeeds, Milne Feeds, Inghams, and Marley's
- ⇒ Looking after your Mental Health
- ⇒ CBH Corner
- ⇒ Christmas Party
- ⇒ Spot the Difference
- ⇒ Birthdays

Thought of the Month . . .

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.



aunty acid
www.facebook.com/auntyacid

INGHAMS – Access between 10 PM and 5 AM

All feed drivers going to Inghams between 10 PM and 5 AM are to call Inghams when they are 10 mins away in order for the night staff to make their way to the weigh bridge and weigh the trucks in, and assist with loading.

MILNE FEEDS - Clean out bays

The correct procedure to sweep the residual grain dust is to park the lead trailer in front of the clean out bay and sweep any leftovers directly into the clean out bay (not on the sides of the bay). Then, drivers are to move the truck forward and position the dog trailer in front of the clean out bay and again, sweep the leftovers directly into the clean out bay. Alternatively, for those with road trains, where getting directly into the clean out bay is an issue: drivers are to put a cut down IBC under the back of the truck and sweep into it. Then, using the rope, drag the cut down IBC into the clean out bay and tip into the back. The third option is to use bags provided at Marley's workshop, sweep the grain dust into the bags and empty the bags into the clean out bay.

In that way, the piles of clean out material are not left in the open where the wind is blowing it around. There are a few guys who are sweeping, but the surface is quite rough and a fair amount of time is needed to ensure a job well done.

WESFEEDS – No Parking over the Zebra Crossing

A hazard was raised about Marley's drivers parking over the zebra crossing which is the main path from Admin to the Mill. This occurs because trucks move up when a vehicle is already on the weighbridge. This forces people to have to walk behind the truck which is the concern. The solution is for drivers to stop and not park on the zebra crossing. This is also the rules on any road.

MARLEY'S

Protect your tyres and Engine!

When the outside temperature is over 35 degrees, DO NOT exceed 90 km/hr when loaded.

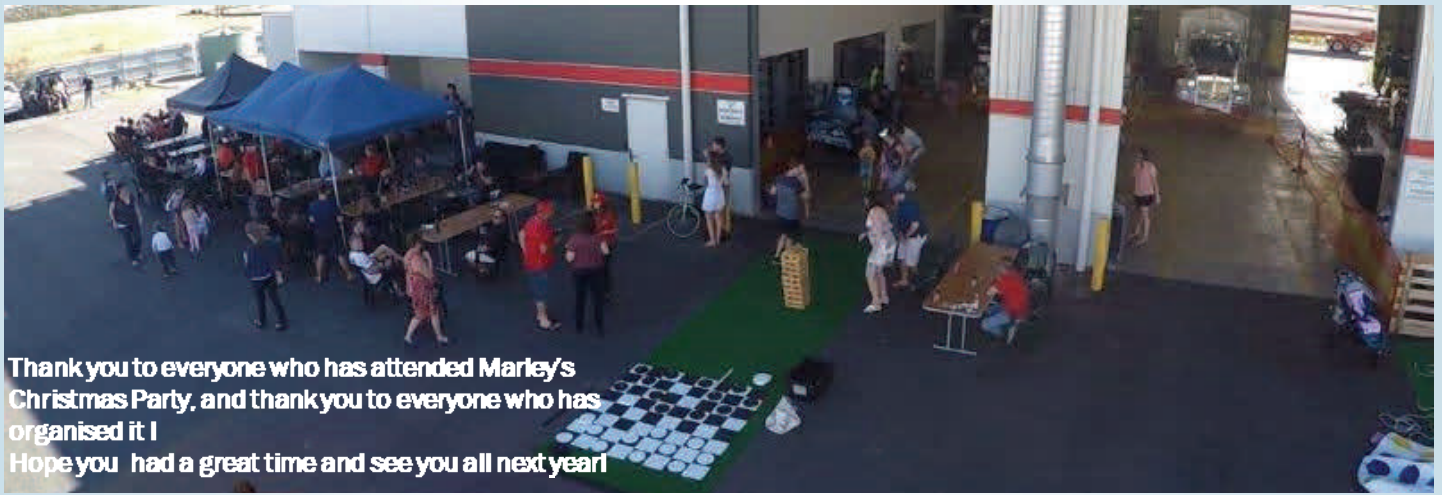
THANK YOU !!!

MARLEY'S Fault Report Cards and Time cards

Fault Report Cards: For ALL faults, drivers are required to complete ALL THE DETAILS on the card (Driver Name, Date, Equipment ID, Signature, etc.), and hand in with their paperwork.

Time Cards: Drivers are to record ALL THE DETAILS on the Time Cards (Daily Check Signature, Tipper and Dolly numbers, Fuel intake, KLMS Start/Stop, Timeline, etc.) and hand in after EVERY SHIFT.

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



Thank you to everyone who has attended Marley's Christmas Party, and thank you to everyone who has organised it!
Hope you had a great time and see you all next year!

LOOKING AFTER YOUR MENTAL HEALTH

Mental illnesses can affect anyone. 45% of Australians will experience a mental illness in their working lifetime, and about 4 in 20 people will experience a mental illness each year.

Carers of people living with a mental illness have an increased risk of developing depression, so it's essential to take care of yourself as well.

Exercise & Eating Well

When driving for long periods, make sure to take regular breaks and exercise by walking around and stretching. Taking breaks to exercise reduces anxiety, depression and low mood, and improves our self-esteem and mental function. There are also links between eating well and mental health, so making healthy food choices will support better physical health, stamina and improved mental health. Drinking alcohol can have an impact on physical health, mood and sleep patterns. Avoid drinking to excess, and ask your GP about the effects of alcohol if you are on any kind of medication.

Sleep

Sound sleep is essential for helping to reduce stress and to maintain physical and mental wellbeing. Aim to maintain any regular sleep patterns you can establish when you are at home and make sure you get plenty of sleep.

Support and staying connected

Staying connected is a strong defense against mental illness. Connect to family and friends as often as you can, especially when you are on the road. Many of us like to think we can manage on our own, but it is more important to ask for help when needed. Making sure you have someone you can talk to, and who understands how you are feeling is especially important.

If you need to talk to someone, or want general information about mental illness, you can contact your GP, or call the SANE helpline on 1800 18 SANE (7263) from 9am-5pm Monday to Friday EST.

In the case of a crisis, call Lifeline on 13 11 14 for support 24/7.



CBH Corner

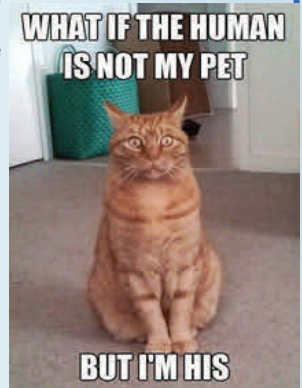


PPE—Drivers are again reminded that a high visibility shirt with long sleeves rolled down must be worn at all times while on CBH sites.

CBH have implemented a new policy that prevents the use of a front end loader or bobcat from being used to catch the excess product being discharged from the bagging chute on a truck or trailer. If a truck is overloaded it must be directed to a location where it can discharge the excess onto the ground or a grid.

Marley's are working with CBH on a trial which will see a truck and driver fitted with small cameras. The driver will then conduct a standard load on the CBH site recording the footage. This footage will then be used for analysis, training and education on what exactly a driver can see while on site in regard to obstacles, people, hand signals, clearances, dust etc.

The same will be done with an RPO on the grid so combined we can each get an understanding of the others difficulties when carrying out their duties.



SPOT THE DIFFERENCE!

Can you find all 8 differences in the pictures below?



Happy Birthday to October & November babies!	
ALLAN DIACK	1-Oct
COLIN HUGHES	1-Oct
JENN MARLEY	1-Oct
WILL STEVENS	2-Oct
JIM FITZGERALD	5-Oct
ROLENE TANNER	6-Oct
CHRIS CASSIDY-SCHROEDER	10-Oct
FRANK MARLEY	15-Oct
RACHEL MARLEY	15-Oct
MIKE FISCHER	19-Oct
JEREMY CHRISTISON	22-Oct
MARK BOLT	17-Nov
BYRON RODD	19-Nov
MARCUS WATSON	20-Nov
SIMONE TOR-NAGO	22-Nov
BOB LUCAS	28-Nov

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