



MARLEY'S MAIL - AUGUST 2019

Email: admin@marleys.com.au, website: www.marleystransport.com.au



Amazing Sunset by Ricky Holland

Sending Birthday Wishes To:

- Alan Signal - 1st
- Aiden Fitzpatrick - 4th
- Tevita Aholelei - 7th
- Ron Crawley - 9th
- Bill Kealley - 14th
- Ian Soffe - 25th

Wesfeeds - Defensive Driving Share

How the Bentley and Northam Mauri sites describe defensive driving.

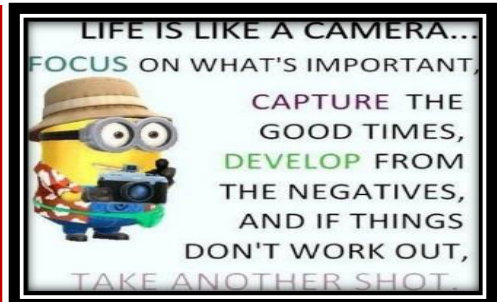
- Driving to save lives despite the conditions around you and the actions of others
- Being prepared to respond to a hazard, even when it's not your fault
- Knowing how speed and weight affects the braking time to stop
- Preparing transport loads to prevent accidents
- Respecting other drivers and pedestrians on the road
- Looking ahead to predict what could happen
- Don't do things that distract you from driving safely
- Keeping calm, a happy driver is a safe driver

Don't forget to report situations that increase stress levels when driving because there will be a way to resolve or control this hazard. And thanks for looking out for us and improving safety onsite....

Remember: If you do it, record it. If you don't record it, how can you prove that you have done it?

New Members to the Marley's Team:

- Chris Ruck - Scheduler
- Rory Jonas - Workshop
- Mitch Mailey - Workshop



2018/19 HMMS Grain Delivery Snapshot WA Main Roads



Over 320K individual loads were delivered



16.5 million tonnes of grain delivered to grain receival terminals

0.004% of loads for the season were either rejected or forfeited



5 Vehicles were excluded for exceeding 5 strikes



- 18 vehicles had 4 strikes
- 50 vehicles had 3 strikes
- 187 vehicles had 2 strikes
- 663 vehicles had 1 strike

1 vehicle exceeded 20% of loads between 7% and 10%, and issued a caution for the 2019/20 season

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

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Marley's Reminders:

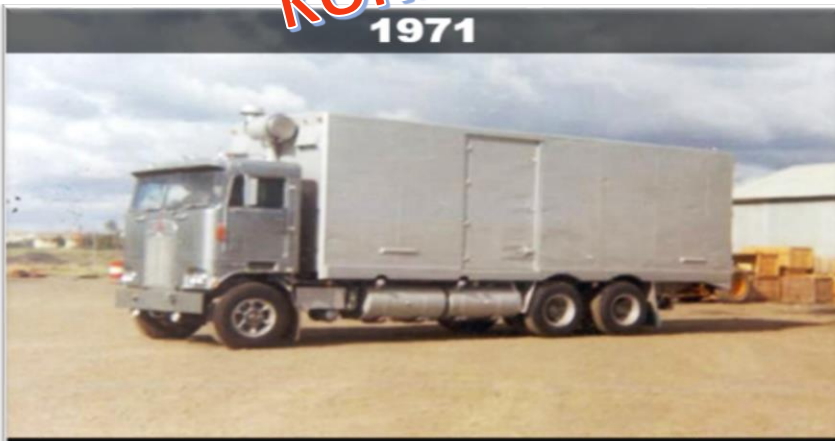
CBH - Have implemented a new Sitepass induction, it is required that all persons visiting the site inclusive of truck drivers undertake completion by no later than 20 October 2019. In addition it is also required that you undertake completion of a personal medical declaration, this is all completed within your Sitepass training portal. If you have forgotten your log in details or password, please contact Jane and she will be able to reset it for you.

Accidents/Incidents - Over the last month we have had two incidents that we would like to share supporting information with you to raise the awareness about: **What** happened, **What** were the factors that lead to the event and **What** controls we are or have implemented to ensure it doesn't happen again. Please read the 2 attached Safety Shares (#10 Chemical Exposure & #11 Slip/Trip/Fall at Height). These are also available at any time within your in-vehicle tablet - Document Files.

PPE - Personal ear muffs with bluetooth music, phone - radio capabilities are **NOT APPROVED** to be worn on Marley's Sites.

This Month in History

- The first European settlements were established on the Swann River by Captain James Stirling, 12 August 1829
- Kings Park officially opened 10 August 1895



The first Australian-made Kenworth — a cab-over K125CR — rolls off the production line. We used locally manufactured parts wherever possible. Kenworth's W900AR and W900SR were introduced.

ALCOHOL & WEIGHT GAIN

HOW ALCOHOL CONTRIBUTES TO WEIGHT GAIN

Alcohol is a part of every day life, and when managed properly, can continue to be a part of every day life, but in order for this to happen, we must first understand the process around alcohol consumption

THE METABOLIC PROCESS

The body cannot store alcohol, it is a toxin to the system, and as such it must be metabolised and worked off. Due to the fact that it is a toxin, alcohol becomes a priority in the metabolic process and as a result, the body will not metabolise other sugars and fats as efficiently. Effectively, whilst alcohol is in the system, the burning off of anything else gets paused. On-top of this, alcohol is just empty calories, i.e. it has no nutritional value

CALORIC IMPACT OF ALCOHOL

When it comes to weight loss (or weight gain), at the end of the day it is all about calories in vs calories out. The empty calories in alcohol are quite high, and considering the fact that there is no nutritional value, and the body is pausing most other nutritional absorption when it is in the system, the impact of alcohol consumption can be quite severe

Alcohol	Protein	Carbohydrate	Fat
7 CALORIES PER GRAM <small>That is almost the same as pure fat</small>	4 calories p/gram	4 calories p/gram	9 calories p/gram

HOW MANY CALORIES ARE YOU DRINKING?

1 standard nip of alcohol has equivalent calories to a slice of bread...and this is before additives	A pina colada has similar calories to a DOUGHNUT	A glass of wine has similar calories to a SLICE OF CAKE
A pint of beer has similar calories to a POTATO	A spirit and coke has similar calories to a BLUEBERRY MUFFIN	A frozen margarita has similar calories to a CHEESEBURGER

WHILST SOME OF THESE COMPARISONS DO NOT SEEM TOO BAD, YOU NEED TO THINK OF IT IN TERMS OF VOLUME. WOULD YOU GO OUT AT NIGHT AND HAVE 6 POTATOES ON TOP OF THE DINNER YOU ATE AT THE PUB? WOULD YOU HAVE 5 SLICES OF CAKE AS WELL AS LUNCH?? IT ALL ADDS UP

OTHER FACTORS TO CONSIDER

MIXERS The soft drink, juices and energy drinks that many alcoholic beverages are mixed with are often loaded with sugar, also have limited nutritional value and will get stored as fat whilst alcohol is in the system	POOR FOOD CHOICES Drinking will usually increase the appetite whilst decreasing mindfulness and correct thinking. This will lead to poor food choices. A late night fast food, kebabs or eating the fridge when you get home
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CAN I STILL DRINK AND LOSE WEIGHT?

This is a loaded question and obviously one that gets asked all the time. The best way to lose weight is to remove drinking completely from daily life. For some people this is a perfectly easy and reasonable way to do it, for other people it is nearly impossible. For people who cannot remove alcohol from their life completely, yes you can lose weight, but there are a few things that need to happen for that to occur.

MODERATION	Generally speaking for a male 2 standard drinks p/day, and for a female 1 standard drink p/day is considered 'moderation'. This will not work for weight loss, plain and simple. Moderation for weight loss would be recommended at less than 3 STANDARD DRINKS P/WEEK. What is more important, alcohol or your goals?
MINDFULNESS	Be aware of what you are drinking, make sure you are not mixing drinks with sugary mixers, stick to the soda water. Have a glass of water between each alcoholic drink to allow for rehydration and less alcohol consumption. Always be mindful of your goals and what you want to achieve, they should be priority.
MUNCHIES	Eat a healthy meal before you go out, make sure you are full and not hungry. This will reduce savings later on. Making sure that the fridge is stocked with healthy food only gives you healthy options when you get home. Stay clear of fast food, it is not going to do any good.
MOVEMENT	Know that you are going to go out for a drink? Make sure that you get some exercise in before you head out, and definitely make sure that as soon as you wake up you head out for some exercise. It also does not hurt doing some movement whilst drinking, so get out and have a dance!

WHAT ARE THE BEST DRINKS FOR ME?

On the rocks	Red wine	Spirit with tonic/soda
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Alcohol is a part of every day life, it is very hard to escape from, but with some education, and a goals' first approach towards drinking, it is possible to strike a balance between weight loss and drinking. Make the right choices and remember, is the extra drink really worth it in the long run??

Brought to you by

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