



MARLEY'S MAIL - MAY 2019

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



Healthy foods to fuel the body during winter

Make a date with porridge

Choose fruit and veggies rich in vitamin C

Look for sources of zinc, like spinach, meat (try lean meat rissoles or hamburgers)

Up your intake of fish, eggs and cheese

Swap sugary foods for sweet root veggies and soups

Increase your intake of iron rich foods - nuts, grains, dried fruit, lentils and beans

Checklist & Tips for Winter Driving

As autumn is coming to an end and the winter season begins in June, it's time to think about your vehicle safety.

No one wants to break down, especially not in the cold or rain!



Visit your mechanic - get a routine inspection and undertake a service on your vehicle



Fill your windscreen reservoir and check that your windscreen wipers



Inspect your tyres and tread

Check your battery and lights

Marley's Reminders:

CBH Mobile Phones – Recently it was identified that one of our drivers was using his mobile phone whilst operating his vehicle on a CBH site. This breaches their Life Saving Rules and will evoke a ban from all CBH sites for 12 months.

It is against the law to use your mobile phone whilst operating a vehicle unless it is a hands free device.

All our tablets are hands free - If you are required to use your own personal mobile you **MUST** ensure that you have a device that supports hands free operation.

RAV Mapping Tool – Just a follow up to remind drivers that the release of the RAV Mapping Tool was completed last month and now applied to your Tablet. This provides you with your compliance requirements for RAV routes. Don't forget to select the appropriate AMMS permit level and your RAV Category. Once the map has generated on your tablet, you will be able to view. Please pay close attention to the solid and dotted lines as these are your approved roads. If you click on the dotted lines on the map they will provide you information if there is a condition.

Seeing Machine Applications - Marleys have implemented an in vehicle monitoring system that monitors drivers for fatigue and distraction events.

When drivers exceed set thresholds the system will notify the driver by audio beeps or seat vibrations. These identified events are sent to a 24/7 monitoring centre who if deemed required contact Marley's management and advise the event.

Type of events monitored:

Fatigue - *drowsiness - eyes closing*

Attention off the road - *glancing away for a period of time*

Field of view exception - *sensor covered*

Mobile Phones - *distracted driving*

Marley's when advised and on review if deemed required will contact the driver and implement measures to manage the identified fatigue event.

This system is implemented for **your** safety, it is against company policy to tamper with the system in any way.

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

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"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart"

- ROY T. BENNETT -

New Members to the Marleys Team:

Brad Price - Driver
Amanda Davies - Driver

Welcome Aboard

aunty acid

Yup...
It's been one of those, "Too much sh*t - not enough shovels" kinda days.



ATTENTION!

I AM OUT OF ORDER UNTIL FURTHER NOTICE. MY "STUPID PEOPLE" FILTER NEEDS CLEANING AND MY "GIVE A DAMN" BATTERIES HAVE RUN OUT.



The worlds largest rock is not actually Uluru, but Mt Augustus.

Mt Augustus is twice the size of Uluru! Where is Mt Augustus located?

Answer: Australia-WA

Sending Birthday

Wishes To:

Cliff Ngataki – 3rd May

Tristan Carey – 3rd May

Chris Rankin – 4th May

Chris Oosrtdam – 11th May

John Lord – 12th May

Rick Kelly – 14th May

Bruce Stephens – 21st May

Mason Sawyer – 29th May

Ricky Holland – 31st May

Happy Birthday to you all

Sunday 12th
May



Mobile 8



MOTHERS
HOLD THEIR
CHILD'S HAND
FOR A MOMENT
AND THEIR
HEART for a
LIFETIME

A MOTHER
IS SHE WHO CAN
TAKE THE PLACE
OF ALL OTHERS
BUT WHOSE PLACE
NO ONE ELSE
CAN TAKE

Anna, Selkirk & Jack

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