

National Road Safety Partnership Program

Monthly Bulletin

December 2020 | Newsletter No. 75

Improving Road Safety Is Simply Good Business

NRSP is proudly hosted by



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NRSPP Achievements

- NRSPP delivered three webinars this month with over 550 registered attendees:
 - **Road Rage and Aggressive Driving** with Dr Amanda Stephens
 - **Road Safety and Other Workplace Benefits of Mindfulness** with Associate Professor Craig Hassed, Dr Richard Chambers and Associate Professor Sjaan Koppel.
 - **Adapting UK's Construction Logistics and Community Safety Initiative to Australia**, with Peter Binham (Transport for London), Jon Lamonte (Sydney Metro), Scott Tipping (Hanson Australia) and Dr. Marilyn Johnson (The Amy Gillett Foundation)
- NRSPP's social initiative Empowr Mobility, featured as part of the **2020 Monash Generator in the Accelerator Program** on the 11th November. As part of Road Safety Week, Empowr Mobility commenced its Victorian Pilots supplying:
 - Individual Vehicles to **Binyam in western Melbourne** and **Cody in Mildura**.
 - Community Vehicles to TAC L2P Programs run by Salvation Army in Bendigo and Sunraysia Assist in Mildura.
- **Welcomed a new Program Partner**, the Campervan and Motorhome Club of Australia
- NRSPP is part of a consortium to deliver Austroads: Delivering safety for heavy vehicle licensing. The consortium is led by Chartered Institute of Logistics and Transport Australia (CILT-A), working together with the Monash University Accident Research Centre (MUARC), the NRSPP and the National Truck Accident Research Centre (NTARC).
- The NRSPP SC and GB both met, key outcomes include:
 - Evaluation process for NRSPP to commence over the coming months
 - Partner engagement and renewal to commence in 2021
 - Work program for next six months confirmed, range of new case studies, tool box talks, fatigue organisational campaign and Q&As are in the pipeline.
 - Endorsement of the NRSPP led Construction Logistics and Community Safety – Australia Memorandum of Understanding.
 - A new course for Directors and Officers "Safe Workers Behind the Wheel" will be launched early/mid 2021. The course is an NRSPP initiative in collaboration with Flinders, Griffith and Monash Universities supported by Zurich Insurance.
- The Austroads / NRSPP Suicide in Road Transport Project Working Group met virtually. All of the streams are meeting their deliverables however the project may be delayed two months due to the quality of data supplied for Stream 2. The Project Team met with Highways England and Sweden Department of Transport to understand their approach and what could be applied locally.

Monthly Focus: Wrapping it Up

Finally, 2020 is coming towards a close. Everyone is beginning to look towards 2021 and a fresh start. But **first we need to get there**. We need to be **mindful** of these last few weeks, **keeping our eyes focused on the tasks at hand** before the holiday period. Now is the time to engage workers and keep them focused but also to begin preparing them for safe travels on their break.

Indications show that Australia will see an unprecedented movement of people this year on our roads as the international world is closed off. Sadly, people will make mistakes on the road, what we try to do is ensure they are not fatal. Please draw on the NRSPP resources to engage workers in conversations, prepare them for the holiday, explore what are **common traits for good driving** and how you may be able to help build them.

The best outcome will be a fresh start to 2021 with everyone returning revised, refreshed and alive.

Have a great holiday period, NRSPP shuts down from the 18th December to the 1st February.



NRSPP Blog

A Year Of Hard Knocks, Gives Way To Opportunity



2020 was always going to be an exciting year of change for NRSPP, with the program moving to a new home. But no one could picture a year like the one we've had.

The constant theme throughout 2020, for all of us, was adaptation.

But looking forward, one positive way to view the closing of this year is perhaps that it has presented us with an opportunity for change. A year where organisations, businesses, government and communities were all forced to create better transport habits for a better future.

Reconsidering Travel And Work Trips

One of the key ways to reduce workplace road safety risk is to reduce exposure. But have we **ever really asked ourselves**:

- Can the meeting be accomplished without travel?
- Can the journey be avoided through technological contact facilities?
- Does the solution offer the best safety outcomes?
- Is the choice effective, affordable and sustainable?

The new COVID-19 world has demonstrated that we don't need to travel as much. And, in a lot of cases, that car, bus, train or plane journey can be replaced with a virtual alternative, reducing risk.

Consider how that time spent travelling has suddenly become far more productive, whether in work output or in more personal time. Being locked down empowered organisations to become nimble and move online. COVID-19 adaptation has demonstrated work time can be flexible and productive.

Many organisations have begun to decentralise to adapt to the new normal, providing real flexibility where workers can work from home and the office. Ironically, **COVID-19 may have provided us the biggest productivity increase in a century.**

We have also re-discovered the value of time lost to the commute in our 'old' world. Those simple low-cost **mobility options of cycling** and walking have become the norm.

Just look at the record sales of bicycles. For some, we became reacquainted with our own neighbourhoods by exploring streets, parks and creeks and during periods of social distancing, people built alternative communities.

Challenging Times Bring Possibility

It has been tough, and often exhausting. For some sectors, there has been little work and, where possible, Australians have rallied around them. Some organisations have got lost in the pandemic, focusing on just the COVID-19 risk to the detriment of all other risks to their mobile workforce. In some cases, doubling or tripling movements of workers in separate vehicles to keep workers safe from COVID-19 has unwittingly increased exposure, without considering fatigue.

However, as was constant in 2020, **after a while adaptation came along and through discussion better systems emerged.** So, moving forward, as a good friend explained to me:

"Do not let the disaster that is 2020 go to waste. Seize on it and use it to embed the systems, approaches and people you need to build the culture you want for the future. Use it to create a positive change and get rid of what is not working."

So, as your workers head off for a well-deserved break, let them know 'a job well done'. Ask them to take care on the roads and **avoid being impatient or aggressive, to be mindful**, and to come back to the new year in one piece.

Looking to 2021 and taking something positive from 2020, keep the habits we want and strive to improve workplace road safety. Then, in years to come, we might look back on 2020 as one that forced positive change amid all the challenges, as there is nothing like **2020 hindsight.**

– Jerome Carslake, Director of the NRSPP

NRSP Feature

Q&A: Safe and Unsafe Drivers



The Question

Which driving behaviours are safe and which are unsafe? And what might be the common traits of safe drivers?

This Q&A helps road users understand driving safely and factors that can help reduce the risk of crashes.

Why it matters

Knowing and understanding the behaviours and traits that are associated with safe drivers – and conversely unsafe drivers – can help people who drive for work and their employers implement measures that reduce the risk of road crashes and trauma.

4 Key Things to Know

- Motor vehicle crashes are the leading cause of death at work, so reducing risk and frequency has multiple benefits.
- Using mobile devices and driving while tired are the most common behaviours displayed by unsafe drivers.
- Driver attitude impacts how safely or unsafely you drive – impatient and aggressive drivers, for example, are more likely to crash than patient drivers.
- Mirror and blind spot checking and safe following distances are associated with safe drivers; safe drivers reduce vehicle wear and tear and emissions.

“Safe drivers reduce maintenance and wear and tear on vehicles, reduce vehicle emissions, and a happier and supported worker tends to be a safe driver.”

Scope of the problem

There are more than 1100 vehicle fatalities each year in Australia. With drivers on the road every day for commuting, travelling, working or taking care of others, there is a critical need to understand what could make the difference between a safe trip and a potentially fatal trip. Vehicle fatalities are the leading cause of death in Australia, and **motor vehicle crashes** have become the leading cause of death at work.

The Occupational Light Vehicle Use Systems Model¹ (pictured) shows various factors that impact work driving safety, especially regarding unwanted results such as damage to vehicles, injuries and fatalities. It is important to remember that **driver behaviour** is only one of the many risk factors that can influence the likelihood of vehicle collisions on the road and, despite otherwise good intentions, external factors outside the driver’s control can also have an effect on their behaviour.

This Q&A was developed to help industry and the community understand the safe and unsafe behaviours drivers may engage in on the road. There are many risks involved in vehicle collisions, but we focus on the work setting and driver behaviour, distraction, attitude and personality.

Read more in our full [Q&A: Safe and Unsafe Drivers](#).

This Q&A is part of a package, along with:

[Infographic: Safe and Unsafe Drivers](#)

[Fact Sheet: Road Trauma Statistics – in 7 Charts](#)

NRSPP News



Landmark Research Reveals 'Horrific' Mental Health Crisis Facing Australian Truck Drivers

Australia's largest survey of truck drivers, led by Monash University, found half of all truck drivers suffered psychological distress.

Truck driving can be a dangerous occupation, with drivers 13 times more likely to die at work than any other Australian worker, according to Driving Health.

[Read more...](#)



Am I A Risky Driver?: New NRSPP Package, "Safe And Unsafe Drivers" Released On National Road Safety Week

NRSPP, in collaboration with one of our partners, Griffith University Work Occupational Resilience Centre (WORC), has just released a "Safe and Unsafe Drivers" package, a collection of three user-friendly documents outlining the behaviours of safe and unsafe drivers.

[Read more...](#)



Welcome

NRSPP
PARTNERSHIP

Welcome To The Campervan & Motorhome Club Of Australia (CMCA), NRSPP's New Program Partner

NRSPP is happy to welcome on board our new Program Partner, the Campervan & Motorhome Club of Australia (CMCA).

[Read more...](#)



ECIS Report Released: Major Study Reveals Factors Causing Serious Injuries On Victorian Roads

A large-scale Monash University study has revealed the major causes of serious injuries on Victorian roads.

[Read more...](#)

**Budget
Direct**

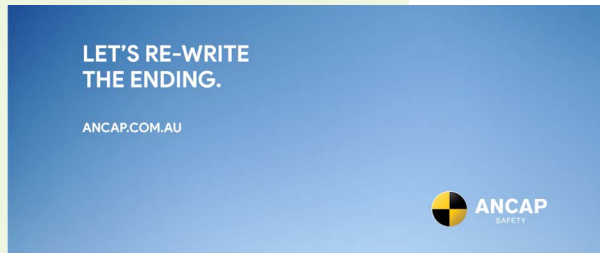
**Aggressive Driving and
Road Rage:
Australian Survey 2020**

News Item: Budget Direct Road Rage Survey And Statistics

Budget Direct conducted a survey to bring clarity to the issue of road rage, constructing a questionnaire for 1032 Australians who represent the nation.

[Read more...](#)

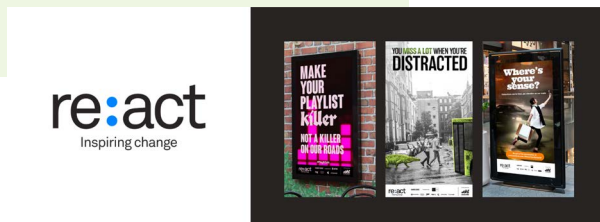
NRSPP News



New ANCAP Safety Campaign Encourages Vehicle Safety Technology

ANCAP Safety has released an awareness campaign throughout Australia, featuring how the functions of two vehicle safety technologies – Autonomous Emergency Braking (AEB) and Lane Support System (LSS), could potentially prevent negative incidents and turn them into positive ones.

[Read more...](#)



Re:act Surpasses Its BHAG

In unprecedented times in 2020, the Re:act road safety behaviour change program has achieved unprecedented results.

Re:act road safety campaigns, created by communication design and advertising students, reached an audience of more than 5 million Australians this year across roadside, retail, universities, and venues.

[Read more...](#)



Schools Encouraged To Promote Road Safety Program For A Safe Christmas Break

Before the Term 4 comes to a close for Australian students, schools are being encouraged to promote a free road safety program to help teenagers have a safe holiday season.

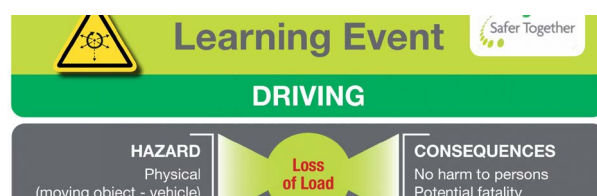
[Read more...](#)



Road Toll Increases As COVID-19 Restrictions Ease

Most of Australia is enjoying their increasing freedom as coronavirus restrictions ease across the nation. But it isn't all good news.

[Read more...](#)



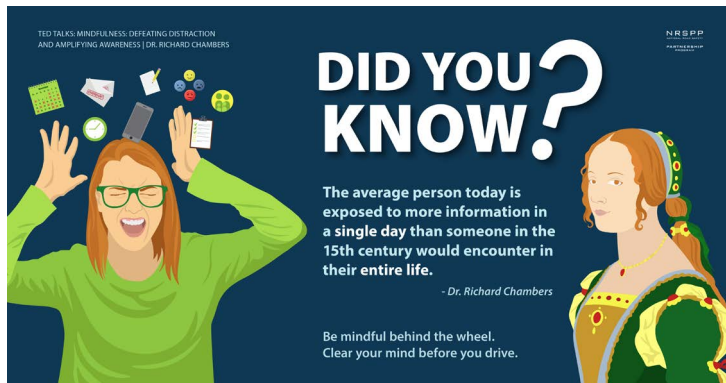
Safer Together Publishes New Learning Event Bulletin: "Loss Of Load"

This new resource studies a case where a piece of material (almost 7kg) fell off the back of a facilities maintenance contractor vehicle during the trip along a public highway, subsequent to departing from a power station.

Safer Together has studied the case and assessed the risks involved with this incident.

[Read more...](#)

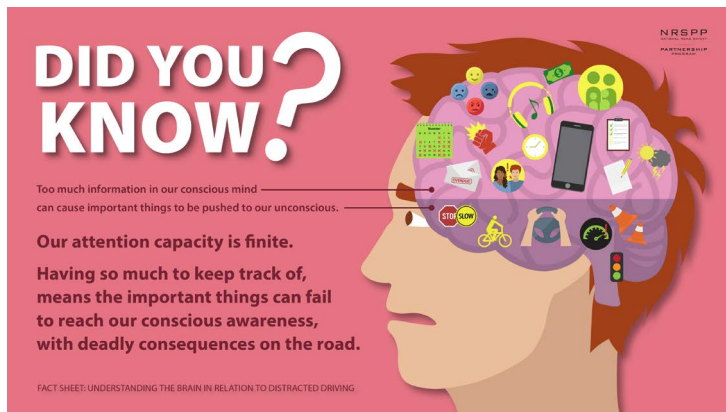
Did You Know?



Work, kids, appointments, social media... there's so much to keep track of these days! No wonder our minds wander when we're behind the wheel. Focusing is no easy task, but #mindfulness can help, especially when we're driving. Make sure to keep your heads in the car!

Watch this [TEDx Talks](#) by [Dr. Richard Chambers](#) for more.

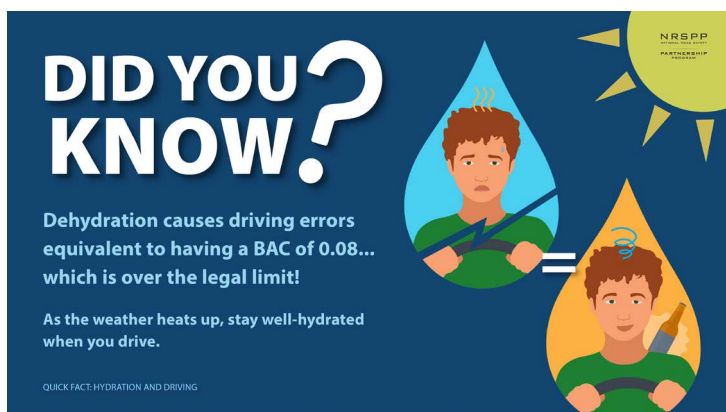
[Download it here.](#)



The modern world demands infinite attention from a finite brain!

If your mind's ever wandered while driving, it's because of Busy Brain Syndrome - when information overload pushes tasks into our unconscious. This has great risk behind the wheel. Be aware and mindful, and bring your head back.

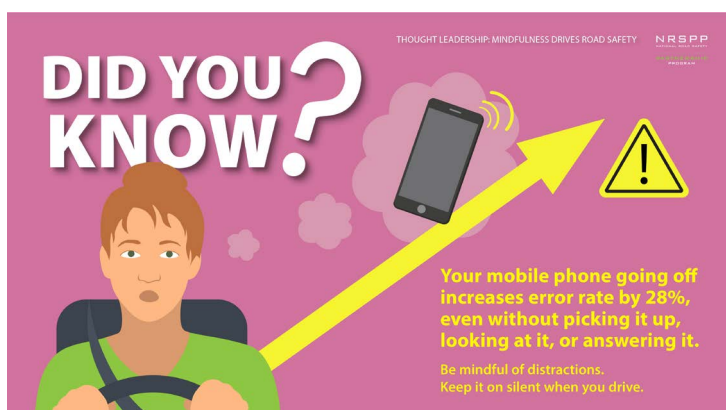
[Download it here.](#)



Ever driven while intoxicated?

If you've been dehydrated behind the wheel, you might have been at the same risk of driving errors as having a BAC of 0.08. So as the weather warms up, make sure to always have water handy and keep up the hydration!

[Download it here.](#)



Think mobile phones only affect our driving when we physically interact with them? Actually... that is not the case.

Even just a simple sound from it can increase your risk of error. Put it on silent or 'do not disturb' to be mindful of being safe on roads.

[Download it here.](#)

#Throwback Thursdays



We often don't realise that we bring our life events into the car with us. Stresses and mental illness very much affect the way we drive.

Thankfully, there are solutions, such as practicing mindfulness.

If you're struggling, don't hesitate to [seek help](#).

[Download it here.](#)

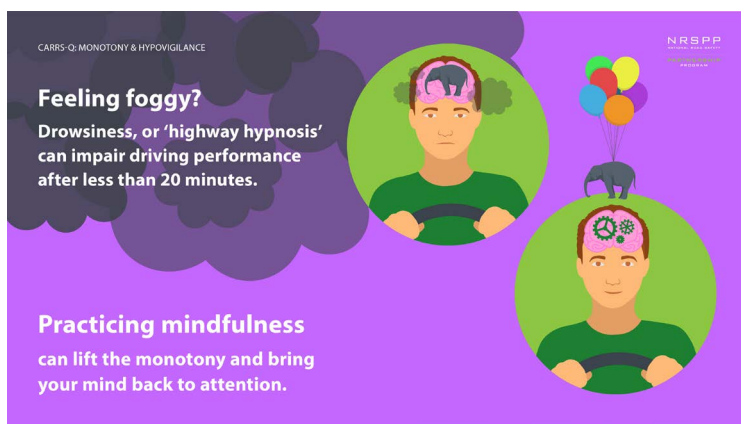


All too often, innocent people suffer the consequences from others' unsafe decisions.

[Listen to Adam's experience](#) as a victim of a motorcycle incident, due to a driver making an unsafe turn. In just a matter of seconds, a life can change forever.

Take care on the roads - we often have more impact than we realise.

[Download it here.](#)



Ever driven without remembering the journey? That would be monotony, or 'highway hypnosis', weighing down the mind - so our hands are driving... but our brains aren't.

Let's all remember to bring our minds back into the car with us - be safe, be in the moment.

[Download it here.](#)



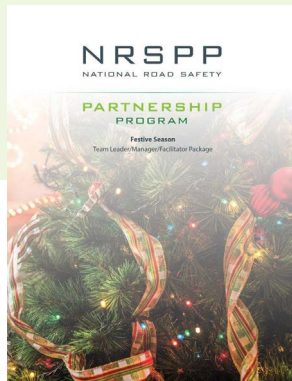
The year's coming to an end, and we're all ready for a break!

Most of us haven't driven in a while, though, and with road trips planned, it's important to make sure your vehicle is good to go for a safe, smooth journey.

Check out our [Fact Sheet](#) for some tips!

[Download it here.](#)

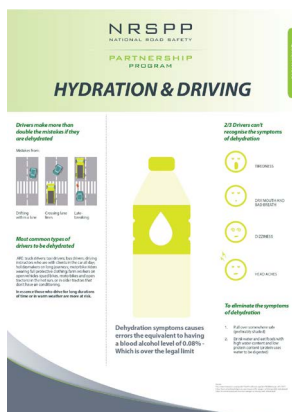
NRSP Resources



NRSP ToolBox Talks: Festive Season

This Tool Box Talk Package is designed to provide Team Leaders/Managers and Facilitators with the required resources and information to conduct a tool box safety talk about the Festive Season to a group of employees within the organisation.

[Read more...](#)



NRSP Quick Fact: Hydration And Driving

This quick fact focuses on the importance of being hydrated while driving, It highlights some key facts, statistics and tips.

[Read more...](#)



Webinar: How To Effectively Maintain Your Vehicle During Periods Of Non-Use

Heading out on the road after a long time? This webinar has some great advice on making sure your vehicle is safe and well-maintained.

[Read more...](#)



NRSP Quick Fact: Avoiding Animal Collisions

This quick fact focuses on the dangers of animal strikes and animal collisions. It focuses on some key facts and statistics, as well as tips for avoiding these collisions.

[Read more...](#)

NRSP Resources



Fitting and Removing a Hail Cover

Fitting a Hail Cover (Part 1) takes us through how to fit a hail protection cover over our vehicles, and how to manage it solo. Tim Roberts shows us how to properly and safely secure this equipment.



Removing a Hail Cover (Part 2) follows on from Part 1, demonstrating how to safely remove the equipment and pack it away.



NRSP SunSmart Quick Fact And Poster: Driving For Work

While the vehicle can provide drivers with some form of shade when travelling, they can still receive significant UV exposure to their skin and eyes through side windows.

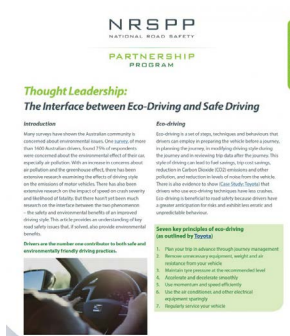
[Read more...](#)



Safety Tip – Driving In Hot Weather

Heat Affects People, Animals And Vehicles! Stay Safe, Stay Cool And Follow Some Basic Rules.

[Read more...](#)



NRSP Thought Leadership: The Interface Between Eco-Driving And Safe Driving

Eco-driving can lead to fuel savings, trip cost savings, reduction in Carbon Dioxide (CO₂) emissions and other pollution, and reduction in levels of noise from the vehicle.

[Read more...](#)

NRSP Resources

USEFUL LINKS



SAPN Safe Drive – Holiday Driving

SA Power Network (SAPN) Safe Drive – Holiday Driving is a video developed by SAPN to engage its workers and the community on the risk.

[Read more...](#)



Myth 3: Higher Speed Limits Means Less Travel Time, Less Fatigue And Therefore Less Crashes – BUSTED

In rural areas, higher speed limits will generally result in people travelling faster and a reduction in travel time. However, time savings are only significant over long distances.

[Read more...](#)



Australia Wide First Aid: Road Safety – Christmas Holidays

As we get into Christmas season, road conditions become more risky, with heightened congestion, alcohol influence, and more. This article outlines useful tips for staying safe on the road during this time.

[Read more...](#)



18 must-have songs for your road trip playlist this summer

Have some fun on your road trip with these must-have songs to add to your playlist!

[Read more...](#)



Australia's best summer road trips: Top drives to do in summer

Planning out your road trip but not sure where to go? These are Australia's best summer drives for a well-deserved Christmas break.

[Read more...](#)



Driving in heatwaves: Why the temperature on your car dashboard is different to BOM

This article expands upon how the temperature reading in your car is likely to be inaccurate, as well as how to manage and prepare for a heatwave when driving.

[Read more...](#)

Events

JANUARY



2021 Transport Research Board (TRB) Annual Meeting

Committee Meetings *January 5–8 and 11–15, 2021*
Sessions & Exhibits *January 21–22 and 25–29, 2021*

The meeting program will cover all transportation modes, addressing topics of interest to policy makers, administrators, practitioners, researchers, and representatives of government, industry, and academic institutions.

A number of sessions and workshops will focus on the spotlight theme for the 2021 meeting: Launching a New Century of Mobility and Quality of Life. This year's meeting also will feature dozens of sessions on how COVID-19 has impacted transportation and how transportation professionals and researchers are responding.

[Read more...](#)