



Marley's Mail – September 2023



Fun Facts for September:

- September was originally the seventh month of the year.
- A full moon in September in the US is called a Corn Moon.
- The Spring Equinox occurs around the 22nd/23rd of September.



Barry Horton – 10th

Jason Branley – 12th

Trevor McGregor – 21st

Damien Bryden – 26th

Enjoy celebrating your special day!

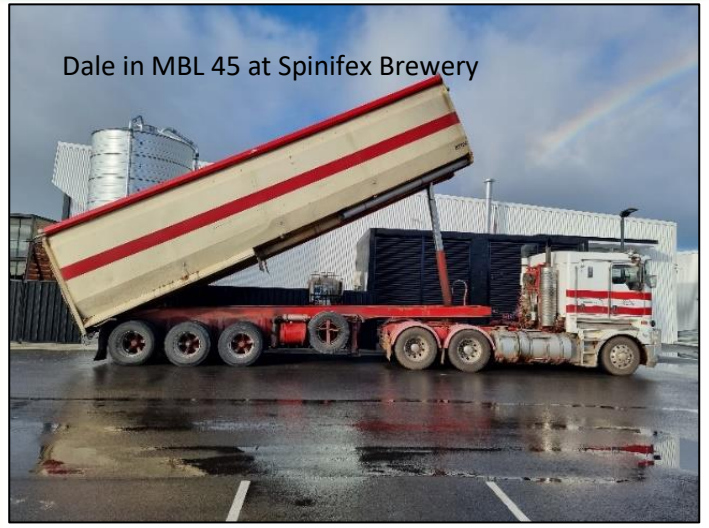
What's Gone Wrong?

Over the past few months, we have been having issues with the cone placements at CBH where drivers get out of their trucks to move them.

Please remember that these cones are in place for a reason, and they are not to be moved. If you are unsure about something, always stop and ask questions.

We have also had a few drivers climbing on top of their trailers without guard protection. **Please be reminded that you are not permitted to climb on top of your trailers without guard protection.**

These are in place for a reason and are there to protect your safety.



Dale in MBL 45 at Spinifex Brewery

Marley's Staff Party!

The Annual Marley's Staff Party is happening on the 4th of November from 12pm to 6pm – Unit 2 McLaren Avenue.

We are looking forward to sharing our 54th Year with you and your family.

Teamwork in the Workplace



- | | | | |
|-----------|-------------|-------------|-----------|
| Loyalty | Flexibility | Experience | Effective |
| Integrity | Appearance | Skills | Leader |
| Standards | Supervisor | Goals | Ethics |
| Manager | Honesty | Communicate | Habits |



Ricky in MBL 50 at Kiri Park

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



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Special Thanks

Mark Gray – Celebrating 9 years on the 3rd of September.

We thank you for your commitment and dedication to the Marley team over the years!

Fitness
NRSPP Heavy Vehicles Toolbox Talk - Poster

Heavy vehicle drivers in Australia are considered a high-risk population to develop heart disease, type 2 diabetes, obesity and mental illness¹⁸.

- 80% of drivers do not reach the minimum moderate- and vigorous-intensity physical activity levels recommended¹⁹.
- In Australia, around 60% of truck drivers are obese, compared to 30% of the general population¹⁸.
- A recent study found 49% of Australian drivers do not meet the national physical activity guidelines¹⁸.

Drivers
Breathing exercises can be your best ally. Taking only a few minutes to focus on your breathing can help you reduce stress, focus on your task, or energise.

Choose physical activities that fit your lifestyle. Exercise does not mean a gym of specialised equipment. Some of the simplest movements can help you increase your heart rate, burn up stress and strengthen your bones and muscles, all in 15 minutes or less.

Try to build a routine. Select activities that you can do almost everywhere by yourself and during different times of the day. Set a playlist of music that activates you and save it in your phone.

Companies
Offer resources and training for drivers to develop strategies and routines to incorporate physical activity into their lives. Make it accessible and convenient.

Be sustainable. Plans to support your drivers adopt healthier habits is also part of the efforts to ensure the industry is sustainable in the long-term. The physical wellbeing of your staff is a fundamental part of the safety culture of your company.

Welcome new members to team Marley.

- Denham Bruce – Trades Assistant
- Morgan Pitman – Driver
- Thomas Driver – Driver
- Zeyn walker – Driver
- Nathan Seberry – Driver
- John Hagstrom – Driver

Reminders

Please be reminded to always put in your paperwork at the end of the day, especially your timesheets.

Please be aware that it is a requirement that all four (4) safety locks are to be applied to trailer tailgates when loaded. Using only the bottom two creates a safety risk as they are not designed to withstand a loaded tailgate on their own and if/when they fail, they create a risk by suddenly releasing the tailgate as well as the possibility of the safety lock itself being turned into a projectile, both of which could cause serious injury. If you have trouble reaching the top two locks, please let us know as we have extension poles that can be used to flip them on/off.

Just a reminder...

Ask R U OK Day is on the 14th of September 2023

RU OK? Have a conversation using these 4 steps

- 1 Ask R U OK?**
How are you travelling?
You don't seem yourself lately – want to talk about it?
- 2 Listen**
I'm here to listen if you want to talk more.
Have you been feeling this way for a while?
- 3 Encourage action**
What do you think is a first step that would help you through this?
Have you spoken to your doctor about this?
- 4 Check in**
Just wanted to check in and see how you're doing?
Have things improved for you since we last spoke?

Learn more at ruok.org.au



Trev in MBL 4 at Kojonup Feeds