



# MARLEY'S MAIL – JULY 2018

Email: [admin@marleys.com.au](mailto:admin@marleys.com.au), website: [www.marleystransport.com.au](http://www.marleystransport.com.au)

## WELCOME

### New members to the Marley's team

Peter Anderson – Truck Driver

Max Picton – Workshop

Reece Hay – Truck Driver

Chris Oostdam – Truck Driver

John McGarry – Truck Driver

## MARLEY'S REMINDERS

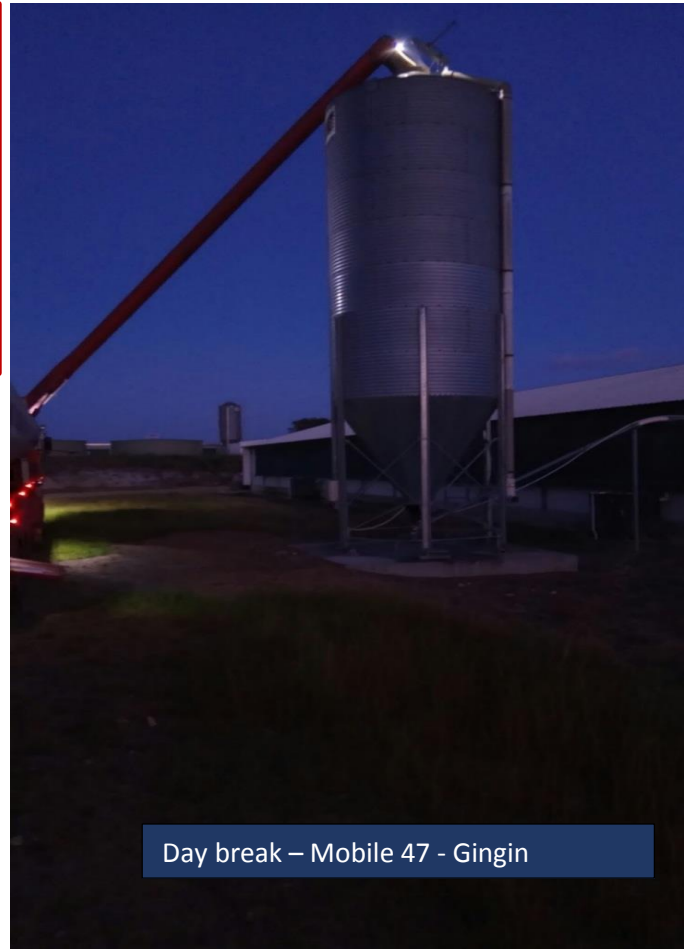
**Workshop Training** – Don't forget Forklift Training is on this month – for those that are enrolled please remember that you need to complete the pre learning Q & A, provide 2 passport photos and take your identification with you on the day.

**Safety Reminder** – Please remember when using or actively participating in using the pressure washer – you all **MUST** adhere to wearing and applying double eye protection – (glasses and a face shield) this is not there to hinder you but to ensure that you retain your vision....

**Safety- Ingham's site - 1.** All driver's to be inducted to site before entering. Please ensure that you follow the designated Traffic Management Plan.

**2.** Working at Height - Drivers to please ensure that you are not placing yourself at any risk of a fall – please use your access points on your trailers to protect yourself at all times or use the one provided at Ingham's.

**New - Rover App** – CBH are rolling out this application with a scheduled start date for Marleys as at Monday 16<sup>th</sup> July for loads carted out of Narrakine. The app will remove the requirement for the white RMA paperwork currently used and eventually speed up the process with a self-serve style loading approach. CBH staff and Marcus will be onsite to assist with the transition.



Day break – Mobile 47 - Gingin

You don't have to be great to start,  
but you have to start to be great.



*New additions to the fleet*

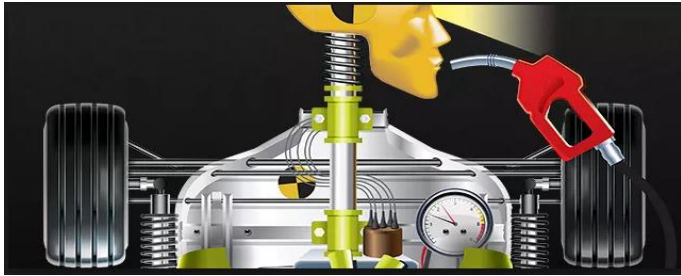
We pride ourselves on providing a reliable and efficient transport service to our customers

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## Mens Health Week - June 2018

Over recent months we have been promoting Healthy Trucker information, last month was Mens Health week and we thought that we would add some additional information



Did you know that Australian Men often get sick from serious health problems, often due to lack of early intervention..... 4 men each hour in Australia die from potentially preventable health condition.

### Road map for good health

**7 HEALTH FACTS MEN NEED TO KNOW**

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.

Only **30%** of a man's overall health is determined by his genetics.

**70%** is controllable through lifestyle.

**MENTAL HEALTH**  
Inactive men are **60%** more likely to suffer from depression than those who are active.

**DRINKING**  
Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

**7-8 HOURS SLEEP**  
Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.

**NUTRITION**  
How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, 1/2 an avocado, and a pear.

**ACTIVITY**  
Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

Does your tool kit need to make some minor adjustments?

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

If you're a truck driver it pays to learn what you can claim at tax time



#### Car expenses

- You can claim** a deduction when you are:
  - driving between separate workplaces (eg you drive for two different employers)
  - driving to and from an alternate workplace for the same employer (eg travelling between depots)
  - transporting bulky equipment provided you meet the following criteria:
    - your employer required you to transport the equipment to work
    - it was essential to earning your income
    - there was no secure area to store the equipment at work
    - it was bulky (around 20kg) and cumbersome to transport.

You need to keep a record of your work-related car expenses using a logbook or be able to demonstrate a reasonable calculation using the cents per kilometre method.

- You can't claim** the cost of normal trips between home and work, even if you live a long way from your usual workplace or have to work outside normal business hours. This includes parking fees and tolls when you drive to and from work.

#### Phone and internet expenses

- You can claim** phone and internet usage if your employer needs you to use your personal devices for work. You can only claim the work-related portion of the use of your personal device.

- To claim a deduction for work-related expenses**
  - you must have spent the money yourself and weren't reimbursed
  - it must be directly related to earning your income
  - you must have a record to prove it.\*

You can only claim the work-related part of expenses. You can't claim a deduction for any part of the expense that relates to personal use.

\*Use the ATO app 'myDeductions' tool to keep track of your expenses.

#### Travel expenses

- You can claim** a deduction for travel expenses if you are required to travel overnight from your usual workplace (eg travelling to a remote area), provided the cost was incurred while carrying out your work duties.\*
- Travel expenses may include meals and accommodation, fares, petrol and incidentals such as parking fees and tolls.
- Receiving a travel allowance from your employer does not automatically entitle you to a deduction. You still need to show that you were away overnight, you spent the money yourself, and the travel was directly related to earning your income (eg it was not a personal expense).

- You can't claim** accommodation expenses if you sleep in your truck or your employer provides you with accommodation.

\*Circumstances may be different for FIFO workers.

#### Clothing expenses

- You can claim** a deduction for the cost of buying, hiring, mending or cleaning certain uniforms that are unique and distinctive to your job, or protective clothing (eg steel capped boots) that your employer requires you to wear.
- You can't claim** a deduction for the cost of buying or cleaning plain clothing worn at work, even if your employer tells you to wear it (eg standard jeans, drill shirts and trousers).

#### Other common deductible work-related expenses

- As long as the expense relates to your employment, **you can claim** a deduction for the cost of:
  - protective equipment such as sunglasses, sunhats and sunscreens
  - restraining ropes
  - union fees.



For more information, go to [ato.gov.au/occupations](http://ato.gov.au/occupations)



At the end of each day life should ask us:



Do you want to save the changes?

DespicableMeMinions.org