

National Road Safety Partnership Program



Monthly Bulletin

December 2022 | Newsletter No. 97

Improving Road Safety Is Simply Good Business

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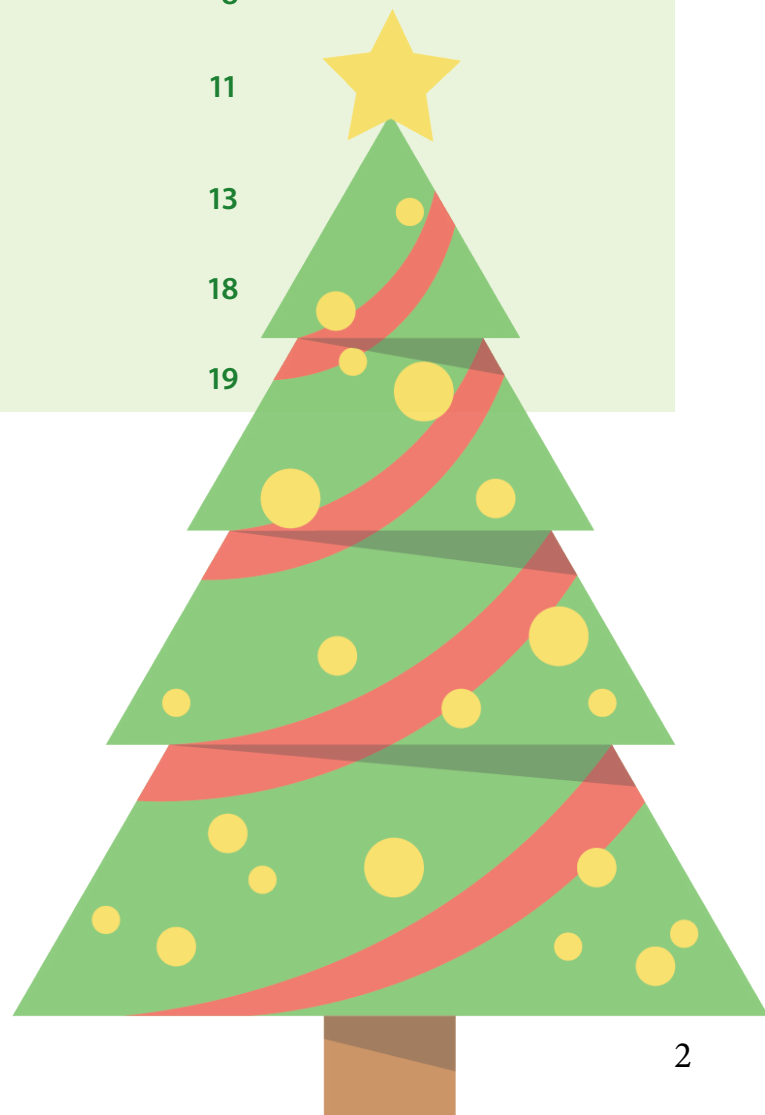
Acknowledgements

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HAPPY HOLIDAYS!

NRSPP is closed from the 22nd of
December 2022. We will be back on
the 3rd of January 2023.

Stay safe.





NRSPP Achievements

- A scoping workshop for establishing a NRSPP Retail and Grocery Forum was hosted by Ernst and Young on the 9th November.
- The sixth NRSPP Utilities Forum was hosted by APA Group on the 10th of November in Melbourne.
- The 24th NRSPP Steering Committee was hosted by MUARC on the 16th November, key outcomes include:
 - o The NRSPP Strategic Plan Action Plan has been finalised.
 - o The transfer of the Vehicle Safety Research Group to NRSPP was confirmed and will be finalised 1st July 2023.
 - o The establishment of a Retail and Grocery Forum was confirmed.
 - o NRSPP Organisational Campaign for 2023 will be on road worker safety.
 - o The NRSPP SC will support the MUARC Baseline Project on Workplace Road Safety.
 - o Victorian Re:act team from Swinburne presented their winning campaign on educating young drivers to purchase the safer vehicle for their budget.
- The NRSPP released the Draft Construction Logistics and Community Safety – Australia Standard following a National Workshop on the 17th November.
- NRSPP has updated the following Quick Facts:
 - o Depression in the transport industry
 - o Wearing Your Seatbelt Could Save Your Life
 - o Driver Distraction And The Connection To Sleep Deprivation
 - o Workplace Road Safety
 - o Emotional distractions
 - o Dangers of driving at night
 - o Side effects of Fatigue
 - o Cost Of Poor Sleep
- NRSPP Program Director Jerome Carslake presented at the Safety 2022, 14th World Conference on Injury Prevention and Safety Promotion in Adelaide on 28th and 29th November. Jerome presented on the “Art of making an engaging Toolbox Talk” and “Suicide in Road Transport Prevention lessons for Road Safety”.
- On the 1st December Teletrac Navman hosted the webinar “How AI and Video Telematics is Changing Driver Safety in Australia” which was facilitated by Chris L'Ecluse and included NRSPP Program Director Jerome Carslake and Gavin Hill from Transport Certification Australia.
- NRSPP welcomes summer intern **Mona Nohara** who will be creating Q&As on the following topics:
 - o Telematics – how to best use the data to drive culture?
 - o What are the thresholds of telematics and what does the variance really mean for safety?
 - o Balance of privacy with safety.
- VSRG released 2 reports:
 - o VSRG Research Program: Benefits Of Additional Vehicle Safety Technology To Novice Drivers – Australia And New Zealand
 - o VSRG Research Program: A Real-World Evaluation Of Autonomous Emergency Braking And Forward Collision Warning In Australasian Light Vehicles

The CLOCS-A National Draft Standard Is Open For Consultation



- The Heavy Vehicle Toolbox Talks (HVTBT) December release features **Mental Health**, the supporting video includes drivers from Alex Fraser, Toll and Qube.
 - o In the lead up to the holiday period, being alone in any vehicle gives you time to be / in your head – small things can become big things.



The holiday season can be a challenging time for individuals and communities across the country.

A list of resources that may help provide support over the festive season are available on the Life in Mind portal. To learn more click [here](#).



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

MENTAL HEALTH

Driving a heavy vehicle has been described as one of the 'unhealthiest and 'deadliest jobs in the country. Increased work hours, shift work, fatigue, irregular shifts, being away from families, and the need for mental alertness contribute to some drivers turning to alcohol and drug use.

Transport is a male dominated industry with about 97% of truck drivers being men. Research shows that men who work in male dominated industries have a higher rate of depression and suicide than other industries.



nrsp.org.au >> Toolbox Talks >> Heavy Vehicles

Monthly Focus: Mental Health

NRSP's theme for December is to get every organisation and worker to stop, think and be prepared for the upcoming holiday period. Encouraging them to be prepared may come in many forms. For some, this can be a tough and lonely time especially if you are out on the road driving a vehicle for work.

Alone time can give you time to ruminate on what you are missing out on, where small things or thoughts can blow up internally into big issues – when they are not. Our goal is to share some insights on mental health and driving.

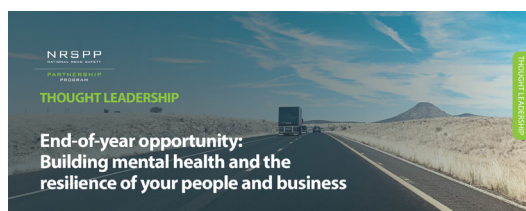
For workers to be prepared for the pressure in the lead up to get everything done in the holidays. We do not want workers to cut corners and rush – because in reality those short cuts can make trips longer or cause disastrous outcomes.

The last angle is planning your journey from beginning to end accordingly. The holiday period is one of the most dangerous times on the road, so take extra care so you come back in one piece.

And remember when you do return to work, your mind can and often does remain in holiday mode. So, take that extra care to get your mind work-fit so you can be on task when on the road.

Monthly Features

NRSP Thought Leadership: End-Of-Year Opportunity: Building Mental Health And The Resilience Of Your People And Business



The end of a calendar year is a chance to unwind and recharge. For many though, the pressure of pre-Christmas deadlines, increased traffic congestion and expectations of us over the holiday period can increase stress and worry.

Managing challenges

Many of those challenges can't be avoided. However, according to Safety Risk expert Keith Govias, they can be prepared for and managed. Meaning your people – and your organisation – are better placed to return stronger and more resilient for the New Year, and into the future.

"So firstly it's about what are businesses doing to plan for recovery of their people in the second half of December and into January, because you come back and it's almost like you get hit with a sledgehammer again after that end of year break," Keith says.

"And then it's about challenging how we reflect on what we have learned in the past few years and plan for how we can do it better the year after."

"Often, businesses don't take time to reflect on 'what have we learnt from our mistakes?' Can we make this better? Do we engage with our drivers, our schedulers, with our loaders to ask them what did and didn't work well and make some tweaks."

"That's the business risk. From an individual perspective, drivers might feel anxiety leading up to having time off over the Christmas period, having to see family or dealing with absence or loneliness."

"This time of year can be very challenging if you don't have family and friends around you or if you are embedded in a lifestyle of loneliness as a long-haul truck driver, that might be quite challenging for you. This is one of the reasons we see many people get on their boat or travel somewhere where you can get away from people."

"So it's about acknowledging what the anxiety is and what triggers it – is it a business driven anxiety, is it personal anxiety? – and being able to embrace how people are dealing with it. Because mental health is personal but can be influenced by organisational factors, or it's personal and can play out in terms of poor organisational behaviour in the workplace."



nrsp.org.au
December 2022 | 1

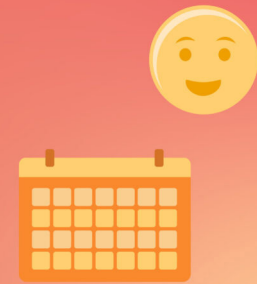
The end of a calendar year is a chance to unwind and recharge. For many though, the pressure of pre-Christmas deadlines, increased traffic congestion and expectations of us over the holiday period can increase stress and worry.

Many of those challenges can't be avoided. However, according to Safety Risk expert Keith Govias, they can be prepared for and managed. Meaning your people – and your organisation – are better placed to return stronger and more resilient for the New Year, and into the future.

Click [here](#) to download

NRSP Blog: Turning The End-Of-Year Rush Into A Positive – For Your People And Your Business

Turning the end-of-year rush into a positive – for your people and your business



The end of the year can be a joyful time and this year, after the lockdowns of the past two years, may be extra cause for celebration. But for many, that is not the case.

And, as Safety Risk expert Keith Govias is commonly hearing, the pandemic has had an even more severe effect on Transport and Logistics. For example, with sustained increases in online shopping increasing demands on drivers for deliveries. Those pressures flow through businesses, with schedulers and others working in administration scrambling to meet demand, and managers and owners trying to keep businesses operating in uncertain times.

Keith will deliver NRSP's December webinar, *Coping as a business and supporting mental health during the holiday season*, to examine the issues that impact worker mental health and business resilience across the Christmas and New Year periods.

He has also expanded on these issues in this Thought Leadership piece – *End-of-year opportunity: Building mental health and the resilience of your people and business* – providing practical and easy-to-implement strategies to help address those challenges in the short-term and help build more resilient people and businesses for the long-term.

"Drivers might feel anxiety leading up to having time off over the Christmas period, having to see family or dealing with a degree of absence and loneliness if you don't have family or friends to share the Christmas-New Year period with," Keith said, "or if you are embedded in a lifestyle of loneliness as a long-haul truck driver, that might be quite challenging for you."

"Our clients in Transport and Logistics are telling us that they never got the same break as other businesses did when they went into lockdown – in actual fact, they went into hyperdrive. That a number of their ancillary services, especially local direct freight, have increased significantly with a lot more users moving to online shopping and extra parcel movement that's been going on."

"And that a lot of the teams are especially burning out in the admin space – with the impacts of Covid and people being on leave or being isolated at home, they haven't had the skill sets necessarily to cover."

"It's still a very competitive market and for those people who are in a management or senior executive role, the risks of maintaining a business, trying to grow or stabilise it, and trying to ensure that your people strategy is complementary is causing a degree of anxiety."

"And I think that for all of them, while there was a beneficial focus on the conversation around mental health in the first year of Covid, that community conversation has dissipated but there's an anxiety that they don't understand what they can do to identify and manage psychological hazards in the workplace."

[Click here to continue reading the full blog.](#)

NRSP Blog: Going On A Holiday? Safety Tips For Your Next Road Trip

Going On A Holiday? Safety Tips For Your Next Road Trip

Written By Anne Nicole



With travel restrictions loosened, road trips have become a popular option for travellers. According to tourism statistics from the Australia Trade and Investment Commission as of June 2022, there has been a total of 85.8 million domestic overnight trips by Australian residents. In addition, this year's quarter also saw an increase in trip spending — rising by as much as 60% or \$5.2 billion from June 2019 to \$25.3 billion. Considering the amazing landscapes of Australia, road trips are great ways to enjoy the views.

When planning a road trip, you must prepare everything carefully to ensure you don't face any hitches along the way. Listed below are some tips to keep you safe and sound on the road:

Service Your Vehicle And Practice Driving

Before going on any road trip, it's essential that you get your vehicle serviced — be it your everyday car, caravan, camper trailer, or RV. Our post "Time To Hit The Road, Finally... But Don't Compromise Safety For Freedom" notes that tyres can degrade and become worn out from not being used, so it's crucial to give the vehicle a warm-up and maintain it. For longer road trips, you should consider bringing extra car gear such as a spare tyre, jumper cables, and engine oil for when your vehicle needs them. If it's your first time towing a caravan, it's recommended that you take a towing course to maximise your safety on the road.

Keep Track Of Your Things

It's critical that you take the necessary precautions against theft or misplacement, especially since no one else should be accountable for protecting your stuff. Forgetting to secure essential things like your wallet can be an easy way to invite thieves, so one tip recommended by travel writer James Gonzales is to write out a checklist of all the things you've packed. This helps you visualise everything you brought that you might have forgotten about otherwise. Using packing cubes for your bags also ensures your stuff is organised, so you don't miss anything. For small essentials such as your keys, you can also opt to attach a Bluetooth tracker to ensure it's on you whenever you're out.

Hide Things Out Of Sight

Another way to prevent theft during a road trip is to keep your things out of sight. When leaving your car to visit tourist spots on foot, carry your valuables and keep other items out of view from the windows. Even if you use a blanket or jacket to hide your things, potential thieves may still be tempted to break into your car to take your stuff. It's important to plan ahead and avoid retrieving items from your trunk at your destination, lest anyone is watching for any valuables to steal. Pack your things so that everything you need for the next stop is just in one easy-to-carry backpack. By keeping your car neat and empty, you can keep your vehicle safe from break-ins.

[Click here](#) to continue reading the full blog.



NRSPP News

ANCAP releases its Future View on Testing & Assessment 2030



ANCAP Releases Its Future View On Testing & Assessment 2030

ANCAP's Future View 2030 is ANCAP's application of Euro NCAP's roadmap to the Australian and New Zealand context. Euro NCAP's 'Vision 2030: A Safer Future for Mobility' was released on November 9 and is available [here](#).

[Read more...](#)



Healthy Heads Launches English as Second Language (EASeL) Resources



Healthy Heads Launches English As Second Language (EASeL) Resources

Today, Healthy Heads in Trucks & Sheds (HHTS) launched industry-tailored wellbeing resources that have been translated into eight of the most commonly spoken languages other than English in the Australian road transport, warehousing, and logistics sector.

[Read more...](#)



Desires and dysfunction: Root causes of driver dissatisfaction



Desires And Dysfunction: Root Causes Of Driver Dissatisfaction

While industry experts generally agree on the existence of a troublesome truck driver labor market, there is no consensus on what is causing the problem.

[Read more...](#)



Free fleet webinar looks at using data effectively

Analysis and action: using data effectively
Thursday 24 November, 2pm – 3pm NZDT



Free Fleet Webinar Looks At Using Data Effectively

Fleets are being encouraged to look at their data and use it effectively to target interventions that reduce road risk at a forthcoming webinar organised by Brake, the road safety charity, and sponsored by Inseego.

[Read more...](#)



NRSPP News

Funding open for round 8 of the Heavy Vehicle Safety Initiative



Funding Open For Round 8 Of The Heavy Vehicle Safety Initiative

The National Heavy Vehicle Regulator (NHVR) has announced that round 8 of the Heavy Vehicle Safety Initiative (HVSII) program is now open.

[Read more...](#)

The CLOCS-A National Draft Standard Is Open For Consultation



The CLOCS-A National Draft Standard Is Open For Consultation

The CLOCS-A National Draft Standard was a key output from the CLOCS-A National Consolidation Workshop, which was held on November 17, 2022. CLOCS-A National Draft Standard has been compiled based on the inputs from each of the Technical Groups.

[Read more...](#)

Sixth NRSPP Utilities Forum held kindly hosted by APA Group



Sixth NRSPP Utilities Forum Held Kindly Hosted By APA Group

A great celebration was held on the 10th November when the NRSPP closed its sixth in-person Utilities Forum in Melbourne, which was kindly hosted by APA Group. Nearly 30 industry partners came together from 15 different organisations to deep dive into workplace road safety in relation to their sector.

[Read more...](#)

Welcome on board to our newest Program Partner, City Of Albany!

We look forward to working with you.



Welcome On Board: City Of Albany

The City Of Albany is a local government with around 300 full time staff. The City of Albany is located approx. 400kms South of Perth and has a population of a little over 38,000 people

[Read more...](#)



NRSP News

Safer Together “Water Crossing for Light Vehicles E-Learn Tool” Out Now



Safer Together “Water Crossing For Light Vehicles E-Learn Tool” Out Now

The Guideline balances safety with getting the job done – delivering a practical set of instructions to enable individuals to assess a water crossing; and then decide if it is safe to continue or not.

[Read more...](#)

NRSP Summer Intern



Welcome
Mona Nohara

NRSP Welcomes A New Summer Intern!

NRSP welcomes our new summer research intern Mona Nohara to the team!

[Read more...](#)

QUT Roadside Advertising Survey

Have your say about
roadside advertising signs



Survey Participants Wanted!

QUT Roadside Advertising Survey

Participants wanted! Have your say about roadside advertising signs by completing the Roadside Advertising Survey. The survey has been developed as part of a PhD research program through the Centre for Accident Road and Research-Queensland (CARRS-Q) at the Queensland University of Technology.

[Read more...](#)



New Release: Mental Health

Driving a heavy vehicle has been described as one of the ‘unhealthiest’ and ‘deadliest’ jobs in the country. Increased work hours, shift work, fatigue, irregular shifts, being away from families, and the need for mental alertness contribute to some drivers turning to alcohol and drug use.

[Read more...](#)



Social Media

DID YOU KNOW?

zz

The relationship between sleep deprivation and driving

Explained by:
Dr. Amanda Stephens (Monash University Accident Research Centre)
Associate Professor Clare Anderson (Turner Institute for Brain and Mental Health at Monash University)

A partnership between MONASH University, NIDPP, and the Victorian Government

Ever felt heavy eyelids while driving? Watch our Full Driver Sleepiness Webinar for more insights on how to avoid sleep deprivation while driving

[Download it here.](#)

THROWBACK THURSDAY!

Driving in an emotional state raises crash risk by nearly **10x**

Studies have shown driving while angry or sad **increases** the odds of crash involvement.

NIDPP QUICK FACT: EMOTIONAL DISTRACTIONS

A partnership between MONASH University, NIDPP, and the Victorian Government

Studies have shown that when angry or sad, the odds of crash involvement increase and can be similar to the odds of crash involvement when distracted or drowsy. Remember to remain focused while driving and be aware of emotional distractions.

[Download it here.](#)

DID YOU KNOW?

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Do you know your fatigue triggers?

Explained by:
Dr. Amanda Stephens (Monash University Accident Research Centre)
Associate Professor Clare Anderson (Turner Institute for Brain and Mental Health at Monash University)

A partnership between MONASH University, NIDPP, and the Victorian Government

Do you know your fatigue triggers? Watch our Driver Sleepiness Webinar for more insights on how to identify your fatigue triggers while driving.

[Download it here.](#)

THROWBACK THURSDAY!

Driving is a complex task.

Many prescription drugs and over the counter medications can impair driving ability and place you and others on the road at risk.

NIDPP QUICK FACT: PRESCRIPTION DRUGS AND DRIVING

A partnership between MONASH University, NIDPP, and the Victorian Government

Driving is a complex task which depends on vision, visual processing, decision making, reaction time, coordination, and attention.

[Download it here.](#)

DID YOU KNOW?

Would you get in a car with a drink driver? No? Then don't get in with a tired driver!!

Studies show if you've been awake for 17 hours you have the same level of impairment as someone with a blood alcohol concentration of 0.05.

BAC 0.05

SHIFT WORK HEAVY VEHICLE TOOLBOX TALK PACKAGE

A partnership between MONASH University, NIDPP, and the Victorian Government

Shift workers are vital but night-shift work has been linked to an increase in driver drowsiness, affecting driving performance and increasing the risk of near-crash drive events. Studies have shown night shift workers often express having problems with their sleep, such as poor sleep quality, short sleep periods, and insomnia symptoms.

[Download it here.](#)

THROWBACK THURSDAY!

Shift workers can have misaligned body clocks.

Dr Carmel Harrington explains this issue, and how shift workers can manage it.

A partnership between MONASH University, NIDPP, and the Victorian Government

Dr Carmel Harrington, who has a PhD in Sleep Medicine from the University of Sydney, explains how sleep deprivation can affect shift workers, especially their body clocks.

[Download it here.](#)



Social Media - HV TBT Snippets

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



Shift Work HV TBT Teaser

Our Shift Work Heavy Vehicle Toolbox Talk is now live! Download the package [here](#) on our website.

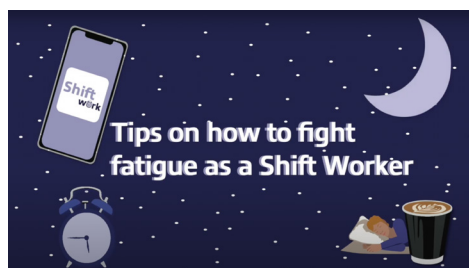
[Watch video here.](#)



HV TBT Snippet - Shift Work 01

Georgios from Bingo explains the importance of routine during shift work.

[Watch & download video here.](#)



HV TBT Snippet - Shift Work 02

Tom from Toll gives tips on how to tackle fatigue during shift work.

[Watch & download video here.](#)



HV TBT Snippet - Shift Work 03

Peter from Holcim and Selcuk from Bingo give insightful advice on shift work.

[Watch & download video here.](#)



HV TBT Snippet - Soapbox

Mario from Alex Fraser shares his thoughts about the world being in a rush.

[Watch & download video here.](#)



Fitness For Duty Checklist "I'm Safe"

Download here...

[illegible]

This form evaluates how fit you are to drive.

Download here...

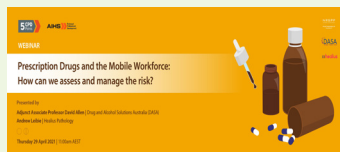


This page highlights important information for commercial and heavy vehicle drivers. It includes information about the commercial driver medical standards and how they are applied to licensing and fitness for duty, including how they relate to the National Heavy Vehicle Law. It also outlines your responsibilities 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

Application

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.

Objectives

The primary objective of this policy is to ensure that all Chain of Responsibility participants are aware of their responsibilities and obligations under the Heavy Vehicle National Law and its associated regulations (HNVL) and to ensure that all Chain of Responsibility participants are aware of the consequences of non-compliance with the policy.

Definitions

Chain of Responsibility means a person who is responsible for the control or management of a heavy vehicle.

Driver means a person who is responsible for the control or management of a heavy vehicle.

Heavy Vehicle means a motor vehicle designed or adapted for the transport of goods by road in a heavy vehicle.

Heavy Vehicle Operator means a person who is responsible for the control or management of a heavy vehicle.

Heavy Vehicle Transporter means a person who is responsible for the control or management of a heavy vehicle.

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Fatigue Management and Fitness for Duty Policy

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[Read more...](#)



NRSP Resources



Keeping Mentally Healthy This Holiday Season – Life In Mind

At this time of year, it is important to look after your physical, emotional and mental health. Take some time to connect with family, friends, community and culture. Check-in with how you are feeling and perhaps identify some activities that support your wellbeing. Check out the Life in Mind self-care guide for ideas on how to incorporate self-care into your life during this holiday season.

[Read more...](#)



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...](#)



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...](#)



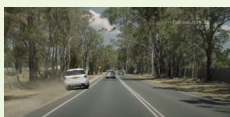
11 – Festive Season

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.

[Read more...](#)



NRSP Resources



Don't Trust Your Tired Self By Road Safety Commission

Regional roads on long weekends and weekends are inundated with metropolitan drivers escaping the city for a holiday break. These 'road-trips' often entail long regional drives, sparking concerns of an increase in tired drivers on WA regional roads.

[Read more...](#)



Webinar: Job At Hand: Practical Ways To Stay Focused (And Safe) Behind The Wheel

It's easy for our mind to wander when we're driving. For people who spend a lot of time behind the wheel – whether you're a long-haul heavy vehicle driver or part of your organisation's sales or client support team, isolation can become your worst enemy, allowing distraction to take hold as you ruminate on your thoughts.

[Read more...](#)



NRSPP Thought Leadership: When Half A Second Matters – Mindfulness Drives Road Safety

Have you ever completed your journey and can't remember the drive? And here's another question: when does half a second matter? Your answers to these questions might indicate how 'mindful' you are when driving, and how much additional risk you, or your employer or fellow road users, face when you get behind the wheel.

[Read more...](#)



Christmas Road Safety

The summer holiday period is one of the busiest times of the year on the road. Each Christmas the NHVR publishes a range of tips for all motorists to share as a reminder to stay safe on the roads.

[Read more...](#)



Transurban Insights: Road Safety

Transurban Insights reports use data and research from our business, as well as surveys we commission, to look into specific issues relevant to road transport.

[Read more...](#)

NRSPP Resources

USEFUL LINKS



Stay Safe On The Road This Christmas

As one of the busiest and most dangerous periods for Australian drivers, it's important to be aware and prepared for heightened risks on the road. And with domestic and international travel on its way back to normal, we can expect to see that risk increase even more significantly this year.

[Read more...](#)



7 Weeks To Christmas Safety Campaign

It's easy to become distracted or complacent with all the excitement of the holiday period. That's why it's important to check in with our colleagues and loved ones to remind them to slow down and stay safe.

[Read more...](#)



This The Season To Be Asking R U OK?

Christmas and the holiday season can be a difficult time for some people who struggle to navigate the celebrations and festivities going on around them. They might be dealing with the strain of financial pressure, work demands, recent events, grief, or a challenging family situation.

[Read more...](#)

Events

Coping as a business and supporting mental health during the holiday season

Webinar presented by Keith Govias



Coping As A Business And Supporting Mental Health During The Holiday Season

Presented by:
Keith Govias

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The end of this year has been something that most of us are looking forward to. After two years of COVID lockdowns and the distress of the unknown, this year has been a frenzy of operational activity across all sectors and especially impacting those with roles on our roads. End of year celebrations should be an enjoyable time for our Teams and as individuals, but often workers and employers spend this time worrying about issues; rather than using it as a time to

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Acknowledgements

