

NRSP
NATIONAL ROAD SAFETY

PARTNERSHIP
PROGRAM

National Road Safety Partnership Program

Monthly Bulletin

February 2023 | Newsletter No. 98

Improving Road Safety Is Simply Good Business

NRSP is proudly hosted by



MONASH
University

ACCIDENT
RESEARCH
CENTRE

Contents

| | |
|--|----|
| NRSPP Achievements | 3 |
| NRSPP's Next Heavy Vehicle Toolbox Talk is Out Now! | 4 |
| NRSPP Monthly Focus | 5 |
| Monthly Feature: | 5 |
| NRSPP Q&A: Safe and Unsafe Drivers | |
| Blog: Factor in X-factor, to stop your journey 'going to pot' | 6 |
| NRSPP News | 7 |
| Social Media | 8 |
| NRSPP Resources | 10 |
| Events | 13 |
| Acknowledgements | 14 |

NRSPP Achievements

- The NRSPP and **Global Road Safety Partnership** (GRSP) have signed a reciprocal partnership agreement, a formal announcement will be forthcoming.
- Heavy Vehicle Toolbox Talks (HVTBT):
 - o Our February release features **Road Conditions** with drivers from **Holcim** and **Toll**.



- The NRSPP Heavy Vehicle Toolbox Talk Working Group latest updated:
 - o Finalised two more Toolbox Talks
 - o Alex Fraser provided five drivers for interviews
 - o Bingo Industries provided five drivers for interviews
 - o Darryl Dickenson Transport provided a single driver for interviews
 - o Eather Group provided a single driver for interviews
 - o Holcim provided three drivers for interviews
- NRSPP held a scoping workshop with the Independent Contractor Gig Sector on 5 December 2022 to establish a standing consortium of rideshare, food delivery, and parcel delivery companies, safety experts, and researchers focused on improving their workers' safety on the road.
- NRSPP Governance Board met on 16 December confirming program finances and 2023 work program. A key outcome was approval of \$5,000 as a result of an enforceable undertaking donation to go towards developing a "Humanising Truck Drivers" campaign which will be developed in conjunction with the Heavy Vehicle Industry Association to be released at the 2023 Truck Show in Brisbane.

- A follow-up to **Impact of the Coronavirus on Road Safety in Australia: Lessons from the National Lockdown** research paper exploring the impact and learnings of Covid on supply chains has commenced which will be conducted by **Dr Sarah Jones** and **Jennifer Rivera Gonzalez** for NRSPP.
- NRSPP successfully delivered webinar with Keith Govias **Coping as a business and supporting mental health during the holiday season**
- The **CLOCS-A** project saw the Draft Standard close for comment, development of the Audit Framework, Draft Governance Structure and presentation of CLOCS-A to Acciona Leadership Team and SG Fleet heavy vehicle team.
- NRSPP has updated the following quick facts:
 - o **Side Effects Of Driver Fatigue**
 - o **Driving In Rural And Remote Areas**
 - o **Interactions Between Heavy Vehicles And Light Vehicles**
 - o **Don't Cut In Front Of Trucks**
 - o **Unsealed Roads**





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

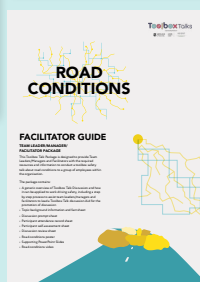
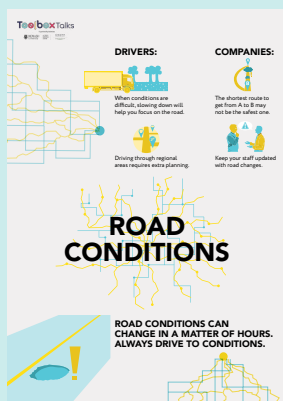
ROAD CONDITIONS

Road conditions can affect drivers' safety and the performance of a vehicle. Poor conditions of pavement and road markings have been identified as a critical factor to road incidents.

In urban areas, road closures and detours are common, yet can usually be unexpected. Driving a heavy vehicle while following a predetermined

schedule in such situations can pose challenges for drivers.

Besides affecting schedules, congested streets impact most activities heavy vehicle drivers are required to perform. Delays, and sudden changes and notifications have been found to directly affect driver behaviour and increase crash probability.



Monthly Focus: Road Conditions

As we move into February, the holiday period is over and school is starting again. The roads are returning to normal levels as commuting and travelling for work take over.

Driving is not a silo task, the journey depends on interactions with other road users, the road conditions, and what you bring into the vehicle with you be it emotions, pressure or fatigue. When combined, the planned journey may take significantly longer. How this can impact you all depends on what you brought into the vehicle. The theme for this month is exploring road conditions and how they can impact your journey.

Welcome back for 2023 – let's hope it is a safe journey for us all.

**ROAD
CLOSED**



Monthly Feature

NRSP Q&A: Safe And Unsafe Drivers

Which driving behaviours are safe and which are unsafe? And what might be the common traits of safe drivers? This Q&A helps road users understand driving safely and factors that can help reduce the risk of crashes.

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

Safe and Unsafe Drivers

Wenny Yip, Dr Darren Wishart, Daniel Barrett
Griffith University, Work and Organisational Resilience Centre

The Question

Which driving behaviours are safe and which are unsafe? And what might be the common traits of safe drivers? This Q&A helps road users understand driving safely and factors that can help reduce the risk of crashes.

Why it matters

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

4 Key Things to Know

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

Click [here](#) to download the full Q&A.

NRSP Blog

Factor in X-factor, to stop your journey 'going to pot'



Have you ever really thought about how road conditions affect the safety of your journey, or the headspace you are in on the way or when you arrive? How do you usually plan your driving journey? You might use Google Maps, or you know your way as you've done it many times. Either way, you have a plan. You are confident you will arrive on time, so you're good to go.

But then there is the 'X-factor' – road conditions. This can be weather, congestion, road works, incidents or pavement wear (commonly referred to as pot holes).

The same journey one day to the next, or entirely new and Google Map-reliant, can go entirely pear-shaped because the road conditions have suddenly changed – and therefore the entire journey. Unexpected road conditions certainly **changed the journey** for these poor folk trying to get out of town after Christmas, for example. Your anxiety and stress levels rise, because the planned timeline you had in your head remains constant.

Of roads and flooding rains

In recent times, our roads have endured fires, floods and heavy rainfall. We have pot holes galore as high moisture physically breaks down our road pavement, and then there is the road works repairing them.

In October 2022, RACV estimated in Victoria alone thanks to the October floods 43,000 (and counting) pot holes had been repaired.

This poses a huge risk to all road uses because poor conditions of pavement and road markings have been identified as a critical factor in road incidents [1] [2].

It can happen so easily: a pot hole can physically damage the vehicle wheel, or if you slam the brakes on that poses a risk to the driver behind.

As a result, these constantly changing road conditions not only affect your travel plan but lead to greater congested streets, impacting all drivers. Delays, and

sudden changes and notifications directly affect driver behaviour and increase crash probability [3].

The other thing to keep in mind is the road speed signage may now be out of sync with what is actually safe for the prevailing conditions. Drivers should always drive to the conditions. In difficult driving conditions, certain speeds become inappropriate, and wet weather and other influences may mean that even driving within the posted speed limit is still **dangerous**.

Don't play the game of risk

When road conditions do change, don't take it personally. **Take a deep breath** and as much as you can try to let the pressure roll away. Rushing or trying to play catch up only increases your risk. Here are some recommendations to help.

Tips for drivers

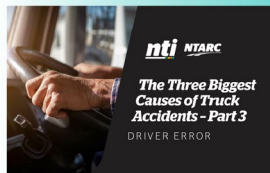
- Locate or check on road closures along your journey so you can avoid the area
- Allow extra time
- Consider the conditions and if going regional check with locals to get their insights
- Slow down – drive to the conditions
- If you see a pot hole or major issue, report it
- Be considerate to road workers and emergency response – they are doing their job and deserve to do it safely

Tips for companies

- Keep staff updated on relevant weather conditions or disruptions that may occur
- Establish journey plans and plan for remote areas
- If conditions are looking poor, consider if working remotely is possible
- Listen to your workers and drivers if they raise issues – and act on them

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

NRSP News



NTI Shares the Three Biggest Causes of Truck Crashes... And How to Avoid Them

Why do people tailgate? A psychology expert explains what's behind this common (and annoying) driving habit



THE CONVERSATION
Amanda Stephens



**Healthy Heads Talk No. 3
Focuses on Sharing the Load**

Supporting one another can be as simple as having a chat with a mate.



NTI – The Three Biggest Causes Of Truck Crashes

In the third and final instalment of our three-part series, we look at one of the three biggest causes of truck crashes – driver error – and offer expert advice on how to reduce the risks of such incidents.

[Read more...](#)

The Conversation – Why Do People Tailgate?

Today was one of those days where many small annoyances have led to you being aggressive on the road. This isn't how you usually drive. So why was today different?

[Read more...](#)

New Release: Road Conditions Heavy Vehicle Toolbox Talk

Road conditions can affect drivers' safety and the performance of a vehicle. Poor conditions of pavement and road markings have been identified as a critical factor to road incidents.

[Read more...](#)

Healthy Heads Talk No 3. Sharing The Load

Healthy Heads for Trucks and Sheds Toolbox Talk No. 3 focuses on the topic of sharing the load. This Healthy Heads Talk is about how we can support one another, and how it can be as simple as having a chat with a mate.

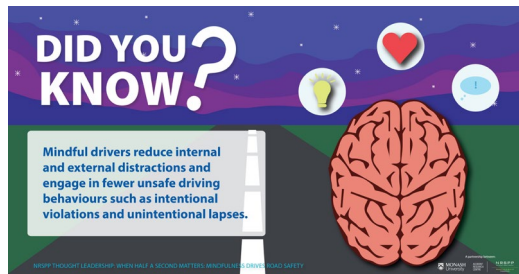
[Read more...](#)

Participants Needed for Fatigue Detection Technology Users Study

AAA is currently funding a CQUniversity study looking at the use of fatigue detection technology.

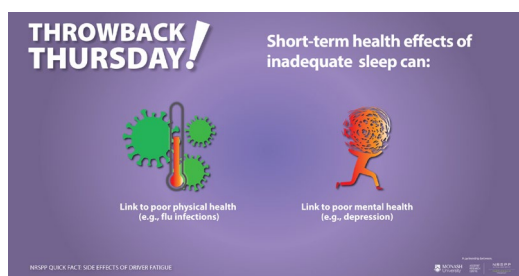
[Read more...](#)

Social Media



Have you ever completed your journey and can't remember the drive? And here's another question: when does half a second matter?

[Download it here.](#)



Fatigued individuals are between two and seven times more likely to be involved in a motor vehicle crash. It is important to know the side effects of driver fatigue.

[Download it here.](#)



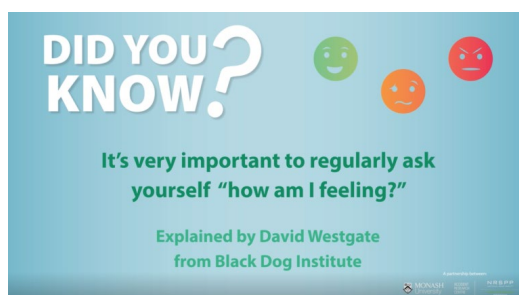
From 2016-2017, the estimated cost of inadequate sleep in Australia was \$66.3 billion! Inadequate sleep is an issue for many adults, and it can become dangerous when driving is involved.

[Download it here.](#)



A mentally healthy workplace is one that protects and promotes mental health and empowers people to seek help mental illnesses (e.g., depression, anxiety) for the benefit of the individual, organisation and community.

[Download it here.](#)



David Westgate explains the importance of having a 30-second check-in by simply asking "How am I feeling?" Make sure you take care of your mental health over the busy holiday period.

Watch the full webinar [here](#).

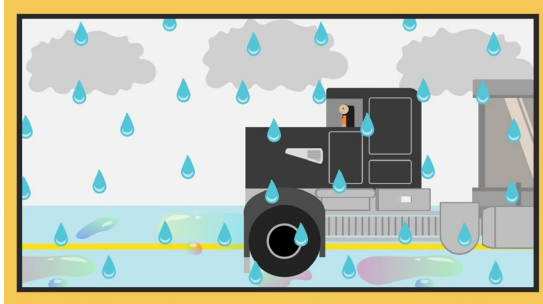
[View it here.](#)

Quick Fact:

You wouldn't get in a car with a drunk driver, so what about a fatigued driver? Staying awake for 17 hours has the same impact as someone with a BAC of 0.05.

Social Media - HV TBT Snippets

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



Road Conditions HV TBT Teaser

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

[Watch video here.](#)



HV TBT Snippet - Mental Health 01

Mira from Alex Fraser explains how she stays positive at work when feeling down.

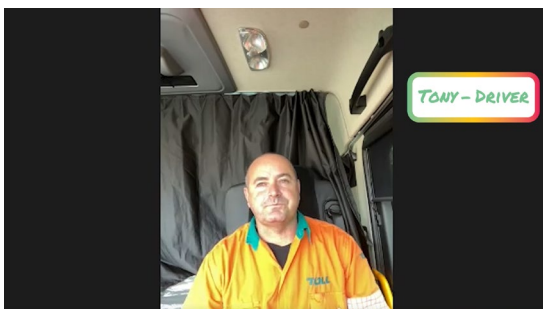
[Watch video here.](#)



HV TBT Snippet - Mental Health 02

Paul from Bingo explains what helps him when feeling down at work.

[Watch video here.](#)



HV TBT Snippet - Mental Health 03

Tony from Toll describes how his support network helps him.

[Watch video here.](#)

NRSP Resources



Potholes Quick Fact

Water seeps into cracks in the road's surface which can cause the surface to weaken and split. Combined with pressure from vehicles large pieces of asphalt can come loose, creating a pothole.

Learn about the dangers and cost of potholes in Australia, and how to safely drive on a road with potholes by downloading the quick fact below.

[Download here...](#)



Unsealed Roads Quick Fact

This quick fact focuses on the risks of driving on unsealed roads. It highlights some key facts and tips.

[Download here...](#)



Regional Travel Part 3 – Drive To Conditions (UCQ)

Driving in regional and remote Australia is one of the most rewarding experiences that we can have, whether for business or pleasure, plan well and be safe.

[Watch here...](#)



Truckies Tip #5

Road Courtesy is a simple concept, but along with driver education, awareness of sharing the roads and increasing your safety, these things are often not given enough consideration.

[Read more here...](#)

NRSP Resources



Wet Weather Driving Light Vehicle Toolbox Talk Video

As winter arrives each year, the wind and rain present challenging driving conditions for all road users. Prepare for the changing weather and drive to the conditions.

[Watch here...](#)



Driving In COVID-Normal Conditions - Light Vehicle Toolbox Talk

With onset of COVID-19 has undoubtedly changed many aspects of our lifestyle, driving being no exception. Hygiene and sanitation has become a big priority, and it is important to ensure your vehicle stays well-maintained, clean and safe. In addition, stress levels and emotions have been heightened, increasing risk of emotional driving, driver distraction, impulsivity and road rage.

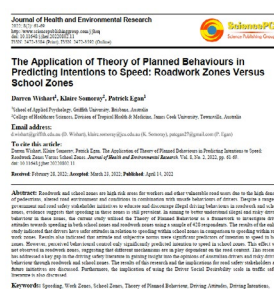
[Download here...](#)



ShopCare Presents – 'New Beginnings A Health, Safety, And Wellbeing Journey At Toll Global Express' By ShopCare

ShopCare in collaboration with Toll Global Express, developed the following video case study to showcase to wider industry/ community, an example of industry good practice in relation to health, safety, and wellbeing leadership. We encourage you to watch the full case study and focus on the key takeaways for you and your organisation.

[Watch here...](#)



The Application Of Theory Of Planned Behaviours In Predicting Intentions To Speed: Roadwork Zones Versus School Zones

Roadwork and school zones are high risk areas for workers and other vulnerable road users due to the high density of pedestrians, altered road environment and conditions in combination with unsafe behaviours of drivers.

[Read more here...](#)

NRSPP Resources



Main Roads Travel Map

Provides you with the latest road incident and impact information, so that you can plan a safe and efficient road trip.

[Read more...](#)



Real time traffic information in Melbourne | RACV

Avoid traffic jams by checking traffic conditions around Melbourne in real time

[Read more...](#)



Live Traffic NSW

Live Traffic NSW

Find incidents along a route by entering the origin and destination points below. Use 'Map Options' below to turn different layers of information on or off.

[Read more...](#)

QLDTraffic

Road Condition Information - QLDTraffic

QLDTraffic is the trusted, official source of traffic and travel information from the Queensland Government. It includes this website, the 13 19 40 phone service, social media and the QLDTraffic smartphone app, enabling motorists and commuters to check traffic conditions and plan their journeys before they go .

[Read more...](#)

Events



Tips For Effective Negotiation With Negotiation Expert, Filip Hron

Presented by:

The Chartered Institute of Logistics and Transport

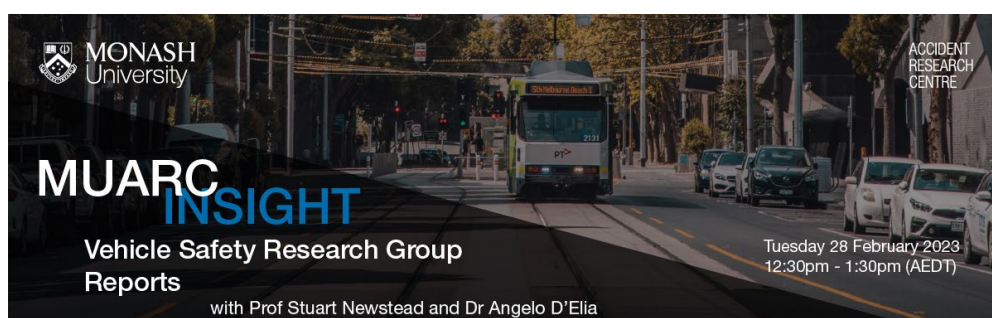
February 7, 2023 5pm–6pm AEDT

Online

Global Professional body, the Chartered Institute (CIPS), recently acknowledged that “negotiation skill is of utmost importance for a Supply Chain Professional.” *CIPS 2019

Modern Logistics and Supply Chain professionals, often need to interact effectively and skilfully with suppliers, vendors, distributors, as well as numerous internal stakeholders within their organisation.

[Register here](#)



MUARC Insight Presents: Webinar On Vehicle Safety Research Group Reports

Presented by:

Monash University Accident Research Centre

February 28, 2023 12:30pm–1:30pm AEDT

Online

Join MUARC on Tuesday, 28 February as we present a webinar on our most recent reports from the Vehicle Safety Research Group.

Professor Stuart Newstead will firstly discuss the ‘Benefits of additional vehicle safety technology to novice drivers – Australia and New Zealand’.

Dr D’Elia will then discuss, ‘Evaluation of the effectiveness of Daytime Running Lights (DRLs)’.

The session will be chaired by Associate Professor Sjaan Koppel. Places are limited, so please reserve yours.

[Register here](#)

Acknowledgements

NRSPP Program Funders

