



SUBJECT	DRIVER'S DRIVING HAZARDS
REFERENCES	PowerPoint Presentation Load Restraint link for each Australian state or territory General references

DRIVING HAZARDS

As a driver, it is important that you not only recognise safety in driving, but what other situations that impact on you and your vehicle, ie: the possible risks, hazards and unforeseen possibilities.

As a driver you should be aware of the following:

- **Vehicle & equipment**
- **Environment**
- **Driving risks**
- **People**
- **Fatigue**

Vehicle & equipment

The truck you drive must be well maintained and fit for use:

- Truck should be clean, properly serviced and maintained plus in correct working condition. Use of daily checklist and regularly serviced.
- The driving seat position and equipment adjusted to suit the driver.
- Equipment and the load are properly secured and restrained.
- Truck must not be overloaded.
- The truck load must be within the legal dimensions and mass weight standards.

Environment

Hazards can be present in the circumstances we cannot control:

- Road conditions, potholes, uneven surfaces, road camber (poor quality road surface that needs maintenance and repair).
- Physical conditions where your load and unload – sloping surfaces, uneven surfaces, traffic.
- Weather conditions – rain, ice, snow, slippery surfaces, heat and dust.

People

People (including you) can cause hazards by:

- Driving under the influence of alcohol, medical or illegal drugs.
- Being fatigue.
- Work pressure – making deliveries in unreasonable time frames.
- Attitude – conservative driving versus risk taking driving.
- No tolerance of other road users.
- Not observing road rules.
- Distracted - focused on their mobile phones and not their surroundings.



Driving Risks

Traffic accidents, leading to:

- Injury or death of workers, other road users and people.
- Damage to company vehicles and equipment.
- Damage to clients' furniture and effects
- Financial loss to the company, ie: insurance costs, claims etc.
- Breaking the law
- Fines
- Loss of licence
- Other punishments

Managing Fatigue

Driver fatigue can impair judgement and can affect everyone. It is dangerous because one or more of the symptoms can decrease the ability to judge your level of tiredness.

There are many signs, some signs of fatigue are:

- Loss of alertness.
- Drowsy driving.
- Sleepy or falling asleep at the wheel.
- Poor memory.
- Bad mood.
- Fitness to drive.

Defines a person to be fit to drive a heavy vehicle must:

- Be apparently physically and mentally fit to drive the vehicle.
- Be not apparently affected by either or both alcohol or a drug that affects a person's ability to drive a vehicle.
- Not have an alcohol concentration in the blood or breath exceeding the amount permitted by law.
- Not have a drug present in the blood or saliva that is not permitted by law.

Road Signs of driving fatigue that affect your driving behaviour are:

- A near miss or accident.
- Not keeping in a single lane or swerving.
- Not maintaining a constant speed.
- Missing a road sign or traffic line.
- Poor gear changes or delayed braking.
- Not remembering a portion of the journey.

Finally, Plan trips carefully and get sufficient rest.

How to avoid Fatigue

There are ways, that you as a driver can avoid fatigue and improve your fitness to drive.

Health & physical fitness

- Regular medical check-ups and get advice on:
 - Depression
 - Sleeping problems
 - Heart problems



- Indigestion, stomach or bowel problems
- Sleeping problems
- Try to have regular sleep patterns.
- Get at least 8 hours regular sleep.
- Eating and drinking
- Where possible, keep to daytime eating patterns.
- Do not have a large meal or too much to drink before going to sleep.
- Driving
- Avoid driving when tired.
- Sleep between midnight and 6:00am if possible.
- If you feel fatigue, stop and have a power nap.
- Exercise
- Regular exercise, even if it is only 10-15 minutes a day.

REFERENCES: Check out some of the references below and you choose the ones you may want to use them with your staff:

Articles

Load restraints for the different states/territories in Australia:

<https://www.ntc.gov.au/codes-and-guidelines/load-restraint-guide>

The impacts of Driving: Health & Other perspectives amount Australian Truck drivers:

<https://logmaster.com.au/the-impacts-of-driving-health-and-other-perspectives-among-australian-truck-drivers/>

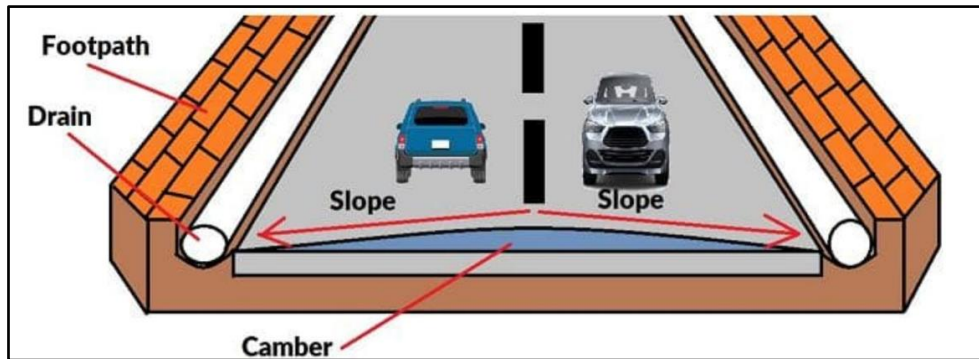
Online

Truck drivers' knowledge tests - refreshers:

<https://www.driverknowledgetests.com/learners-permit/truck/>

<https://roadreadycentre.com.au/knowledge-tests/heavy-vehicle-knowledge-tests/>

What does Camber mean:



Camber meaning: a slight downward curve from the middle to the sides of a surface (such as a road).

Camber is a slope provided on the road surface in the transverse direction **to drain out the rainwater from surface** to avoid skid of vehicles and pavement damages. Camber is again one of the most important elements of a road pavement which have lots of advantages for longer durability of road surface.

Camber angle: the angle made by the wheels of a vehicle.

Also, it is one of the angles made by the wheels of a vehicle; specifically, it is the angle between the vertical axis of a wheel and the vertical axis of the vehicle when viewed from the front or rear. It is used in the design of steering and suspension. If the top of the wheel is farther out than the bottom (that is, tilted away from the axle), it is called positive camber; if the bottom of the wheel is farther out than the top, it is called negative camber.

COR DRIVING HAZARDS TOOLBOX TALK



Items Raised/Corrective Action	Action By	Action completed	
		Sign off	Date

DATE:.....

FACILITATOR SIGNATURE.....