



# MARLEY'S MAIL

JANUARY-  
FEBRUARY  
2016

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Marley's Yard, Hope Valley

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## REMINDERS FROM MARLEY'S

- ◆ **Fuel Keys:** Please leave all fuel keys in trucks at all times– do not put them with your swipe cards.
- ◆ **Exit Gate 1:** All permitted vehicles can currently ONLY exit through Gate 1. When the back road is completed you will be able to turn RIGHT only. Non-permitted vehicles such as semi's will be able to turn either way.
- ◆ **Time Cards:** All drivers are required to submit their time cards after **EVERY** shift. Please ensure to complete all the details including Daily Check signature.
- ◆ **Ring-feeders:** When hooking up trailers ensure that ring-feeder is clean of any products or dirt so that pin goes down fully and locks into place.

THANK YOU!

## Tips to reducing health risks when working in hot conditions

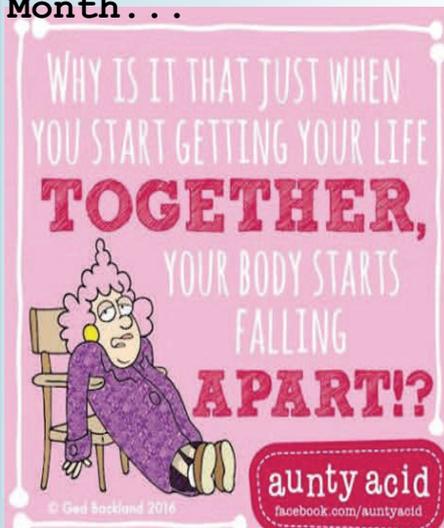
- Stay hydrated; drink plenty of water regularly
- Wear a hat, long sleeved shirts and longs if working outside for extended periods
- Use sunscreen; remember to reapply
- Ensure air conditioner is working; report faults



## ATA Facts

There were 97 road deaths nationally during December 2015 – 11 more than in December 2014, according to the latest [Road Deaths Australia](#) report. The Road Deaths Australia bulletin is produced each month by the [Bureau of Infrastructure, Transport and Regional Economics](#). The bulletin tracks the distribution of road deaths in Australia over the last 5 years. The report shows that NSW has the highest number of fatalities, recording 348 road deaths in the year ending December 2015, followed by Victoria with 257 fatalities, Queensland with 242 fatalities, and Western Australia with 160 fatalities in the same period. However, the WA government's preliminary analysis of serious and fatal crashes on WA roads in 2015 show most were avoidable, with speed, alcohol, fatigue and not wearing seatbelts major contributors to the death toll. "The road safety message is sinking in, but we still have the same preventable factors appearing in our serious and fatal crashes," WA Road Safety Minister Liza Harvey said. "That is why we, as a community, must always have road safety front and centre of our minds every time we get behind the wheel."

Thought of the  
Month...



## CBH Corner- Life Saving Rules

1. **Any Areas Under Fumigation:** Unless authorized by a Licensed Fumigator, no person shall enter a grain storage or any area that is under fumigation.
2. **Isolation of Energy:** No person shall work on or enter any equipment that has not been isolated from all sources of energy unless specifically permitted by an approved procedure for testing, commissioning or hygiene purposes.
3. **Drugs & Alcohol:** No person shall bring, use or be under the influence of illicit drugs on any CBH premises. No person shall operate any vehicle (company owned or personal) on a CBH site or on company related business activities, at or above the prescribed statutory limits for alcohol.
4. **Mobile Phones:** Hand held operation of mobile phones is not permitted by a person in control of a vehicle (company owned or personal) on a CBH site or on company related business.
5. **Long sleeve shirts** must be worn on all CBH sites. Sleeves are to be rolled down when out of the truck. Shorts are acceptable. Do not forget work boots and protective glasses.

**SAFETY FIRST—NO COMPROMISE!**

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

## FATIGUE MANAGEMENT

**There is only one cure for fatigue– It's sleep. There is only one way of preventing fatigue– it's getting enough sleep.**

Driver fatigue is a major road safety problem. Work Safe has defined fatigue as 'loss of alertness, drowsy driving and falling asleep at the wheel'. It is certainly all of these things and more.

Seven and a half hours sleep is generally recognised as an average and normal need. If you get much less than this you will suffer fatigue. You will feel tired during the day and specially after lunch; but you'll feel much worse at night when your body clock turns your alertness right down. If you aren't getting enough sleep, you probably know it deep down but believe you can cope.

Drivers who got less than 6 hours sleep experienced 4 times as many dangerous situations while they were driving. So, getting enough sleep is essential to safety; and a driver should aim to get 7½ continuous hours of sleep.

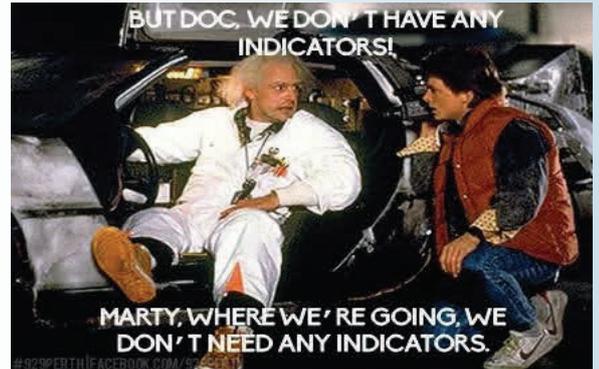
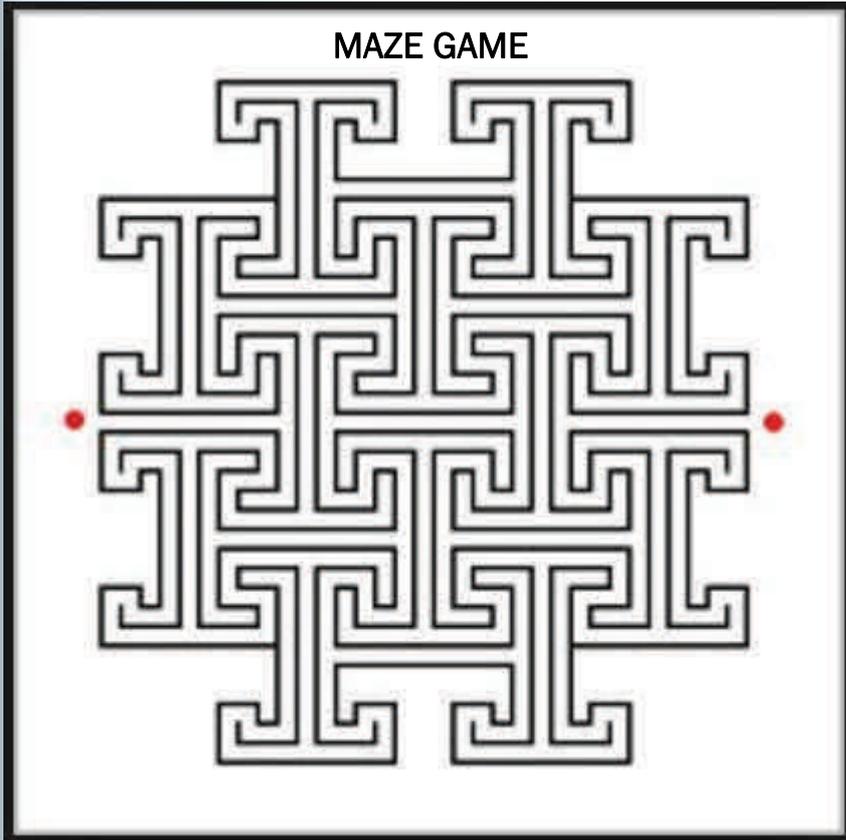
According to the Fatigue Management for Commercial Vehicle Drivers, so far as practicable a driver must have at least a minimum of 7 hours Non-Work Time between two regular shifts. If you are experiencing fatigue, talk with your supervisor and/or scheduler.

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.



**Happy Birthday to February & March babies!**

|              |        |                 |        |                   |        |
|--------------|--------|-----------------|--------|-------------------|--------|
| JAY CAPLAN   | 5-Feb  | HENDO HENDERSON | 1-Mar  | STEPHEN LINDAU    | 25-Mar |
| SHANE GATTI  | 6-Feb  | ANDREW DAVIS    | 6-Mar  | PETE LANDER       | 26-Mar |
| IVANA BROWN  | 12-Feb | BARRY HOSKIN    | 8-Mar  | LIAM WARD         | 26-Mar |
| RAY TYLIPSKI | 12-Feb | MAX PITCON      | 15-Mar | GRAHAM HARGREAVES | 27-Mar |
| SAM EDWARDS  | 14-Feb | MATT DEJONG     | 16-Mar | SEAN BULLEN       | 29-Mar |
| DUNCAN WATTS | 21-Feb | GREG MARLEY     | 18-Mar | DAVID BALL        | 30-Mar |



Got something you would like to add to Marley's Mail...please contact Ivana on [ivana@marleys.com.au](mailto:ivana@marleys.com.au) or 9410 4611 .

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