

NRSP
NATIONAL ROAD SAFETY

PARTNERSHIP
PROGRAM

National Road Safety Partnership Program

Monthly Bulletin

December 2021 | Newsletter No. 86

Improving Road Safety Is Simply Good Business

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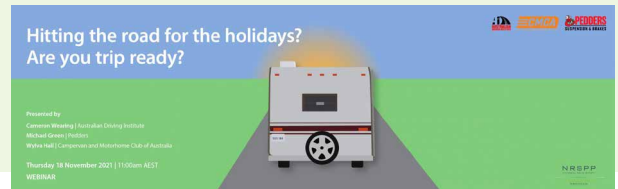


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NRSPP Achievements

- Big news for NRSPP, we were recognised with the Occupational Road Safety 2021 Prince Michael International Road Safety Award. You may not be aware but on May 5th 2014, Prince Michael launched NRSPP in Melbourne UN Decade of Action Policy and Donor Forum wishing the program great success and we have now been recognised with his prestigious award.
- The renewed NRSPP Steering Committee met on 16 November, some key outputs were:
 - Finalisation of NRSPP Independent Evaluation
 - Commencement of NRSPP Strategic Planning process being delivered by Elleeva Associates
 - Organisational Campaign for 2022 confirmed topic is Car Park safety because Feedback from partners informed us that this topic is relatively under-explored and has a broad scope that applies to many different people and drivers.
 - NRSPP Independent Chair, Professor Barry Watson won't be seeking an extension to his term as Independent Chair, which is due to expire at the end of 2021. The process for selecting a new Chair is currently underway.
 - Work program for next six months confirmed including such things as:
 - The crucial combination of Culture and Strategy for Safety
 - Power of breathing and safe driving
 - Ecolab case study/webinar
 - Optimism basis and safe container loading with Toll Group's Daniel Brain



- NRSPP delivered the collaborative webinar **Hitting the Road for The Holidays? Are You Trip Ready?** We wanted to ensure workers who were heading out on the holidays Joining the NRSPP Director was **Wylva Hall** of Campervan and Motorhome Club of Australia, **Michael Green** of Pedders and **Cameron Wearing** of Australian Driving Institute.
- NRSPP Director **Jerome Carslake** joined Associate Professor **Sharon Newnam**, **Dr Bruce Corben**, Chris Lecluse, **Samantha Cockfield** and **Dr Hafez Alavi** at Local Government Professional Webinar Session themed "Rethinking Transport Safety"
- NRSPP welcomes four new Program Partners who are amongst the first to be able to receive the Safe Driver Workplace Digital Booklet which is customised to each Program Partner:
 - **ComfortDelGro Australia** – Key actions include working with NRSPP on the Heavy Vehicle Tool Box Talks, Systems Based Crash Investigation Tool and Q&As.
 - **Ganbina** - Key actions include involvement in the creation of a Case Study and Webinar.
 - **Injury Matters** - Key actions include creating awareness of NRSPP in the injury prevention sector and providing counselling for road trauma victims in WA.
 - **Super Retail Group (SRG)** – joined through Brendan Callaghan, previously a Telstra and Steering Committee representative, who became Head of Safety at SRG. Key actions include assisting with the development of the **Tool Box Talk on Stow it** and developing an internal LMS using the NRSPP Tool Box Talks.
- Prepare your workers for the holiday's with NRSPP updated **Festive Season Tool Box Talk**

Monthly Focus: Closing out 2021

Are you excited about the end of 2021?

As 2020 came to an end, we thought 'thank goodness the year of COVID-19 is over, I can't wait for 2021!'. Here we are 12 months later and 2020 seems like a distant memory, with life returning to an almost normal state of living.

The past two years have been brutal on everyone: constant change, uncertainty, disruption and that lingering languishing feeling. We all need to take the chance to celebrate, rest, reflect and be thankful for closing out another year in one piece. The Festive Holiday period is the time to do just that, to come together.

Our theme for December is to encourage your workers to take time out. To not only park up their work vehicles and have a few celebratory drinks but to also care for their minds as well to de-stress. When you do drive, take care, be courteous and be kind out there – you never know what that other drive behind the wheel has been through.

So, be mindful that everyone needs this holiday period to recharge. Enjoy your drive, plan the journey, make it your time and get there safely!

Gifts you want to receive this Festive Season...



**Taking note of
the environment
and the weather**



**Planning
your journey**



**Allowing for
rest breaks**



**Wearing your
seatbelt**



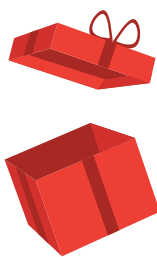
**Restraining all
objects**



Festive Season Tool Box Talk



Download the Tool Box Talk [here](#).



The Festive Season is about taking time off to spend with family and friends, to celebrate and relax. During the Festive Season many Australian's travel long distances on the road to visit family and friends, or for holidays. This Festive Season drivers are urged to stay safe on our roads, taking note of the key risks involved with driving during this time. During the Festive Season there is an increased police presence, there are higher penalties for road infringements, and there are prominent road safety campaigns to ensure Australian's stay safe on the road.

Tool Box Talks are an effective and cost-efficient way to communicate information and knowledge about work driving safety, health and safety and operational issues within a workplace. A Tool Box Talk should ideally take approximately 15-20 minutes. 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.

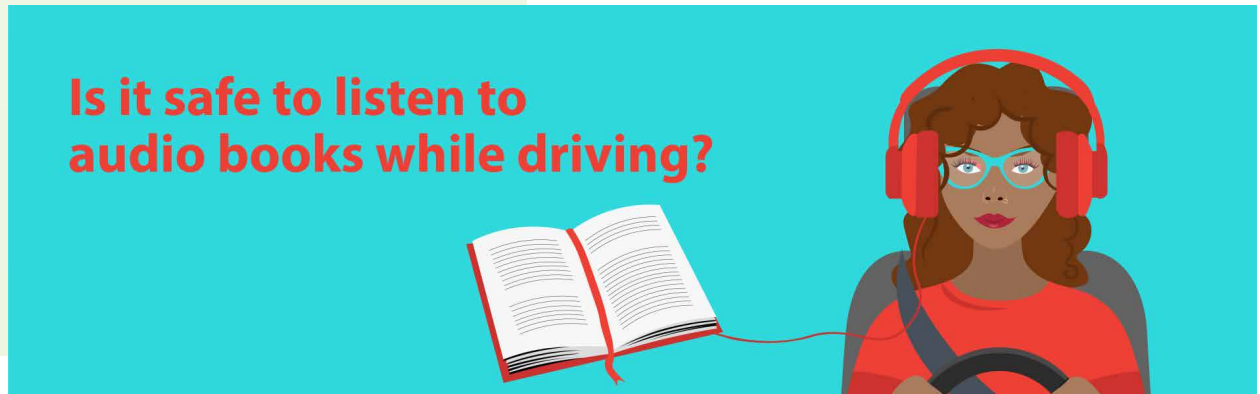
The package contains:

- A generic overview of Tool Box Talk Discussion including a step by step process to assist team leaders/managers and facilitators to lead a tool box talk discussion
- Aid for the promotion of discussion
- Topic background information and fact sheet
- Discussion prompt sheet
- Participant attendance record sheet
- Participant self-assessment sheet
- Discussion review sheet
- Festive Season Poster
- Supporting PowerPoint slides



NRSP Blog

Is It Safe To Listen To Audio Books While Driving?



This Article Was Sourced From **Paul Roberts: Is It Safe To Listen To Audio Books While Driving?**

We all know that mobile phone use while driving is a safety risk, but what about other activities that people engage in while driving? Our Deputy Director, Associate Professor Paul Roberts, was recently interviewed by ABC radio to provide an assessment of the distraction risk associated with listening to audio books while driving. The question provoked a lot of interest from ABC radio listeners: <https://www.abc.net.au/everyday/is-listening-to-audiobooks-as-good-as-reading-pageon/100448976>.

Listening to audiobooks while driving in the country is likely to be a great way to stay awake. Whenever we do any kind of cognitive task, particularly one with safety implications, our brain should be engaged to an optimal level but not overloaded. In rural and remote environments, on monotonous roads, drivers can suffer from the phenomenon that is sometimes called passive fatigue. In this state, drivers are not actually tired, but under-engaged, and so we feel sleepy and perform poorly.

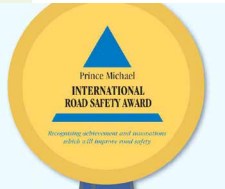
It has been known for some time that cognitive activity while driving can mitigate the onset of passive fatigue. A 2008 study with professional truck drivers showed that answering trivia questions while driving prevented driving performance deterioration, and increased alertness.[1] However, the same study showed that other cognitive tasks consumed too much in the way of cognitive resources and caused decrements in driving performance in parallel with their positive effect on alertness.

Similarly, listening to audiobooks in urban driving situations could present problems by consuming too much of the driver's attention, slowing reaction times. A recent Canadian study where participants were asked to drive in a simulator while listening to audiobooks found that their reactions differed depending on the driving conditions[2]. In a complex environment, people actually reacted more slowly to hazards, and in a simpler environment, they reacted more quickly while listening to audiobooks. The critical thing is to engage people to a level that keeps them at that optimal level of cognitive arousal, but that doesn't present too much of a cognitive challenge, where they don't have enough capacity left over to deal with unexpected events while they're driving.

Read the blog [here](#).

NRSP News

NRSP recognised with 2021 Prince Michael International Road Safety Award

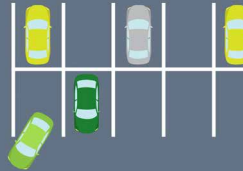


NRSP Recognised With Prince Michael 2021 International Road Safety Award

The National Road Safety Partnership Program (NRSP), delivered in partnership with the Monash University Accident Research Centre (MUARC), is honoured to have received a 2021 Prince Michael International Road Safety Award.

[Read more...](#)

Planning Commences for the 2022 Organisational Road Safety Campaign



Planning Commences For The 2022 Organisational Road Safety Campaign

As the NRSP begins to wind up after a fruitful 2021, we also plan for another busy year ahead. A big highlight of the year is the annual organisational road safety campaign, launching in road safety week in May.

[Read more...](#)

NRSP Summer Intern



Welcome
Seun Adenipekun

NRSP Welcomes New Summer Intern!

NRSP welcomes a new summer research intern, Seun Adenipekun from Monash University to the team!

[Read more...](#)

Welcome on board
to our newest Program Partner,
Super Retail Group!
We look forward to working with you.

**Super Retail
Group**



Welcome To Our Newest Program Partner, Super Retail Group

Welcome To Our Newest Program Partner, Super Retail Group.

[Read more...](#)

NHVR is releasing its Heavy Vehicle Safety Strategy and Action Plan today!



Heavy Vehicle Safety Strategy And Action Plan 2021-2022 Today!

The NHVR is releasing its Heavy Vehicle Safety Strategy 2021-2025(Safety Strategy) and Action Plan 2021-2022 (Action Plan) today.

[Read more...](#)

NRSPP News



Driving Health Allocator Training Program Is Now LIVE!

Monash University is calling upon all allocators, supervisors and line managers to complete the Driving Health Allocator Training Program (DHAT) launching on Wednesday 3rd November!

[Read more...](#)



'Even The Best Rest' – Selected Re:Act 2021 Queensland Fatigue Road Safety Campaign Announced.

An intelligent and inspired campaign that humanises those at the 'top of their game' by speaking to the reality they still need sleep to perform at their best is the selected 2021 Queensland campaign for the Re:act road safety behaviour change program.

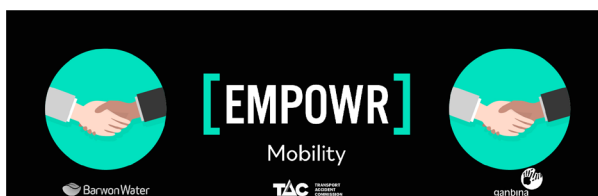
[Read more...](#)



ANCAP Welcomes Mandatory Autonomous Emergency Braking (AEB) Technology From 2023

Australasia's independent vehicle safety consumer advocate, ANCAP SAFETY, has today welcomed the announcement by the Australian Government to introduce an Australian Design Rule (ADR) mandating the fitment of autonomous emergency braking (AEB) in light vehicles.

[Read more...](#)



TAC Funder Empowr Mobility Commences In Partnership With Ganbina And Barwon Water

The National Road Safety Partnership Program (NRSPP) is proud to announced the commencement of the TAC funded Empowr Mobility pilot in partnership with Ganbina and Barwon Water. The pilot will commence in Shepparton on the 14 February.

[Read more...](#)



NHVR Releases Shipping Container Safety Advice

Regulatory advice to a range of parties on safe shipping container packing has just been released by the National Heavy Vehicle Regulator (NHVR). The advice provides guidance on identifying and managing the safety risks of transporting freight in shipping containers by road.

[Read more...](#)

Social Media



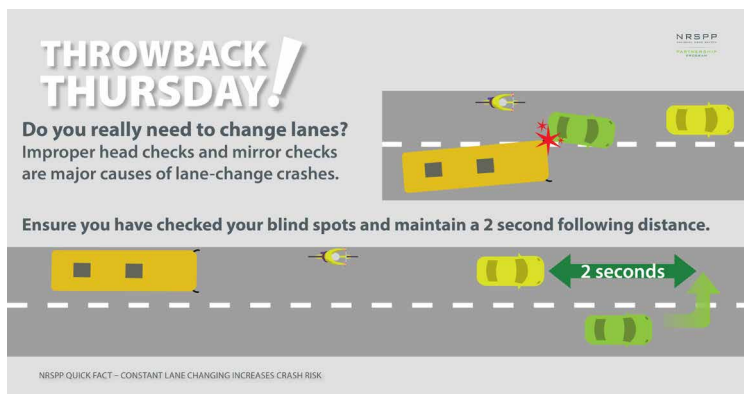
Putting excess load on one side of your vehicle increases the risk of rollover. Ensure all objects are correctly strapped or stowed!

[Download it here.](#)



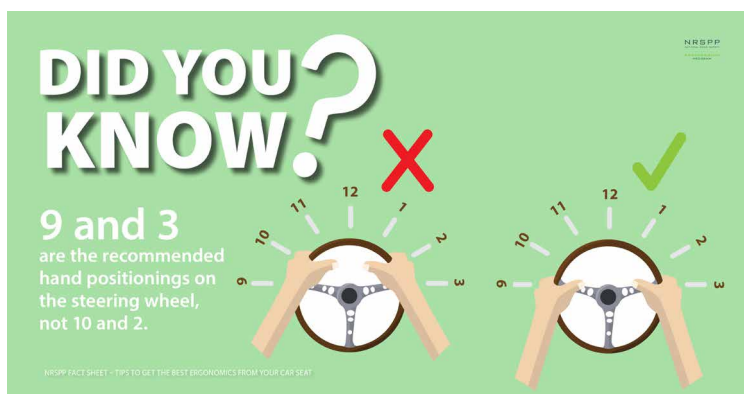
Weight distribution matters!

[Download it here.](#)



Constant lane changing increases crash risk. Do you really need to change lanes?

[Download it here.](#)



Despite many of us being taught the classic 10 and 2 positioning, 9 and 3 is actually the suggested combination as it allows for maximum arm reach and gives room for the air bag to deploy safely in the case of an incident.

[Download it here.](#)

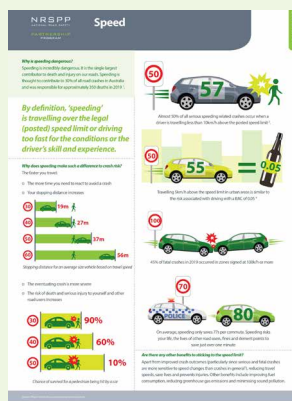
NRSP Resources



NRSP Quick Fact: Festive Fatal Five

This Quick Fact sheet focuses on Road Safety for the Festive Season and the Fatal Five: Speeding, intoxication (drugs and/or alcohol), failure to wear a seat belt, driver fatigue and distraction. It highlights some key facts, statistics and tips. Stay safe these Holidays.

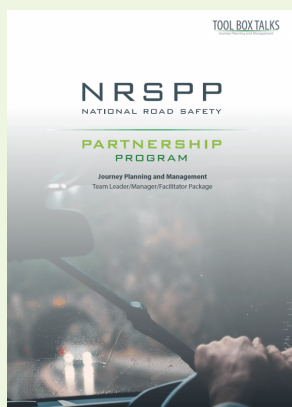
[Read more...](#)



NRSP Quick Fact: Speed

Speeding is incredibly dangerous and is the single largest contributor to death and injury on our roads. It is thought to contribute to 30% of all road crashes in Australia and was responsible for approximately 350 deaths in 2019 [1].

[Read more...](#)



NRSP Tool Box Talks: Journey Planning And Management

Most organisations rely on work driving as part of their daily operations. The traditional workplace is quickly becoming more mobile and employees are more likely to drive in congested urban environments and regional rural locations.

[Read more...](#)



NHVR: Christmas Road Safety

As one of the busiest traffic times of the year, the summer holiday period sees many dangers and incidents on the road. The NHVR releases tips every Christmas season, targeted at all road users to remind them to exercise road safety.

[Read more...](#)

NRSP Resources



NRSP Fact Sheet: Aggressive Driving – How To Manage Your Own Anger

The best way to reduce aggression, is to reduce anger through interventions that promote less hostile thought processes such as mindfulness. Mindfulness encourages you to think about your actions and emotions in the present moment – being open and non-judgemental.

[Read more...](#)



Hitting The Road For The Holidays? Are You Trip Ready?

Loading up and hitting the road for holidays? It's just a matter of booking the destination, then packing the car, caravan, trailer or RV and we're on our way. Sounds simple, right? Thanks to Covid-19, many Aussies will be out on the road, loading up or towing for the first time in a while and may be a bit rusty.

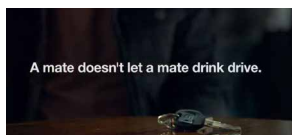
[Read more...](#)



One Distraction Can Ruin Your Whole Day – Chapter 1

When you drive, you have plenty of control of your vehicle. Unfortunately, this often means it can become 'second nature' to us, making us more vulnerable to distractions and other hazards. Driving is often more complex, interactive, and riskier than other methods of transport, all the while being also less controlled.

[Read more...](#)



THINK! 2018 Festive Drink Drive Campaign

The THINK! 2018 annual festive drink-drive campaign aimed to encourage young men to step in if their mate is tempted to drink and drive.

[Read more...](#)

NRSPP Resources



Speeding Survey & Statistics 2021 By Budget Direct

How common is speeding? Does the average Australian think our speed limits should be increased? We've conducted our own research to find out everything there is to know about speeding in Australia.

[Read more...](#)



National Road Safety Strategy

National Road Safety Strategy 2011-2020

The National Road Safety Strategy 2011–2020 represents the commitment of federal, state and territory governments to an agreed set of national goals, objectives and action priorities; setting out a path for action to reduce fatal and serious injury crashes on Australian roads.

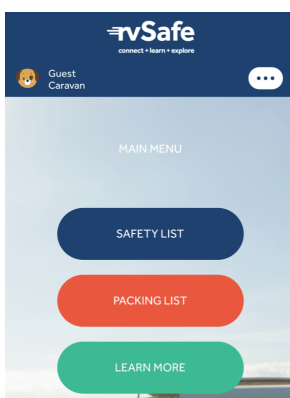
[Read more...](#)



Pedders Weight Matrix

Vehicle weight from accessories, cargo load and towing represents a significant factor in the safety and performance of your vehicle. That's why Pedders has developed this world-first Weight Matrix (tm) software to assist in understanding your vehicle weight, each of your tow and load "scenarios" and most importantly the critical impacts of weight.

[Read more...](#)



rvSafe Checklist App

Prepare for your caravan or motorhome adventure with the rvSafe Checklist. Safety checks prior to any holiday must not be ignored, and our rvSafe Checklist aims to get you to your destination safely.

[Find out more...](#)

Events



12pm – 1pm AEST

Vehicle Procurement and Maintenance

WEBINAR

8 December, 2pm – 3pm NZDT, online, FREE to attend



Vehicle Procurement And Maintenance

Event Date: *December 8, 2021* | 2:00pm AEST

Presenters:

Todd Wylie, Principal Advisor – Vehicle Safety, Waka Kotahi NZ Transport Agency
Jack Gordon-Crosby, Managing Director, OptiFleet

Safe vehicles are essential to prevent crashes from happening and reduce the risk of death or serious injury if a crash does occur. Knowing what to look out for when buying new vehicles can help fleets minimise crash risk. Regular inspection and maintenance also play a vital role in keeping your vehicles safe for the road. In this webinar, find out more about policies and procedures for vehicle procurement and maintenance, the importance of vehicle standards and checks, and how vehicle safety technologies can help with procurement and maintenance.

[Register here](#)



23rd International Council on Alcohol, Drugs and Traffic Safety (ICADTS) Conference

23rd International Council On Alcohol, Drugs And Traffic Safety (ICADTS) Conference

Event start: *August 28, 2022* | 12:00am AEST

Event end: *August 31, 2022* | 12:00am AEST

The International Council on Alcohol, Drugs and Traffic Safety (ICADTS) Conference brings together delegates from the areas of public health and safety, traffic, and transport psychology, public health, law, medicine, economics, law enforcement, public policy, education, pharmacology, toxicology, forensic science, human factors, and alcohol intervention and rehabilitation.

[Register here](#)

Events



CILT-International Convention Perth 2022

Event start: *October 23, 2022 | 4:30pm AEST*

Event end: *October 26, 2022 | 12:00pm AEST*

The CILT-International Conference has come to Australia, the second time in 84 years! We are expecting some 34 nations to attend who will present best practice and leading innovations across the Transport and Logistics sector.

This once in a generational international conference is a must for your calendar. Being held in Perth in October 2022 come and network with Asia, Africa, the Middle East, Europe, North America and leading domestic delegates and providers.

[Register here](#)