

## *Improving Road Safety is Simply Good Business*

### **April 2016 Newsletter No. 23**

For the most up-to-date news visit [www.nrspp.org.au](http://www.nrspp.org.au)

Welcome to the latest newsletter from the National Road Safety Partnership Program (NRSP). NRSP is a government-supported, industry-led collaborative network which aims to support Australian businesses and organisations to develop a positive road safety culture and help protect their workers and the public, not only during work hours, but also when staff are 'off-duty'.

The theme for the 23rd Newsletter is 'Driver Headspace' to align with the release of the NRSP report on this topic and a free webinar on depression with the transport industry later this month.

This edition will cover:

- [NRSP ACHIEVEMENTS](#)
- [NRSP NEWS](#)
- [NRSP MONTHLY FOCUS](#)
- [NRSP RESOURCES](#)
- [FEATURED NRSP CASE STUDY](#)
- [EVENTS](#)
- [PEER-TO-PEER REQUEST FOR HELP](#)
- [LINKS](#)

### **NRSP ACHIEVEMENTS**

- NRSP Commonwealth Bank hosted the 12th NRSP Steering Committee meeting on 2 March, key outcomes:
  - New Grey Fleet Working Group to be led by Program Partner CARRS-Q launched
  - Driver Headspace Research report finalised
  - New award for ARSC2016 which recognises best research that influences workplace road safety established
  - [NRSP Charter](#) V1.2 approved

- NRSPP presented at Finance Industry Group and AFAC (Australasian Fire and Emergency Service Authorities Council) on Driver Headspace Research.
- NRSPP Webinar Debunking the myths of low level speeding delivered on 31 March.  
- [NRSPP Quick Fact: Why speed matters?](#)

## NRSPP NEWS



### Crash risk increases tenfold when drivers are emotional, say researchers

Drivers increase their crash risk nearly tenfold when they get behind the wheel while observably angry, sad, crying, or emotionally agitated, according to Virginia Tech Transportation Institute researchers writing in Proceedings of the National Academy of Sciences. [Read more...](#)



### NRSPP Sponsors: Best Paper with Implications for Improving Workplace Road Safety at ARSC 2016

The National Road Safety Partnership Program Steering Committee is proud to announce the launching of a new award at [ARSC2016](#) for 'Best Paper with Implications for Improving Workplace Road Safety'. [Read more...](#)



### Keeping active at work is best for your health

With one half of workers across a number of industries and occupations reporting that they are sitting often or for all of the time they are at work, Safe Work Australia CEO Michelle Baxter has called on employers and workers to aim to reduce their time sitting at work. [Read more...](#)



### Bereaved mum launches pedestrian safety campaign

In the UK a bereaved mother has launched a new campaign to highlight the dangers posed by pedestrians wearing headphones and using smartphones around busy roads.

The campaign, 'Stop - Pause - Look - Listen', is designed to raise awareness of the importance of concentration by all road users. [Read more...](#)



### Finally headlights that won't blind oncoming drivers

Have you ever driven on dipped headlights rather than run the risk angering other drivers by forgetting you are using high-beam headlights?

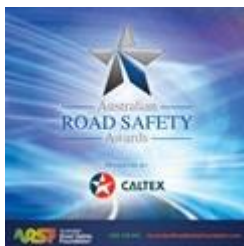
Ford has now developed a technology that enables drivers to take full advantage of their headlights' capability, without dazzling other drivers. [Read more...](#)



### Proposal could increase payload of some heavy vehicle combinations by up to 16 per cent

Heavy vehicle operators could increase the payload of certain heavy vehicle combinations by up to 16 per cent on some routes under reforms proposed today by the National Transport Commission (NTC).

Chief Executive of the NTC Paul Retter said certain heavy vehicle combinations were currently unable to be used to their full payload capacity. [Read more...](#)



### Australian Road Safety Awards Recognise Country's Best

Eleven of Australia's leading road safety programs have been recognised for their efforts setting new road safety and driver excellence benchmarks from an impressive field of 55 finalists.

Presented by Caltex Australia, the winners of the 2016 Australian Road Safety Awards - the only national awards of its kind - were announced at a special gala luncheon in Melbourne to coincide with the Formula 1 Grand Prix. [Read more...](#)

## NRSPP MONTHLY FOCUS

### NRSPP Monthly Focus: Your headspace behind the wheel really matters when driving

Most people think driving is such an easy task, it happens automatically. We get behind the wheel, enter autopilot mode and drive from A to B. However, what happens when the autopilot becomes angry, clouded with depression, focused on a bad day at work, reflecting on a family confrontation, the list goes on. The risk for a crash goes up!



Drivers need to realise their autopilot has changed, it reflects their mood. They become cognitively distracted or let their aggression out on the vehicle and other road users. [Read more...](#)

## NRSPP RESOURCES



### Response to common brain condition “is a no-brainer”

Imagine that for every 10 of your friends, family and workmates, at least one had a medical condition that affected their mood and made them and those around them less safe and less productive.

Imagine that condition was easily treatable, usually for free, and that employers who invested in preventing it received a 200% return on investment. [Read more...](#)



### NRSPP Quick Fact: Depression in the transport industry

This quick fact sheet looks at the impact of depression in the transport industry. It highlights some key statistics.

[Read more...](#)



### Supporting our People and Managing the Risks Queensland Police Service

The PPT explores:

1. Queensland Police Demographic Information
2. The Safety and Wellbeing function
3. Prevalence of mental health issues
4. PTSD prevalence and Psychosocial issues
5. Systems and approach
6. Current and Future Challenges

[Read more...](#)



### Mental Health First Aid Caterpillar Underground Mining

Caterpillar are systematically working on their Safety Culture and capacity and knew they could address the physical conditions causing some of the injuries by replicating and improving on their current processes but recognised there was still a gap. [Read more...](#)



## "Driver Headspace": Understanding the impact on driver psycho-physiological functioning of exposure to stressful events and adverse circumstances

The term ' driver headspace' has been used by some organisations to refer to the state of mind, or mindset, of a driver as a result of exposure to a stressful event or adverse circumstance.

The National Road Safety Partnership Program (NRSP) Driver Headspace Working Group approached ARRB Group to carry out research to define, shed light on, and increase understanding of the term 'driver headspace' , and events that impact on it. [Read more...](#)



## Free Webinar: Depression in the heavy vehicle trucking industry

Join us for a webinar on April 22, 2016 at 11:00 AM AEST.

Many countries rely on heavy vehicles for the movements of good and services between metropolitan hubs. The health of these truck drivers is not only important for drivers themselves, but also vital for ensuring safe work practices and public safety.

[Read more...](#)



## Creating a mentally healthy workplace Return on investment analysis

This report outlines the technical background to the return on investment (ROI) analysis for creating a mentally healthy workplace. The aim of this analysis is to estimate the ROI for employers investing in a mentally healthy workplace.

[Read more...](#)



## Health Factsheets

A collection of factsheets about:

- cancer
- medical studies
- sleep disorders
- fatigue
- diabetes
- heart issues
- healthy foods
- exercises
- mental illness
- mental fitness

[Read more...](#)

## FEATURED NRSP CASE STUDY

### NRSP Case Study: Transdev Australasia - Sowing the seeds of safety: Growing a healthy safety culture

Transdev's commitment to making safety a priority within its business has generated a healthy internal safety culture and a shared sense of responsibility among its staff. The benefits of a strong safety culture include reduced lost-time injuries, greater awareness of risk, an improved safety record, and a better outlook for the future of the company, staff and customers. [Read more...](#)



## EVENTS

### Australian Driverless Vehicle Initiative - Annual Summit 2016



#### REGISTRATIONS ARE NOW OPEN!

Hear from the Industry leaders in the following areas, exploring how their organisation is preparing for the impacts from Driverless Vehicles.

[Read more...](#)



### Depression in the heavy vehicle trucking industry

Join us for a free webinar on Fri, April 22, 2016 11:00 AM - 11:45 AM AEST

Many countries rely on heavy vehicles for the movements of good and services between metropolitan hubs. The health of these truck drivers is not only important for drivers themselves, but also vital for ensuring safe work practices and public safety. [Read more...](#)

### Australasian 2016 Fleet Conference and Exhibition



Fleet managers and industry experts will share their personal experiences how to overcome obstacles and avoid drawbacks. Australasian 2016 Fleet Conference and Exhibition is an opportunity to meet exclusively with fleet professionals from Australasia in an intimate setting designed to encourage alliance-building, ideas and resource exchange. [Read more...](#)



### 2016 MUARC Road Safety Management Leadership Program

#### *A road safety leadership initiative*

The Monash University Accident Research Centre is holding its innovative Road Safety Management Leadership Program designed to develop and nurture the next generation of road safety leaders tasked with achieving improvements in road safety performance over the coming decades.

[Read more...](#)



### ARSC2016: The Australasian Road Safety Conference - 6 September to 8 September 2016

The Australasian Road Safety Conference is the premier road safety conference for Australia, New Zealand and the Asia Pacific region. ARSC2016 is a joint venture initiative of the Australasian College of Road Safety (ACRS), Austroads, and the George Institute for Global Health. [Read more...](#)



### 23rd ITS World Congress - 10 October 2016 to Friday 14 October 2016

It is a great honour for Australia to be selected as the host national for this prestigious event. Surging growth in international demand will ensure that this gathering of ITS researchers, developers and users will be among the largest meetings in Melbourne during 2016. [Read more...](#)

## PEER-TO-PEER REQUEST FOR HELP

Industry Query - please provide feedback to [NRSPP Secretariat](#):

Seeking insights as to whether branding of an organisation's vehicle influences the drivers behavior?

## LINKS

Below are some links to other websites which may be of interest:

- [The Black Dog Institute](#)
- [beyondblue](#)
- [Centre for Accident Research and Road Safety - Queensland](#)
- [Total Road Incident Cost Calculator](#)
- [One More Second@](#)
- [Driving for Better Business \(UK\)](#)

## NRSPP Program Funders



This newsletter is distributed by the:  
National Road Safety Partnership Program  
500 Burwood Highway  
Vermont South, VIC, 3133  
Ph: (03) 9881 1555

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