

# National Road Safety Partnership Program

## *Monthly Bulletin*

October 2022 | Newsletter No. 95

*Improving Road Safety Is Simply Good Business*

NRSP is proudly hosted by



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University

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CENTRE

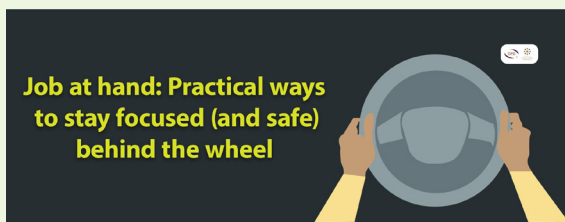
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# NRSPP Achievements

- NRSPP delivered its ninth webinar, **Job At Hand: Practical Ways To Stay Focused (And Safe) Behind The Wheel** - NRSPP Australia for the year featuring Black Dog speaker **David Westgate**.

In the webinar, we explored managing how autonomous workers on the road can manage that inner voice.



- Heavy Vehicle Toolbox Talks (HVTBT) October release features **Fitness for Duty**, the supporting video features drivers from **Qube**, **Alex Fraser**, and **Toll**.



- National Bulk Tanker Association** held **Bulk Tanker Day** in Melbourne on 2 September which featured a panel session including NRSPP Director **Jerome Carslake** and joined **Naomi Frauenfelder** of **Healthy Heads Trucks and Sheds** and **Keith Govias** of **Gallagher Workplace Risk**. The panel session provided attendees insights into what has changed in 12 months since Bulk Tanker Day 2021.

- Roads Australia Road Worker Working Group who have agreed to become part of the NRSPP Organisational Road Safety Campaign for 2023. The development of the campaign has now commenced and will be released as part of 2023 National Road Safety Week, the team includes:
  - Project Leads: **Grace Harries** and **Manal Rizwan** – NRSPP Swinburne Communications and Design interns for 2022/23
  - Industry Peer Reviewers: **Roads Australia**, **Traffic Management Association of Australia** and **Transurban**
  - Government contributors: **Main Roads** and **TMR**
  - Design and Communications: **SenseMap**, Swinburne University Bureau and International Road Safety Awards
- The Directors and Officers Course: Safe Mobility Systems Corporate Governance and Responsibilities update:
  - The virtual workshop course is a collaboration between **Flinders**, **Griffith** and **Monash Universities** sponsored by **Zurich** Insurance.
  - There are seven units and they will commence on 9 March 2023.
  - Attendees will conduct a risk assessment prior, and develop a three-year strategy and six-month action plan during the course. A six-month virtual workshop will be held with course partners where they can share successes and learnings.
- The Australasian Road Safety Conference 2022** (ARSC2022) took place 28-30 September and featured three NRSPP presentations and the winner of NRSPP sponsored award for best paper with implications for workplace road safety went to "Health in Gear: Improving Health and Wellbeing for the Transport and Logistics Industry" by **Emily Brown** and co-authored by Frank Arsegoa and Lesa O'Leary.



## NRSP's Next Heavy Vehicle Toolbox Talk is Out Now!



As a heavy vehicle driver, fitness for duty comprehends various areas of life. Besides fatigue or lack of sleep, it is directly related to our lifestyle and everyday choices. In a recent Australian study, 75% of truck drivers reported having a diagnosis of a physical medical condition, and 23% reported diagnosis of a mental health condition<sup>[1]</sup>. Integral and long-lasting fitness for duty is the result of diverse strategies to support drivers.



[nrspp.org.au](http://nrspp.org.au) >> Toolbox Talks >> Heavy Vehicles



## Monthly Focus: Fitness for Duty

NRSP's theme for Safe Work Month is 'Fitness for Duty' or 'Fitness for Work' which applies to all workers, and the relationship between a worker and their ability to do their role in the job safely and competently. Many may think this is domain of just the heavy vehicle sector but it applies to all organisations and their workers.

Fitness for Duty goes beyond qualifications and experience and deals with 'individual' factors such as the effect of:

- Fatigue
- Alcohol and/or other drug use
- Medical fitness (if required for a specific role)
- Mental health and wellbeing

The NRSP HVTBT features **Fitness for Duty** and whilst it focuses on truck drivers, their insights can be an easy tool to engage any workers that drive for work with driving professional insights.

## Monthly Features

### Ecolab – Technology, Data And Direct Coaching: A Powerful Combination In Improving Safe Driving Behaviour



When Ecolab's health and safety team considered the long-term strategic direction of its road safety program, it set a goal of predicting potential accidents to prevent them from happening.

The organisation had long been proactive in workplace road safety, using incidents and data as opportunities to educate workers about safe driving behaviours and help prevent repeat occurrences.

Ecolab began investigating whether a technology-based solution existed that could identify driver risk to predict who was most at risk of having an incident and intervene before an incident occurred.

Click [here](#) to download

## ARSC2022

The annual Australasian Road Safety Conference 2022 (ARSC2022) was held on the 28-30 of September in Christ Church New Zealand. The theme for 2022 was 'Changing Today for Tomorrow' and this year saw a record number of papers submitted that specifically related to workplace road safety.

### Takeaways:

The broad range of workplace road safety conference topics illustrated the important role of businesses and organisations not only in protecting their workers but the community they operate within. A key trend of papers was how a systems-based-approach was being applied to understanding the risk in specific areas of workplace road safety. Three diverse examples include:

- The gig economy symposium was facilitated by the **University of the Sunshine Coast** (USC) and explored what influences gig economy driver ride behaviour and safety. Powerful baseline survey data was shared by **Oscar Oviedo** of **CARRS-Q** which was able to build on the research of Dr **Gemma Read** of USC. The interactive session then drew on attendees to identify opportunities for further research that would reduce the rider's risk.
- Driving for work crashes – A systems analysis by **Hamish Mackie** and **Ali Rajaa** of **Mackie Research** which took a safe systems approach to deep diving on several work-related crashes. An Australasian College of Road Safety Journal Paper is forthcoming.

- Managing the safety of ageing heavy vehicle drivers which was led by Associate Professor **Sharon Newnam** of **Queensland University of Technology** and Associate Professor **Sjaan Koppel** of **MUARC**. The symposium discussed the key safety risks facing ageing drivers as well as the organisational context for managing the safety of heavy vehicle drivers. Presenters focused on the age-related sensory, cognitive, and physical declines facing ageing drivers; existing intervention to manage the risk; and the organisational barriers and facilitators associated with managing their risk. A group discussion followed each presentation which focused on the practical implications of the findings and directions for future practice.



## NRSP Best Paper with Implications for Workplace Road Safety

The NRSP is proud to have sponsored the award for Best Paper with Implications for Workplace Road Safety since its inception five years ago. The award for this year was presented by the NRSP Independent Chair Professor Emerita Judith Charlton to:

OzHelp for their paper "Health in Gear: Improving Health and Wellbeing for the Transport and Logistics Industry". The paper was presented by Emily Brown and co-authored by Frank Arsegoa and Lesa O'Leary.

The Health in Gear program is a health and wellness initiative for truck drivers, developed in collaboration with drivers, for the driving community. Health in Gear is an initiative of the OzHelp Foundation, a national suicide prevention organisation and has been funded by the National Heavy Vehicle Regulator's (NHVR) Heavy Vehicle Safety Initiative (HVSII).

The program supports drivers in achieving optimal wellness through access to key information in accessible health tips. The program also includes the 'Truckies Tune Up' (TTU) - a physical roadside health check with follow up support, counselling, and referrals to other services as required.

Special mention for Melanie Sutor of Parkes, Forbes and Lachlan Shire Councils for their paper on Collaborating for success - the Load Restraint Education Project.

The safe carriage of loads affects us all. Loose or incorrectly restrained loads became a growing area of concern in 2020, with a 49% increase in the number of load restraint breaches detected by NSW Police on local roads.

The Load Restraint Education Project was developed to curb these figures. It focused on the safe transportation of hay bales, machinery and general freight. As a result, load restraint knowledge has increased, breaches have decreased by 69% and there were no load restraint incidents during 2021.

### NRSP Featured Papers

This year the NRSP team contributed three papers which included:

- Olivia Dobson : Evaluation of the National Road Safety Partnership Program
- Jennifer Rivera Gonzalez : Road Transport Suicide Prevention – Transferable Learnings for Road Safety
- Jerome Carslake : The Art of Building Engaging Heavy Vehicle Tool Box Talks



# NRSPP News



Inaugural student Re:act Brazil campaign encourages shared responsibility to 'avoid another name' being added to road toll.



## Inaugural Student Re:Act Brazil Campaign Encourages Shared Responsibility To 'Avoid Another Name' Being Added To Road Toll

The Re:act road safety behaviour change program challenges university students to raise awareness among 18-25 year olds of road safety issues to change behaviour and make all road users safer.

[Read more...](#)

**NSW Heavy Vehicle Operators:**  
If Eligible, Order a FREE  
Fresnel Lens Today!



## NSW Heavy Vehicle Operators: Free Fresnel Lenses Available

Transport for NSW trialled the effectiveness of the Fresnel lens in minimising passenger side blind spots on heavy vehicles and heavy vehicle driver attitudes towards using the lens.

[Read more...](#)

**Light & Heavy Vehicle Drivers**  
**Needed for Hexoskin Trial!**

Join the trial to help road safety researchers predict – and stop – crashes caused by fatigue.



## Light & Heavy Vehicle Drivers Needed For Hexoskin Trial

Truck drivers are entering the domain of professional athletes to help road safety researchers predict – and stop – crashes caused by fatigue.

[Read more...](#)

**Manual Handling Grant**

**APPLICATIONS NOW OPEN!**

We'll fund innovative projects that prevent injuries resulting from hazardous manual handling. Receive up to \$300,000\*

For more details visit [worksafe.vic.gov.au/worksafe-grants](https://worksafe.vic.gov.au/worksafe-grants)

**WorkSafe** | Reducing workplace harm.

## WorkSafe Manual Handling Grant: Apply Now – Receive Up To \$300,000 To Prevent Workplace Injuries

T Hazardous manual handling creates a risk of musculoskeletal disorders (MSDs). In Victoria, MSDs are the most common cause of severe long-term pain and physical disability to injured workers. MSDs can also significantly affect workers' mental health.

[Read more...](#)

**Austrroads releases new guidelines for low and zero emission vehicle charging**



## Austrroads Releases New Guidelines For Low And Zero Emission Vehicle Charging

Austrroads has published new [Guidelines for Low and Zero Emission Vehicle Charging Infrastructure Installation](#).

[Read more...](#)

# NRSP News



## Global NCAP Fleet Safety Guide And Safer Vehicle Purchasing Policy 2022-2023

For many businesses, driving for work purposes is one of the greatest risks faced by their employees. Careful management of the way fleets are driven, maintained and purchased will save lives and reduce the costs of road crashes.

[Read more...](#)



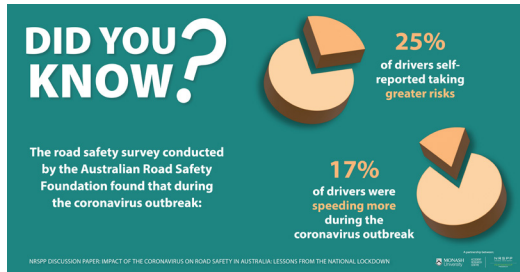
## Fitness For Duty

As a heavy vehicle driver, fitness for duty comprehends various areas of life. Besides fatigue or lack of sleep, it is directly related to our lifestyle and everyday choices. In a recent Australian study, 75% of truck drivers reported having a diagnosis of a physical medical condition, and 23% reported diagnosis of a mental health condition [1]. Integral and long-lasting fitness for duty is the result of diverse strategies to support drivers.

[Read more...](#)



## Social Media



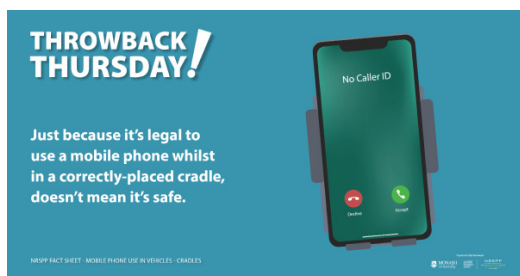
The road safety survey conducted by the Australian Road Safety Foundation identified several interesting statistics during the coronavirus outbreak.

[Download it here.](#)



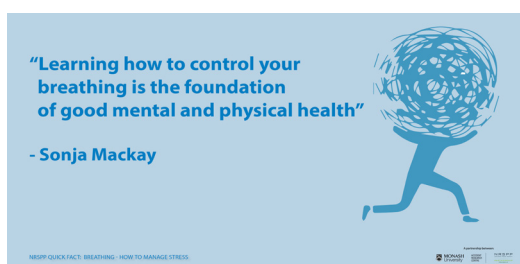
Did you know that quality sleep is critical for our physical and mental health?

[Download it here.](#)



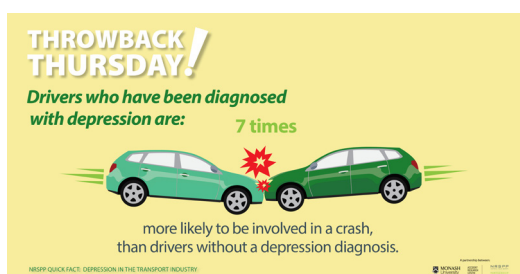
Even if your mobile phone is in a correctly-placed cradle, it doesn't mean it's safe to use whilst driving.

[Download it here.](#)



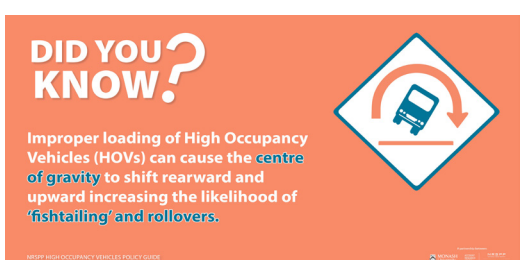
Did you know how you choose to react when driving can have a big impact on your safety as a driver, in that moment and for the rest of the journey?

[Download it here.](#)



Depression can affect driver performance; Depressive symptoms can quadruple the crash risk.

[Download it here.](#)



High Occupancy vehicles have a high risk of 'fishtailing' and rollovers when improperly loaded because it can cause the centre of gravity to shift rearward and upward.

[Download it here.](#)



# Social Media - HV TBT Snippets

Download our weekly HV TBT Snippet videos on our website now!



## Are you okay to drive?



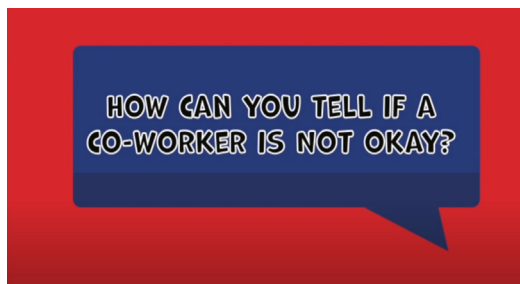
### Are You Okay to Drive HV TBT Teaser

Our Are You Okay to Drive Heavy Vehicle Toolbox Talk is now live! Download the package [here](#) on our website.

### HV TBT Snippet - Are You Okay 01

Renata (Cuz) from Qube explains that checking up on a colleague is simple and asking "are you okay?" can brighten someone's day.

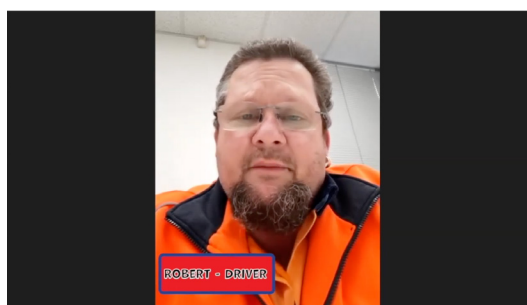
[Watch & download video here.](#)



### HV TBT Snippet - Are You Okay 02

Helen from Bingo describes how one can identify if a co-worker is upset, and what to do.

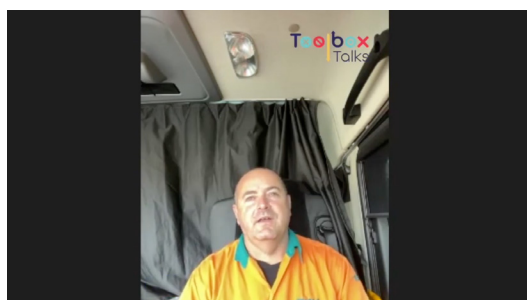
[Watch & download video here.](#)



### HV TBT Snippet - Are You Okay 03

Robert from Bingo explains the importance of checking up on co-workers as a team leader. Sharing his knowledge on what to do.

[Watch & download video here.](#)

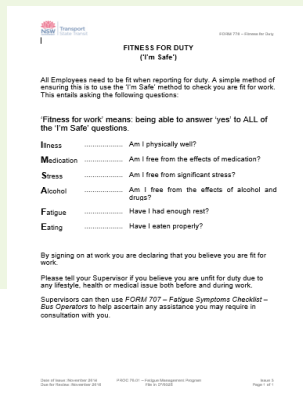


### HV TBT Snippet - Are You Okay 04

Tony from Toll explains the importance of knowing signs that can tell if a co-worker is not okay. Sharing some great tips on what to do.

[Watch & download video here.](#)

# NRSP Resources



**FITNESS FOR DUTY**  
(I'm Safe)

All Employees need to be fit when reporting for duty. A simple method of ensuring this is to use the 'I'm Safe' method to check you are fit for work. This entails asking the following questions:

'Fitness for work' means: being able to answer 'yes' to ALL of the 'I'm Safe' questions.

**Illness** ..... Am I physically well?  
**Medication** ..... Am I free from the effects of medication?  
**Stress** ..... Am I free from significant stress?  
**Alcohol** ..... Am I free from the effects of alcohol and drugs?  
**Fatigue** ..... Have I had enough rest?  
**Eating** ..... Have I eaten properly?

By signing on at work you are declaring that you believe you are fit for work.

Please tell your Supervisor if you believe you are unfit for duty due to any illness, health or medical issue both before and during work.

Supervisors can then use FORM 707 - Fatigue Symptoms Checklist - Bus Operators to help ascertain any assistance you may require in consultation with you.

State of New South Wales 2019  
 Date of Review: November 2019  
 NSW 2019 - Fitness Management Program  
 Page 1 of 1

## Fitness For Duty Checklist "I'm Safe"

All Employees need to be fit when reporting for duty. A simple method of ensuring this is to use the 'I'm Safe' method to check you are fit for work.

[Download here...](#)



**CERTIFICATE OF FITNESS**  
LIGHT VEHICLE (PRIVATE) DRIVERS  
LICENSE CLASSES C, RDATE, R, LR

Driver's License No.   
 Date of License   
 Due Date

**SECTION 1: YOUR DETAILS** (to be completed in BLOCK letters prior to seeing your doctor)

SurfName  Date of Birth   
 Home Address   
 Mobile Number  Telephone   
 Postal Address (if different from above)   
 Email Address (if valid)

I have read the medical practitioner completing this form must of any medical condition that I have and I agree to be assessed for fitness to drive. I understand that my condition may affect my ability to drive and I agree to be assessed for fitness to drive. I understand that my condition may affect my ability to drive and I agree to be assessed for fitness to drive.

**SECTION 2: IMPORTANT NOTES FOR THE MEDICAL PRACTITIONER**

The purpose of this form is to provide a simple method for a medical practitioner to provide evidence of fitness to drive. It is not a substitute for a medical examination. It is a form to be completed by a medical practitioner who is qualified to provide evidence of fitness to drive. It is not a substitute for a medical examination. It is a form to be completed by a medical practitioner who is qualified to provide evidence of fitness to drive.

**WHAT TO DO WITH THE COMPLETED MEDICAL ASSESSMENT**

1. Return to your doctor, hospital, clinic or any service of your choice.  
 2. Retain for your records.

## Certificate of Fitness Light Vehicle (Private) Drivers License Classes C, RDATE, R, LR

This form evaluates how fit you are to drive.

[Download here...](#)



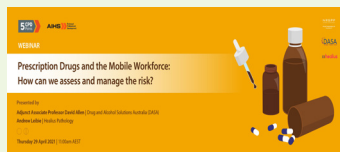
## For Commercial Drivers

This page highlights important information for commercial and heavy vehicle drivers. It includes information about the commercial driver medical standards and how they are applied to licensing and fitness for duty, including how they relate to the National Heavy Vehicle Law. It also outlines your responsibilities as a driver, links to commercial driver health resources, and what to do if you do not agree with an fitness to drive assessment outcome.

This page will be updated as new information and resources become available.

[Read more...](#)

# NRSP Resources



## Webinar: Prescription Drugs And The Mobile Workforce – How Can We Assess And Manage The Risk?

While many fitness for work programs include some form of drug testing, often the focus is on the presence of illicit drugs, due to their known effects on driving performance. However the effects of prescription drugs is often overlooked, despite potentially having similar risk profiles.

[Read more...](#)

## Fitness to drive FAQs

Driving a car is a complex task which requires good vision, judgement, perception and physical abilities. Some drivers may need to have their fitness to drive assessed by VicRoads Medical Review.

VicRoads is responsible for ensuring that all drivers are fit to drive. There are many medical conditions, or combination of conditions, injuries and medical treatments that could affect a driver's ability to drive safely.

The [Assessing Fitness to Drive for Commercial and Private Vehicle Drivers Standards](#) is used by health professionals and VicRoads outlining the requirements for safe driving.

The following frequently asked questions provide helpful advice about your rights and responsibilities when VicRoads asks you to provide a medical report.

## Fitness To Drive FAQs VicRoads

Driving a car is a complex task which requires good vision, judgement, perception and physical abilities. Some drivers may need to have their fitness to drive assessed by VicRoads Medical Review.

[Read more...](#)

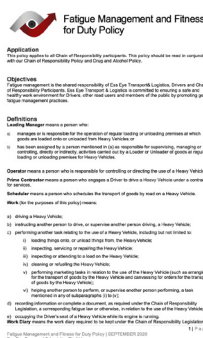


## Fatigue Management And Fitness For Duty Policy

This template policy is designed to draw your attention to some of the important issues under the Heavy Vehicle National Law and its associated regulations (HNVL) that may be relevant

to you. To create your own Fatigue Management and Fitness for Duty Policy, you need to consider all of the issues listed in this template and whether, and to what extent, they are relevant to your business.

[Read more...](#)



## Fatigue Management and Fitness for Duty Policy

This policy applies to all Chain of Responsibility participants. This policy should be read in conjunction with our Chain of Responsibility Policy and Drug and Alcohol Policy.

[Read more...](#)

# NRSP Resources



## Determinants Impacting Health And Performance Of Truck Drivers – Telephone Survey By MUARC

The Driving Health report number 8 describes detailed information gathered from telephone surveys with Australian truck drivers. The survey covered determinants from personal, occupational, workplace environment, regulatory, lifestyle and health domains, and looked at how those domains influence truck drivers' physical health, mental health and driving performance.

[Read more...](#)



## Chain Of Responsibility – Fitness To Drive Policy Assessment Guide

This guide is to assist you in reviewing your policies/procedures which ensure your drivers are medically fit to perform their required duties. The process and responsibilities will vary with some specialist freight task and other site-specific rules and regulations that may need to be considered. The checklist should be completed and signed by the responsible manager.

[Read more...](#)



## Chain of Responsibility - Fatigue Management and Fitness for Duty Policy

This template policy is designed to draw your attention to some of the important issues under the Heavy Vehicle National Law and its associated regulations (HNVL) that may be relevant to you. To create your own Fatigue Management and Fitness for Duty Policy, you need to consider all of the issues listed in this template and whether, and to what extent, they are relevant to your business.

[Read more...](#)



## Assessing Fitness to Drive

Drivers need good vision, physical ability, and cognitive capacity to undertake the complex task of driving a motor vehicle. Driver health and fitness to drive is therefore an important factor in supporting the safety of Australians who use the roads.

[Read more...](#)

## NRSP Resources



**Austroads**

### Forms

These forms have been developed to support the conduct of health assessments for fitness for duty for commercial vehicle drivers. They are intended to facilitate assessments required for schemes such as TruckSafeOpens in new window and NHVAS Fatigue Management AccreditationOpens in new window, as distinct from driver licensing.

[Read more...](#)



### Better Business Hub

Practical advice and tools for increasing your profitability, managing your team, and cutting red tape.

[Read more...](#)

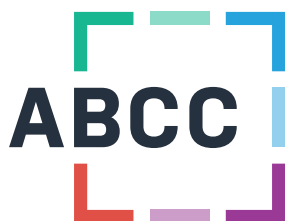


**safe work australia**

### Duties under WHS Laws

Everyone has a role in workplace health and safety. Find out how to meet your duties under work health and safety (WHS) laws.

[Read more...](#)



### Fitness for Work Policy Guidance Material

The ABCC has provided this information to assist tenderers to meet the Workplace Relations Management Plans (WRMPs) content requirements in Schedule 4 of the Code for the Tendering and Performance of Building Work 2016 (Code). However, it is not an exhaustive list of the matters that must be addressed.

[Read more...](#)

## Events



### OzHelp National Industry Wellbeing Forum

*Presented by:*  
**OzHelp**

*October, 13 2022*  
*Peninsula Room, National Museum of Australia, Lawson Crescent, Acton, ACT 2601*

The National Industry Wellbeing Forum brings together business leaders, WHS and workplace wellbeing professionals to improve the mental health and wellbeing of high risk hard to reach male dominated workers.

It is our goal to provide attendees with the insights and practical solutions to help create a positive ripple effect amongst individuals, workplaces and communities.

[Register here](#)



### CILT-International Convention Perth 2022

*Presented by:*  
**Chartered Institute of Logistics and Transport (CILT)**

*October, 23 2022 to October, 26 2022*  
*Hyatt Regency Perth - 99 Adelaide Terrace, Perth WA 6000*

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.

Some three parallel sessions will present experts, in heavy bulk and urban logistics fields, new container port clearance strategies, some amazing cutting-edge passenger innovations, a cluster of revolutionary IT developments for the T&L sector.

[Register here](#)



## Events



### Austroads releases new guidelines for low and zero emission vehicle charging

#### Austroads Releases New Guidelines For Low And Zero Emission Vehicle Charging

*Presented by:*  
Austroads

November, 3 2022  
Online

Internal combustion engine vehicles are a major source of greenhouse gas emissions in Australia and New Zealand. Encouraging the public to utilise low and zero emission vehicles (LZEVs), such as battery electric vehicles will contribute to creating a more sustainable road transport system.

[Register here](#)



### Analysis and action: using data effectively (NZ timezone)



#### Analysis And Action: Using Data Effectively (NZ Timezone)

*Presented by:*  
Global Fleet Champions

November, 24 2022  
Online

Effective use of data is an essential part of any fleet safety programme, from proactively using it to identify prevention measures, to reactively analysing incidents.

[Register here](#)



## Acknowledgements

