



MARLEY'S MAIL

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**SEPTEMBER /
OCTOBER
2016**



Marley's Transport Staff Christmas Party 2016 Saturday, 22 October 2016 from 12 pm to 6 pm

Face Painting
Giant Connect 4
Giant Jenga
Bingo

- All you can eat pizza and other treats
- Drinks
- Jukebox
- Entertainment and games with prizes to be won

**Come along with your family and enjoy a relaxing afternoon with your work colleagues.
Please remember to organise a Designated Driver.
We do not want anyone to Drink and Drive!
Drink Responsibly and have a great time!**



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MARLEY'S REMINDERS

Online Inductions: Thank you to all Marley's employees for completing the online inductions in a timely manner!

Drugs & Alcohol and Prescribed Medication: Marley's Transport is committed to ensuring a safe and healthy work environment. We believe that all work related injuries and property losses are preventable and that personal safety is a paramount at all times. Marley's employees or subcontractors must not be under the influence of drugs or alcohol at any time while working for Marley's and while operating Marley's trucks and/or other vehicles and equipment. This includes prescribed medication that might cause drowsiness or have other negative impacts on driving/performing work tasks in a safe manner. Remember, the blood alcohol limit for truck drivers is 0.00.

All employees must be in a fit state for duty, both mentally and physically.

Medical Assessment for Commercial Vehicle Drivers: Marley's complies by TruckSafe standard which states that every commercial vehicle driver needs to hold a current medical certificate. Also, drivers age 50+ have to renew their medical assessment every year and drivers under 50 every 3 years.

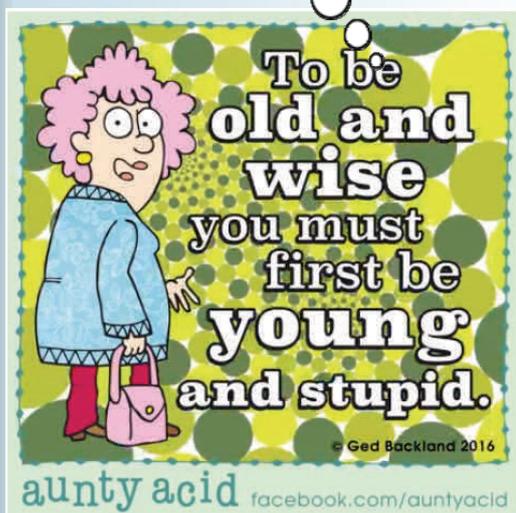
Drivers' duty of care is to report health issues or concerns to the assessing doctor. In that way, all potential health issues that might have a negative impact on fitness for work can be addressed immediately and an appropriate course of action/medical treatment can be initiated. Remember, prevention is better than a cure!

Fines & Infringements: All driving related infringements are the responsibility of the driver. This includes things such as speeding, photographed by a red light camera, failing to stop, illegal maneuverings, etc. All vehicle related infringements are the responsibility of the owner. This includes things such as overloading, vehicle defects, and permits (unless severe driver negligence proves otherwise).

Did you know that fines such as speeding are more expensive when driving a heavy vehicle.

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

Thought of The Month...



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

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



Driver Health: Preventing Truck Drivers Back Pain

Sitting – as a truck driver, it’s something you’re going to be doing all the time, and it could be causing you pain. And you can see the result of truck drivers back pain at any truck stop as drivers climb out of their cabs, hunched over and stiff. Long sitting may cause risk of blood clots, heart attack, and stroke increases. You’re more likely to have back and neck pain. Your hip flexors can tighten, your hamstrings shorten, and pinched nerves are more likely. Our bodies weren’t made to sit for so long, so when we do, the body is being stressed. Truck drivers back pain is unfortunately too common.

However, there are some simple things you can do to prevent truck drivers back pain or injury from being in the driver’s seat. From checking your posture to the back exercises for truck drivers, these steps only take a few minutes to perform.

Truck Driving Posture

When your posture begins to break down, muscles in your body start being pulled in directions they weren’t meant to be pulled. This results in chronic pain. Be aware of your posture. Make sure your seat is in the correct position so that your back is straight, your arms are relaxed, and your legs lightly touch the seat. You shouldn’t feel any tightness in your body in a relaxed, seated position with good posture.

Back Exercises for Truck Drivers

Another way to prevent back pain from lots of driving is light stretching. Do some quick stretches in your cab when you make a stop. You can do anything like a twist, stretching the arms or wrists, and turning the head from side to side. This will help stretch out your ligaments and prevent long term pain. Get into a habit of stretching every time you stop.

Physical Activity After Driving

The best way to prevent truck drivers back pain is to simply stop and walk around every few hours. If you’re at a truck stop, do a few laps around your truck. If you have the time, make a quick stop every so often just to stand up. This helps to ease the stress on your body from sitting, and helps increase your circulation after a long period of inactivity. Even if the weather is bad or you can’t leave your cab, standing up and getting out of the driver’s seat is important for your back health.

Truck drivers back pain is very common, so it’s very important to keep these simple tips in mind when you’re out on the road. By doing what you can to help prevent back pain, doing these simple back exercises for truck drivers, and getting some physical activity outside your truck, you’ll save yourself time off the road due to chronic pain.



Choosing A Good Seat Cushion

Many modern truck seat cushions are designed to help ease back and bodily pains, while helping bolster circulation within the legs and the rest of the body. Ultimately, they help drivers drive longer while feeling much more comfortable than if they used another seat cushion. Consider ergonomic and comfortable seat cushions such as Memory Foam Seat Cushion; Memory Foam Seat Cushion Set, Ergonomic Neck Pillow, Head Support Cushion, etc. available online or in pharmacies.

Remember:

Regular exercise, weight lifting, yoga, etc. is good, however always talk with your GP and/or Physiotherapist before beginning an exercise program.



Closing the Gate and Re-fueling at Milne

Security:

Milne’s yard is to remain locked during night from 10 PM to 4 am. If you open the gate during that time, it is **your responsibility** to close it behind you.

Re-fueling:

As per Marley’s procedures, you are required to report all fuel/oil spills which occur on any site, including Milnes, to your supervisor. This is regardless of the size of the spill.

Prior to re-fueling at Milnes you are required to use the cut down ‘bulky’ under the tank you are re-fueling in case of an accidental spill.

All spills must be reported to the site manager, and cleaned up using the spill kit provided. Failure to report and clean the spill is in breach of the site requirements and poses an environmental risk.

Safety:

You are not to climb on any loads to level them out if your trailers are not fitted with hand rails, and they are being used. If required you can use the weighbridge cat walk to do this task.

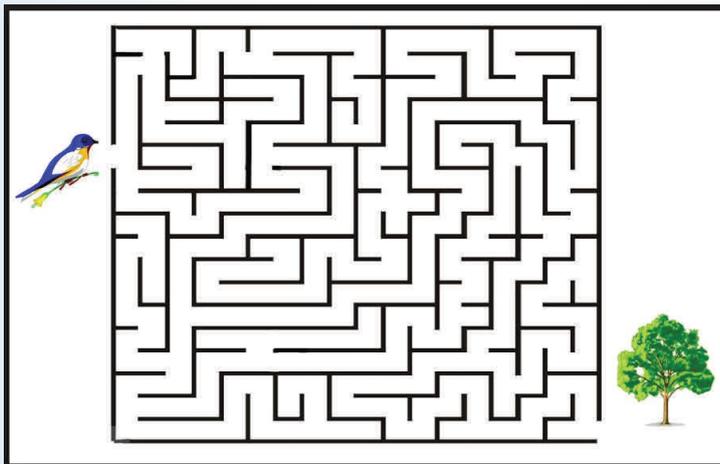
If you are uncertain on any of the above points please contact your scheduler/manager for clarification. Otherwise please sign the acknowledgement below and return with your paperwork.



CBH Corner— Life Saving Rule

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 CBH site or on company related business activities, at or above the prescribed statutory limits for alcohol.



Happy Birthday to September and October Babies!

7-Sep	KIM DOWNING	2-Oct	WILL STEVENS
12-Sep	ANDREW HICKS	5-Oct	JIM FITZGERALD
24-Sep	HAYDEN SPARGO	10-Oct	CHRIS C.SCHROEDER
1-Oct	ALLAN DIACK	15-Oct	FRANK MARLEY
1-Oct	COLIN HUGHES	22-Oct	JEREMY CHRISTISON



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