



# Marley's Mail - November 2020

50  
MARLEY'S TRANSPORT  
YEAR

ANNIVERSARY  
EST. 1969



**Harvest 2020 – October**  
**Neil Smiths Farm, Merredin – MBL 38 & MBL 10**

## MEN'S HEALTH

Globally, men die on average six years earlier than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way; we can all take action to live healthier, happier and longer lives.



**1. Spend time with people who make you feel good.** Stay connected, your mates are important. Catch up regularly, check in and make time.

70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we're here for our mates, but worried about asking for help for ourselves. Reaching out is crucial.

**2. Talk, more.** You don't need to be an expert, you don't have to be the solution, but just being there for someone to listen can be lifesaving.

**3. Know the numbers.**

At 50, talk to your GP about prostate cancer, do you need to have the PSA test? Know your numbers, know your risk & Talk with your doctor.



**4. Know thy nuts. Simple.** Get to know what's normal for your testicles. Give them a check regularly and GO to the doctor if something doesn't feel right.



**5. Move, more.** Add more activity into your day.

Do more of what make YOU feel good.



MOVEMBER

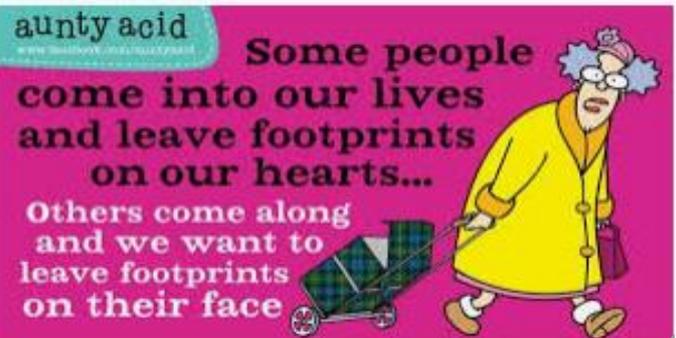
## Marley's Share

**Hydration** - Team please be mindful that when you are hydrating the body, especially as we begin to get into the warmer months that we consider what we consume.

Water will hydrate the body best – if you want to mix it up consider adding some slices of Lemon, orange, cucumber, strawberries and even a hint of mint or Sparkling Water.

**Energy Drinks** - If this is your source or choice of drink, please be mindful that there are associated risks with consumption. Caffeine overdose (can lead to a number of symptoms, nausea, heart palpitation, high blood pressure, vomiting and convulsions). Long term consumption can lead to health effect of kidney damage, obesity, insomnia, tooth decay and again high blood pressure.

It is reported that depending on the size of the drink, two drinks a day could put you at risk of the above symptoms.



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



# Marley's Mail - November 2020

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## Ooops - What's gone wrong?

**INC 740** - Driver made the decision to reverse in the yard at Hope Valley to undertake a pre-load of Soya. The driver was not confident with his reversing skills but proceeded with reversing and as performing this contact was sustained between the prime mover and a bollard outside of the shed. Minor damages sustained to the prime mover, the bollard required repositioning. If in doubt or not confident always contact operations and they will offer a solution or request a spotter to assist you with reversing or positioning.

**INC 741** - Driver at an external site, exited the cab to inspect his load, as he performed this his head made contact with an overhead chute causing a severe laceration to the forehead. This laceration required immediate medical attention, the driver was transported to local hospital where he undertook medical attention. The driver on this occasion made an error by not applying his hard hat as he exited his truck. This incident is still pending investigation and advisement that some engineering controls are being considered to assist our drivers with working safely on site. Drivers to ensure advised site PPE requirements are followed.

**INC 742** - Driver was climbing down from step in between prime mover and trailer, the driver had a hand grip on the trailer ladder and his other arm fully extended with a grip on the handle of the exhaust pipe. The driver did not have a secure footing and slipped to ground sustaining a soft tissue injury. Always descend a step or ladder ensuring you have three points of contact, always use the provided access handles in direct location and applied foot holds.

**INC 744** - Driver was identified as undertaking cleaning out of his trailer at an external site at height. The trailer used does not have any applied edge protection devices fitted and no site platform was identified as available or used. Truck drivers are only approved to perform works from height if they have portable edge protective devices fitted or the location has an access platform to perform that task.

## Sending Birthday Wishes To:

Rob Jacob 8th

Byron Rodd 19th

Marcus Watson 20th

Jeremy Christison 22<sup>nd</sup>

Simone Tornago 22<sup>nd</sup>

Pierre Lange 26th

## Happy Birthday Team

We may encounter many  
defeats but we must not  
be defeated.

MAYA ANGELOU

## Marley's Notification

Welcome new member to the  
Marley's team

Barry McCracken - Truck  
Driver

Thomas Murphy - Truck Driver



MBL 37 - Darren



November 11  
Remembrance Day