



# MARLEY'S MAIL

## JUNE 2016

37 Armstrong Road, Hope Valley WA 6165, Phone 9410 4600, Fax 9410 4699  
Email: [admin@marleys.com.au](mailto:admin@marleys.com.au) Website: [www.marleystransport.com.au](http://www.marleystransport.com.au)



*Photo By Rennie Browne*

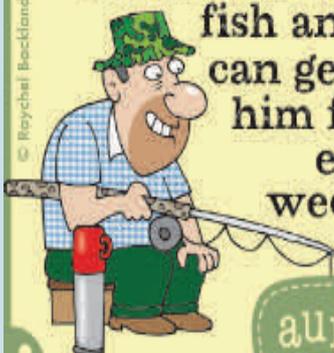
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Thought of  
The Month...

**Give a man a fish and he'll feed himself for a day.**

**Teach him how to fish and you can get rid of him for the entire weekend.**



**aunty acid**  
[facebook.com/auntyacid](http://facebook.com/auntyacid)

Got a photo, appropriate jokes and puzzles, or something else to add to Marley's Mail, please contact Ivana:  
[ivana@marleys.com.au](mailto:ivana@marleys.com.au) 9410 4611

## MARLEY'S REMINDER

**TRAFFIC ACCIDENT:** If you have been involved in a traffic accident while working and driving a Marley's truck/vehicle you are **NOT legally obliged to make any on the spot statements.** You must **report the incident immediately to your Supervisor/ Manager and submit the incident report to the Compliance Officer** immediately or as soon as reasonably practicable.

Also, you are legally required to complete the WA Police Online Crash Report (we can assist you) if the traffic incident occurred on a road or any place commonly used by the public (e.g. carparks) in the following situations:

- The incident resulted in bodily harm to any person, or
- The total value of property damage to all involved parties exceeds \$3000, or
- The owner or representative of any damaged property is not present.

**REPORT DAMAGES/ISSUES** to Marley's building or site to Chris, Compliance Officer.

### **BEFORE BOOKING YOUR HOLIDAY:**

**First check with your supervisor leave dates availability, then book your holiday, and submit your leave application well in advance.**

**Otherwise your application may not be approved.**

This is because one or more persons may have already submitted their application for leave for the same period. Marley's need to make sure there is enough staff available to work at any time to satisfy customers' requirements, and to avoid putting unnecessary pressure/workload on other staff members.

**TIME CARDS AND ALL DELIVERY PAPERWORK** are to be **submitted after every shift.**

**THANK YOU** to those staff members who are already complying with the above requirements/reminders!

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

THANK YOU TO REX DEVLYN,  
Marley's Driver

**MILNE** Feeds

Milne Feeds has informed Marley's that Phil Hall from Roblynne Farm has expressed his appreciation for Rex Devlyn's exceptional customer service. In Phil's words, it was great to get a really good driver who was courteous, has asked what was best to do, and was very helpful in general.

THANK YOU REX!

## ARE YOU FIT FOR WORK?

**SAFETY  
FIRST  
ACCIDENTS  
ARE  
AVOIDABLE**

Prior to commencement of work, YOU as a commercial vehicle driver must assess YOUR fitness for duty.

This shall be carried out as a personal risk assessment and you should consider the following;

Have I had enough sleep, am I well rested? Am I alert and ready to begin the task without distraction? Am I under the influence of prescription or non-prescription drugs? Would I blow 0.0 if breathalised? Am I physically and mentally able to drive safely?

Not enough quality sleep or taking on to many other activities, such as secondary employment, other driving, social gatherings, or stressful situations may affect your state of fatigue, especially cumulative fatigue, and your capacity to drive safely.

It is YOUR responsibility to report immediately to your supervisor if you are not fit for work.

**IF YOU ARE UNFIT YOU DO NOT DRIVE / WORK !**

### DAILY CHECK SIGNATURE

By signing the Daily Check Signature on your daily time card before commencing work, YOU as a commercial vehicle driver are confirming two things:

- 1) You are Fit For Work; and
- 2) You have completed the Daily Check .

### FATIGUE MANAGEMENT

**The effects of driver fatigue include:**

- Impaired judgment
- Lack of attentiveness
- Slow reaction time
- Increased likelihood of falling asleep at the wheel

Driver fatigue is a major road safety problem. If you aren't getting enough sleep, you probably know it deep down but believe you can cope.

Drivers who get less than 6 hours sleep experience 4 times as many dangerous situations while they are driving.

If you are a driver and you become drowsy you can drift into 'micro-sleep', which is a brief nap that lasts around **3 to 5 seconds**. At 100 km per hour that's 100 metres of travel and plenty of time to run into a tree or, heaven forbid, a bus full of school children.

According to the Fatigue Management for Commercial Vehicle Drivers, **so far as practicable** a driver must have **at least** a minimum of 7 hours Non-Work Time between two regular shifts.

Apart from long work hours, other important factors causing driver fatigue are lack of fitness, obesity, poor diet, poor life style (e.g. partying until late), drug and alcohol abuse.

*There is only one cure for fatigue- It's sleep.*

*There is only one way of preventing fatigue- it's getting enough sleep.*

**IF YOU HAVE ANY CONCERNS ABOUT YOUR WORK/DRIVING SCHEDULE TALK WITH YOUR SUPERVISOR OR SCHEDULER!**

## National Kidney Health Week



**Do you have any of these risk factors?**

Diabetes; High blood pressure; Heart problems; Have had a stroke; Family history of kidney failure; History of acute kidney injury; Obesity; Smoker; Over 60 years of age; Aboriginal or Torres Strait Islander origin.

**Driver Health**  
TOOLBOX TALK

If you answer yes to any of these, then you should get a regular kidney check. If you know you do have risk factors, ask your doctor for a regular **Kidney Health Check** you can help detect kidney disease early and improve your outcomes.

Kidney Health Week was running from 22 – 28 May 2016. The fact sheet was developed in partnership with Kidney Health Australia.

ATA CEO Chris Melham said kidney disease was a bigger killer than road accidents, prostate cancer or breast cancer, but didn't get the same level of publicity

"The problem with kidney disease is that it's hard to detect – for some people, you can lose up to 90 per cent of kidney function before you even start feeling sick," he said.

"There is no cure for kidney failure, but kidney disease can be treated if it's caught in the early stages. If you think you're at risk of kidney disease, you should see your doctor for a kidney health test."



### CBH Corner

Hand held operation of mobile phones is not permitted by a person in control of a vehicle on a CBH sites or on company related business.

Happy Birthday to June Babies!

ED CHRISTISON	26-Jun
CJ, COLIN ELLIOTT	16-Jun
CRAIG LOW	9-Jun
RUSSELL MARLEY	12-Jun
STEPHEN MARLEY	30-Jun

**I WAS DRINKING A MARGARITA AND THE WAITRESS SCREAMED**

**"DOES ANYONE KNOW CPR?"**



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