

NRSP
NATIONAL ROAD SAFETY

**PARTNERSHIP
PROGRAM**

National Road Safety Partnership Program

Monthly Bulletin

May 2022 | Newsletter No. 90

Improving Road Safety Is Simply Good Business

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NRSPP Achievements

- NRSPP released its fourth organisational road safety campaign on **Car Park Road Safety** in time for **National Road Safety Week**. So if you have nothing planned for 15-20 May to engage your workers on road safety—check out the campaign.



- NRSPP held two webinars during April which included and featured:
 - **The Secret Road Safety Ingredient That Flies Under The Radar** where **Sonja Mackay** provides the science behind how breathing relates to safe driver and simple tools to create new habits, *“I put the seatbelt on and take three deep breaths.”*



- **Systems Thinking In Action: A Tool To Optimise Learnings In Work-Related Driving Incidents** with **Associate Professor Sharon Newnam**, consider for incentive to listen, *“What you look for is what you find, where as what you find is what you fix.”*
- Commencing 5 May, NRSPP launched its first of 22 Heavy Vehicle Toolbox Talk (HVTBT) on **Driver Distraction**. Each month the NRSPP will release a collaborative HVTBT which includes a video summarising the facts and drawing on driver interviews—drivers talking to drivers.



- The NRSPP Steering Committee met on the 27 April, some key outcomes:
 - Review of the NRSPP Strategic Plan for 2023–25 which included a nuancing of the NRSPP vision, development of two new objectives, a plan on a page and performance measures. A key action being exploring future business and delivery models for NRSPP to help grow the program and its sustainability.
 - Approval of the fourth NRSPP organisational road safety on Car Park Safety which was developed and presented by **Kyla Fantin** and **Ruby Athanas**.
 - **Dr Sarah Jones** following her deep dive analysis of data, presented Covid 19, Road Freight and Safety—Emerging Impacts and Predictions.
 - Confirmation of the Directors and Officers Course: Safe Workers Behind the Wheel, an NRSPP initiative in collaboration with Flinders, Griffith and Monash Universities funded by Zurich Insurance. The seven-unit online course will commence mid-October with one 90 minute unit a month. Griffith University has commissioned a Masters student to evaluate the course.



- **CLOCS-A** achieved a number of deliverables:
 - Kevin Webster was appointed the Logistics and Planning Masters student from Swinburne University supporting the CLOCS-A Technical Group 3.
 - **Lime** and **McConnell Dowell** have signed onto the CLOCS-A Memorandum of Understanding.
 - Technical Group 5: Consolidation commenced



NRSPP's First Heavy Vehicle Toolbox Talk is Out Now!

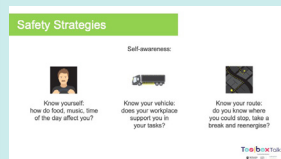
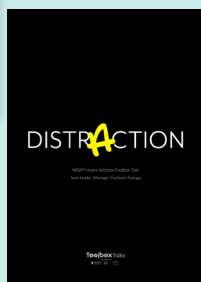
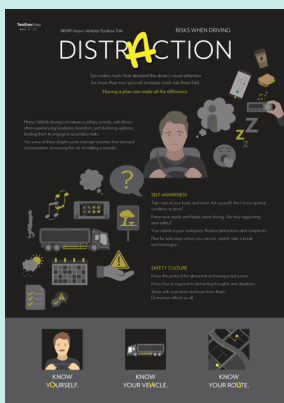
DISTRACTION

HV driving is in nature a solitary activity, with drivers often experiencing loneliness, boredom, and declining vigilance, leading them to engage in secondary tasks^{3, 7}.

Driver distraction can be defined as something that can occur in situations where the driver allocates resources to a non-safety critical activity. It has been classified as vehicle-external or vehicle internal distraction^{8, 3}.

According to the generating source, distraction-related factors are usually categorized into five groups: mobile phone, mind wandering, passenger, outside events, and in-vehicle activities⁹.

When interrupting activities that demand concentration, simple events or tasks can grab the worker's attention increasing the risk of making a mistake⁷.



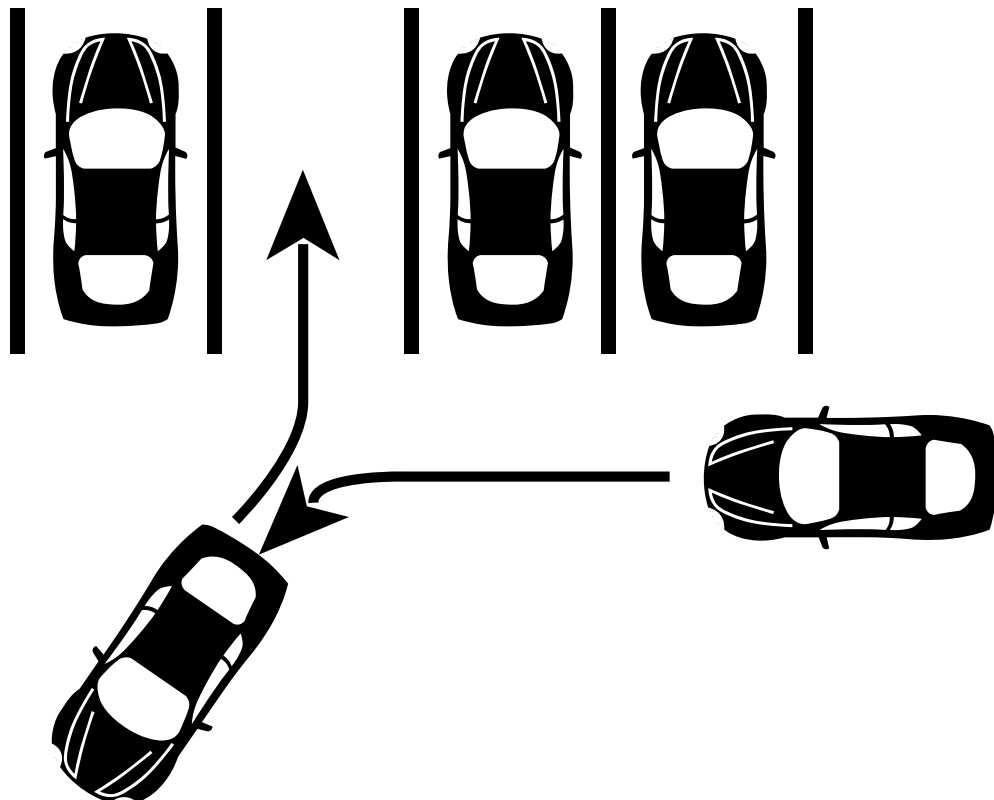
Monthly Focus: Car Park Safety

This month's theme is car park safety. Car parks are often forgotten in road safety conversations, despite their high-risk environment. However, they are places that we visit frequently whether it be for work or day-to-day reasons. Car parks are often designed with cost as their top priority, this means safety might be sacrificed. Tight spaces and little to no walkways for pedestrians cause traffic and people to mix in a shared space.

Having policies and training for workers who frequent car parks is vital in minimising the number of bingles that occur. As well as the

risk of injury or death, car park incidents are expensive from an insurance point of view. So avoiding them is ideal not only for your wellbeing, but for your expenses as well.

Next time you're in a car park remember that they are a shared space with shared responsibility. Pedestrians, drivers and passengers all play a part in maintaining a safe space.



NRSPP Blog

Hidden Dangers: Don't Park Safety When You Park Your Vehicle



We all visit car parks regularly, whether it's city centre multi-storey car parks, client businesses during work hours or the busy supermarket on the weekend.

But with the average car park crash costing \$3,000 on average and one-in-five insurance claims from car park bingles, it pays to take safety seriously in what is an inherently dangerous space.

In fact, for insurers and businesses, car parks are the top minor collision claim for their mobile workers. And they can pose a significant risk of injury for pedestrians too. So, let's look at why it's important we each do our part to keep everyone safe in car parks.

Car park incidents are costly

Car park 'bingles' tend to have a large financial cost, with insurance data showing the average net incurred cost of a car park incident is around \$3,000 (including damage to both the insured and third-party vehicle).

Inherently dangerous features contribute to an elevated risk of collision in car parks, such as multiple directions of travel, narrow spaces, large pylons, and poor lighting. So, it's not surprising that low-speed manoeuvring and parking incidents are common for those who drive for work, accounting for up to 20% of fleet insurance claims each year.

Safe decision making in car parks

While parking your car may seem simple, it involves multiple decisions that influence the protection of your vehicle and the safety of other road users. Take a moment to make informed thoughtful decisions while parking your vehicle.

Choosing your parking method and space wisely can help avoid costly insurance claims and keep all road users safe. Park where there are many empty spots. In a shopping centre car park, avoid the front entrance where pedestrians gather. Avoid large pillars or walls that block visibility and other vehicles that encroach on the adjoining space.

Human behaviour and car parks

According to road safety research, several psychological factors influence the choices and behaviour of drivers in car parks, including personal preference, social cohesion, conformity, and convenience. Human factors can contribute significantly to risky driving behaviour and collisions in car parks.

Driver distractions such as mobile phones or passengers can divert the driver's attention from the road, and it only takes a moment in the confined space of a car park to impact safety and cause an incident. Road safety research shows that distracted driving can be just as dangerous as drunk driving and in a car park it can impact pedestrians as well as drivers. People walking to and from their car are likely to walk slower and change direction in a car park, paying less attention to vehicles around them.

Aggressive driving is common in car parks. Time pressure, trying to find a space in a packed car park, and irritating driver behaviour can cause driver aggression that quickly escalates into erratic driving.

Vehicle factors in car parks

Parking spaces are decreasing in size, putting larger vehicles at a higher risk of collision when parking or navigating tight parking spots. Be aware of your vehicle's size and visibility. If parking is going to be a regular challenge, keep in mind when selecting a vehicle to purchase that smaller vehicles fit better in parking lots.

And consider safety technology available for safer and smoother parking. Rear parking assist, rear vision cameras and rear automatic braking are among technology solutions that help counteract car park-related incidents, particularly to help the driver avoid pedestrians, cyclists and objects while reversing. Remember though that vehicle technology should be used as an aid to, not a substitute for, safe driving behaviour.

Car parks can be overwhelming and risky. To help you stay safe, NRSPP has developed a range of resources as part of its Car Parks Campaign. Explore the campaign [here](#).

NRSP News



NRSP Heavy Vehicle Tool Box Talks – Bringing Safety Conversations To Life

Do your Tool Box Talks feel like a chore? Are your workers engaged when you talk to them?

[Read more...](#)



Car Park Campaign Is Live!!

NRSP's Annual Road Safety Campaign on car park safety is now live on our website!!

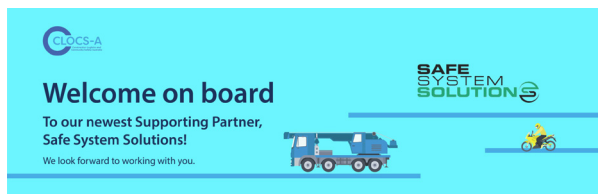
[Read more...](#)



Welcome To Our Newest Supporting Partner, McConnell Dowell

CLOCS-A is happy to welcome on board our new Supporting Partner, Safe System Solutions.

[Read more...](#)



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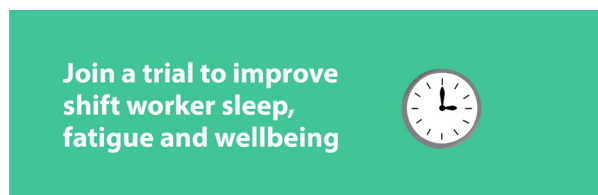
[Read more...](#)



Applications Now Open For Young NSW Drivers To Access Newer, Safer Vehicles And Be Supported To Become Safer Drivers

Empower mobility are another step closer to demonstrating the most effective way to support young drivers...

[Read more...](#)



Join A Trial To Improve Shift Worker Sleep, Fatigue And Wellbeing

The human body clock is designed to be awake/ work during the day and sleep during the night.

[Read more...](#)



Drive Conversations And Ask "Are You Ok?"

R U OK? and Healthy Heads in Truck & Sheds have teamed up to ensure those in the road transport, warehousing and logistics industries know when and how to meaningfully connect and genuinely ask "are you OK?"

[Read more...](#)

Social Media

DID YOU KNOW?

The power of 5 deep breathes before reacting helps make you a safer driver because it...

- Calms you down
- Reduces aggressive driving
- Refocuses you on the road

NSRP PRODUCT LEADERSHIP - THE ROAD SAFETY TOOL WE ALL WISH WE HAD FOR OUR USE

Breathing is a powerful tool in road safety that we can all harness. Check out our latest Thought Leadership with Sonja MacKay from The More Human Company to learn more.

[Download it here.](#)

THROWBACK THURSDAY!

Driving while in an emotional state increases crash risk by almost **10 times** as well as the risk of a traffic infringement.

If you find yourself in an emotional state while driving:

- Pull over to regroup
- Focus on your breathing
- Let someone else take the wheel
- Catch public transport

NSRP QUICK FACT - EMOTIONAL DISTRACTIONS

Driving in an emotional state can affect our ability to make safe decisions and focus on the road. Be aware of how you are feeling and take action to calm yourself if needed.

[Download it here.](#)

DID YOU KNOW?

65% of all road fatalities in Australia occur in rural and remote areas. **Have a break and then plan.**

Some risks on rural roads:

- Dust
- Mud
- Flooded roads
- Road corrugations

Plan your journey: Avoid driving at dawn and dusk when animals are out.

Be Patient!!!
Stay safe on the roads this Easter break!

NSRP QUICK FACT - DRIVING IN RURAL AND REMOTE AREAS

If you're hitting the road this Easter break, stay alert to the risks and monitor your speed when driving in rural and remote areas.

[Download it here.](#)

DID YOU KNOW?

When you find yourself in a stressful situation on the road, you can control your breathing to help you respond in a safe way.

Switch from a chest breath (agitated, anxious, emotional) to a belly breath (relaxed, focused, clear thinking)

Know what triggers your chest breaths...
(hunching over angrily in road rage switches your breathing from belly to chest)

...is it tailgating, speeding, aggressive driving, getting cut off?

NSRP WEBINAR - THE SECRET ROAD SAFETY INGREDIENT THAT FUELLED THE RIGORS

We all have triggers on the roads that we find stressful or simply annoying. Next time you're faced with one of these situations, focus on your breathing for a minute to help you de-stress.

[Download it here.](#)

THROWBACK THURSDAY!

Take time when choosing your car space.

"It happened while I was away from the vehicle, how could I have prevented it?"

This is a common attitude towards car park incidents. While we can't stop bingles from happening, we can help to minimise the likelihood of them occurring.

Higher Risk Car Spots Are Next To:

- Two door cars
- Child seats
- Trolley bays

Lower Risk Car Spots:

- Far away from main entrances
- Surrounded by empty spaces

NSRP RESOURCE/AD - IT HAPPENED WHILE I WAS AWAY FROM THE VEHICLE, HOW COULD I HAVE PREVENTED IT?

Car parks can be notorious places for acquiring small scratches and scrapes on your car. To help keep you and your car safe, follow some of these tips.

[Download it here.](#)

DID YOU KNOW?

Drivers who practice mindfulness are far less likely to be involved with crashes than those who do not.

One way to become more mindful:

If your mind wanders off... Focus on your senses Practice makes perfect!

NSRP QUICK FACT - MINDFULNESS AND ROAD SAFETY BEHAVIOUR

Some individuals are naturally more mindful than others, but this doesn't mean that you cannot improve your ability to be mindful!

[Download it here.](#)

NRSP Resources



NRSP Heavy Vehicle Toolbox Talk: Distraction

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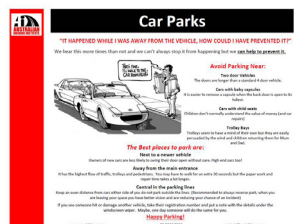
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NRSP Organisational Campaign: Car Parks

Road safety is a shared responsibility and therefore NRSP has developed a campaign that can be executed across an entire organisation so all workers are safe on the road and in car parks.

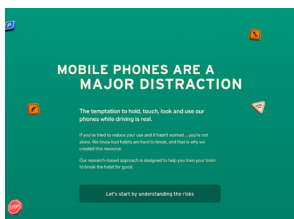
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Car Parks – “It Happened While I Was Away From The Vehicle, How Could I Have Prevented It?”

Every month the Australian Driving Institute (ADI) send through Safety Tips in relation to issues its clients may be currently facing. This month it has been requested that ADI cover Car Parks and general issues surrounding them.

[Download here...](#)



Drive In The Moment: Mobile Phones Are A Major Distraction

The temptation to hold, touch, look and use our phones while driving is real.

If you've tried to reduce your use and it hasn't worked ... you're not alone. We know bad habits are hard to break, and that is why we created this resource.

[Read more...](#)

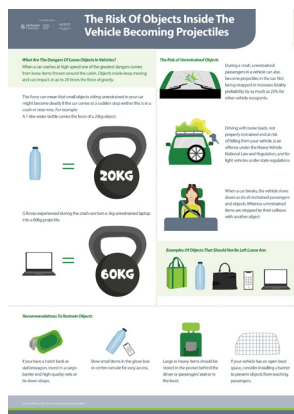
NRSP Resources



NRSP Q&A: Addressing Tyre Pollution

So your tyres wear out — ever wonder where that tread goes? Tyres play a paramount role in vehicle safety. When traversing a road, a vehicle’s tyres utilise friction with the road surface to maintain traction and ensure grip.

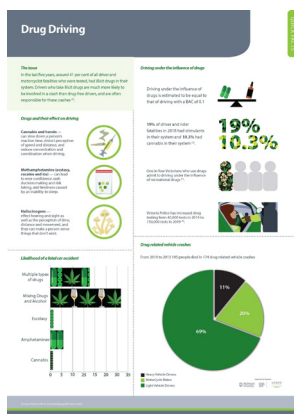
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NRSP Quick Fact: The Risk Of Objects Inside The Vehicle Becoming Projectiles

This quick fact focuses on the risk of objects inside the vehicle becoming projectiles. It highlights some key facts, statistics and tips.

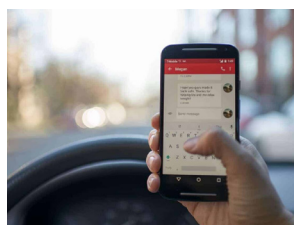
[Download here...](#)



NRSP Quick Fact: Drug Driving

In the last five years, around 41 per cent of all driver and motorcyclist fatalities who were tested, had illicit drugs in their system. Drivers who take illicit drugs are much more likely to be involved in a crash than drug-free drivers, and are often responsible for these crashes ⁽⁴⁾.

[Download here...](#)



The Dangers Of Distracted Driving

Cases involving distracted driving having risen sharply over the past two decades. In 2018, around 400,000 injuries and more than 2,800 fatalities were caused in the US due to drivers being distracted.

[Read more...](#)

NRSP Resources

Q&A: Reducing the Major Costs of Minor Collisions

The Question
How can an organisation encourage drivers to take more care of their vehicles to minimise avoidable vehicle damage from minor collisions? For the Q&A, we consulted industry professionals to explore the prevention and control of minor collisions, the points of damage they report to reduce minor collisions, and the financial and operational benefits from being proactive.

Key Messages

- Reduce minor collisions on your fleet. Financial and operational benefits from reporting and control of minor collisions.
- Encourage drivers to take more care of their vehicles. The average blind zone for a car is approximately 18m behind.
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NRSP Q&A: Reducing The Major Costs Of Minor Collisions

How can an organisation encourage drivers to take more care of vehicles to minimise avoidable vehicle damage from minor collisions?

[Download here...](#)

NRSP NATIONAL ROAD SAFETY PARTNERSHIP PROGRAM

REVERSING IN CAR PARKS QUICK FACTS

Dangers of Reversing - Blind Zone for Different Vehicle Types (m)

Vehicle Type	Blind Zone (m)
Motorcycle	~1.5
Medium	~3.5
Large	~5.5
Pickup	~7.5

Car Park Reversing Incidents - AAIB's claim data analysis revealed:

- 22% of claims resulted from reversing in car parks
- 14.5% of claims resulted from reversing in car parks with a primary injury
- 10.8% of claims resulted from reversing in car parks

Tips To Avoid Reversing Collisions

- Check for potential hazards
- Ensure factors are supervised
- Ask for help
- Reverse slowly
- Avoid reversing onto busy roads
- Take extra care at night or in limited visibility conditions
- Avoid long distance reversing
- Practice

NRSP Quick Fact: Reversing In Car Parks

This quick fact focuses on the incidents that occur when reversing in car parks, and some tips to avoid these incidents. It highlights key facts and statistics.

[Download here...](#)

NRSP NATIONAL ROAD SAFETY PARTNERSHIP PROGRAM

Thought Leadership: Emerging Technologies: Sustainability and Road Safety

Technology is evolving faster than ever in fact it's often cited that the rate of evolution of technology itself is accelerating. The digital era has seen connectivity inside and between adjacent industries skyrocketing, allowing innovation and progress at new found velocity.

As new forms of technology enter the transport sector, awareness of the potential for emerging technologies is growing. This is particularly true for the transport industry, which is seeing a rapid pace of change and for transport leaders.

NRSP Thought Leadership: Emerging Technologies

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[Download here...](#)

Facts about our most vulnerable road users

December 2020

RAC For The Better

Fact Sheet: Facts About Our Most Vulnerable Road Users

Road users such as pedestrians, cyclists and motorcyclists can be considered as 'vulnerable' due to their lack of protection when interacting with traffic, and for this reason they are at greater risk of being fatally or seriously injured in a crash.

[Download here...](#)

Events

MAY

ACRS WA Chapter Seminar: Construction Logistics and Community Safety – Australia (CLOCS-A)



ACRS WA Chapter Seminar: Construction Logistics And Community Safety – Australia (CLOCS-A)

Presented by:
Construction Logistics and Community Safety – Australia CLOCS-A

May, 17 2022 | 8:45am AEST

With presenters from the National Road Safety Partnership Programme (NRSP), the Western Australian Chapter of the Australasian College of Road Safety invites anyone involved or interested in construction or road safety to a seminar regarding CLOCS-A. This will be an opportunity for attendees to gain greater insight into the CLOCS-A programme, to seek clarification and discuss CLOCS-A with the Australian experts.

[Register here](#)

Motorcycle Safety Forum



ACRS Victorian Chapter: Motorcycle Safety Forum

Presented by:
Australian College of Road Safety

May, 19 2022 | 4:00pm AEDT

The reasons for this overrepresentation are not a single cause, but many contributing factors such as the speeds at which we travel; the safety features of the vehicles; the riding task and the design, operation and maintenance of our roads and roadsides.

[Register here](#)

Events

MAY



Car Parks Campaign: Car Parks are Dangerous

Presented by:
Mervyn Rea, Head of Zurich Resilience Solutions (Australia/ NZ) at Zurich Insurance Company
Kyla Fantin, NRSPP Communications Lead
Ruby Athanas, NRSPP Communications Lead

May , 24 2022 | 2:00pm AEST

As part of National Road Safety Week, the National Road Safety Partnership Program (NRSPP) is releasing its annual organisational road safety campaign. This year the focus is on car park safety.

Car parks are inherently dangerous spaces that many of us visit regularly, whether it be for work or day-to-day activities.

[Register here](#)



Australian Logistics Council Forum 2022

Presented by:
Australian Logistics Council

May, 25 2022 | 12:00pm AEST

The Race to 2040 – shaping tomorrow’s supply chain, today.
 With the urban freight task alone forecast to increase by 60 per cent between now and 2040 and business resilience tested by the pandemic, the 2022 ALC Forum will an opportunity to discuss the trails, tribulations and opportunities of shaping tomorrow’s supply chain, today.

[Register here](#)

Events

JUNE



A partnership between:

Presented by
 Daniel Brain | Load Restraint Specialist, Toll Group
WEBINAR
 Wednesday 22 June 2022 | 11:00am AEST

Ignorance Is No Excuse: The Legal And Rollover Risks Of Import Containers

Presented by:
 Daniel Brain, Load Restraint Specialist, Toll Group

June, 22 2022 | 11:00am AEST

Here's some numbers to consider. The number of import containers is expected to double by the end of the decade. Heavy Vehicles complete more than 80% of the container trips to or from Australia's ports. And container-laden heavy vehicles are 36% more likely to rollover in a crash.

[Register here](#)

