



MARLEY'S MAIL

**JULY / AUGUST
2016**

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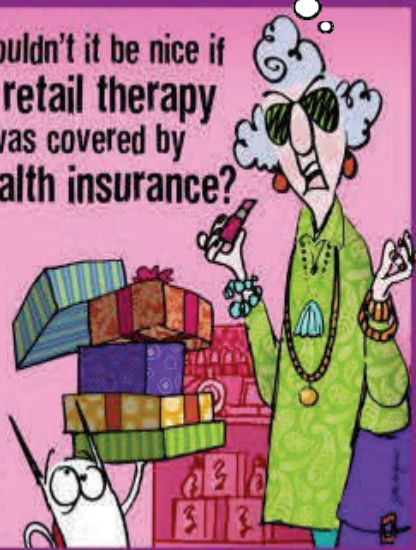


Inside This Issue

- ⇒ Marley's Reminders
- ⇒ Verification of Driving Competency
- ⇒ Driver Health—
Sleep Apnoea
- ⇒ Milne Corner
- ⇒ CBH Corner
- ⇒ Birthdays

Thought of The Month...

Wouldn't it be nice if
retail therapy
was covered by
health insurance?



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

MARLEY'S REMINDERS

- ⇒ **NO ONE** is allowed to climb onto their loads to level them out unless their trailer has hand rails fitted and they are being used.
- ⇒ Considering the cold weather, if you put a jacket or jumper over your high vis shirt please ensure you wear a high vis vest over it. A high vis item of clothing must be worn at all times outside of the truck as per customer requirements. If you do not have a high vis vest ask for one from Marley's office.

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

TRUCK DRIVERS TO UNDERGO A VERIFICATION OF DRIVING COMPETENCY EVERY 3 YEARS

TruckSafe is a voluntary accreditation standard to which Marley's Transport complies.

Being TruckSafe accredited means Marley's Transport is agreeing to a set of guidelines which prove we are among the safest road transport operators in Australia.

TruckSafe has recently released a new set of standards which require **ALL drivers to undergo a verification of driving competency every 3 years.**

The driver's competence can be verified by an experienced driver, company manager or external trainer.

This means, Marley's will appoint a qualified person to jump in the truck with you for a short period of time to ensure you meet the requirements of your position and that you are safety focused on the road.

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



Drowsy Drivers can cost lives – Check out the Sleep Apnoea fact sheet for more information

DRIVER HEALTH – SLEEP APNOEA
Symptoms of Sleep Apnoea

Excessive daytime sleepiness (after a full night of sleep) which manifests itself as a tendency to doze at inappropriate times when intending to stay awake, can arise from many causes and is associated with an increased risk of motor vehicle crashes.

If you are experiencing some or all of the listed symptoms (see image below) you may be suffering from Sleep Apnoea.

Until the disorder is investigated, treated effectively and license status determined, drivers should completely avoid or limit their driving. Otherwise your health and safety and other people’s safety are at risk!

The symptom most commonly associated with Sleep Apnoea is snoring. However, not everyone who snores has Sleep Apnoea. If snoring is combined with choking or gasping sounds, it is likely to be Sleep Apnoea. Daytime fatigue is another common symptom.

SLEEP APNEA

Symptoms of Sleep Apnoea*

- Concentration and memory problems
- Disturbed sleep and Excessive daytime sleepiness
- Morning Headaches
- Loud snoring
- Gasping or choking while sleeping
- Nausea
- Frequent Nighttime Urination
- Irritability and/or feelings of depression

Risk Factors for Sleep Apnoea*

- Having a recessed chin, small jaw or a large overbite
- A large neck size (17 inches or greater for men, 16 inches or greater for women)
- Having a small upper airway
- Tobacco and alcohol use
- Being overweight
- Being age 40 or older
- A family history of sleep apnea

Who can have Sleep Apnoea

A common misconception is that Sleep Apnoea only affects older, overweight men. This widely-held assumption is wrong: **anyone can have Sleep Apnoea**, regardless of gender, age or body type. **If you have any of the following traits you may be at increased risk:** Excess weight; Large neck size (a large neck will have more fatty tissue that can block your airway); Older age (40+ for men, 50+ for women); Men have twice the risk of having Sleep Apnoea compared to women; Smokers have a higher risk of Sleep Apnoea; High blood pressure is very common in people with Sleep Apnoea; Family history of Sleep Apnoea.

What are the effects of Sleep Apnoea

Sleep Apnoea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep. During the day, you may feel fatigued, have difficulty concentrating or you may even unintentionally fall asleep. This is because your body is waking up numerous times throughout the night, even though you might not be conscious of each awakening.

What are the Treatments for Sleep Apnoea

There are many people with Sleep Apnoea who have not been diagnosed or received treatment. Your GP can refer you to a Sleep Specialist who will apply an in-laboratory sleep study or a home sleep test. Sleep Apnoea is treated using Continuous Positive Airway Pressure (CPAP) or Oral Appliance Therapy, the front line treatment for Sleep Apnoea.

MILNE Corner

Close the Front Gate

Milnes’ front gate gets closed between 10 PM and 4 AM to ensure site security. However, lately there have been issues with the front gate being left open. If drivers are unable to close the gate between these times, **they are required to INFORM THE SHIFT LEADER** so the shift leader can close the gate.



CBH Corner

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.

Happy Birthday to July-August Babies!

- Jason Woodward 19 Jul
- Alex Davies– 23 Jul
- Tevita Aholelei– 7 Aug
- Ron Crawley– 9 Aug
- Bill Kealley– 14 Aug
- Grant Oldham– 21 Aug
- Ian Soffe– 25 Aug

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