

Getting road ready for winter

Welcome to the Safety Engagement newsletter for July. This edition has a focus on road safety. Keeping your staff safe when driving and managing your organisation's fleet is a major workplace issue for many employers. Under health and safety legislation, you have a responsibility to ensure your employees are safe when on the road. A vehicle is considered a workplace just like an office or factory.

Improving road safety also makes good business sense. Well managed fleets can contribute to safer roads, reduce company costs and improve productivity. Many of us travel long distances for both our work and leisure so knowing as much as you can about your vehicle and the road can help prevent injuries from occurring.

This edition of the Safety Engagement newsletter also includes a quick health message. Winter is the season for influenza and in the health message we look at how you can keep your staff healthy and avoid catching a cold or flu.

Facts and Statistics

- New Zealand's first known fatal crash occurred in Christchurch on February 22 1908. A car swerved to avoid hitting a horse and crashed into a tram. (NZTA)
- In the 12 months up to May 2014, 270 people died on New Zealand roads. (NZTA)
- Work-related traffic fatalities represent the greatest proportion of work-related death in New Zealand – approximately 30% of workplace deaths and 13% of workplace injuries. (Fleet Safety)
- Correctly used seat-belts reduce the risk of death in a crash by 61%. (WHO)
- A 5% decrease in average speed leads to around 10% fewer injury crashes and 20% fewer fatal crashes. (NZ Police)

Safety for Fleets:

What is the Fleet Safety Programme?



ACC, the New Zealand Transport Agency (NZTA), the Police and WorkSafeNZ have joined together to develop the Fleet Safety Programme, which aims at cutting the toll those crashes take on businesses, injured workers and their families.

How can Fleet Safety help you reduce risk of crash or injury?

The programme offers tools, information and resources to assist in improving fleet management and safety, as well as reducing on-road health and safety risk. It also uses traffic infringement, crash and fleet data from the Police and NZTA, which is then combined with ACC claims and WorkSafeNZ employer data.

This data is analysed to produce a risk assessment of any company that has five or more fleet vehicles. Local teams from the four partner agencies can visit the identified businesses to offer advice and initiatives that can reduce that risk.

Where can I find more information?

The Fleet Safety website, www.fleetsafety.govt.nz provides information and resources relating to road safety, traffic infringements and how to create a workplace fleet health and safety policy.

There is also a secure section that allows employers or fleet managers to access their businesses fleet information to see how they're performing. Login codes can be given to the managers of fleets in businesses – so they can access their fleet data.



A New Zealand winter brings with it all manner of challenges and conditions from gusty winds, sun strike and buckets of rain, to icy roads and thick fog. Keeping safe on the roads in these conditions comes down to sensible driving and conscientious vehicle maintenance.

So with the winter months underway, check that your car is winter ready by:

- making sure your car is roadworthy and has a current Warrant of Fitness
- getting your car in great working condition for the winter weather with a tune up which should include brakes, tyres, hoses, belts and battery
- making sure your car's heating and defrosting systems are in good working condition for mornings when the windshield is covered in ice
- checking the windscreen wipers and fluid more frequently in winter. A malfunction when you're caught in a downpour can be at best a pain, at worst fatal
- having a mechanic check the exhaust to ensure there are no leaks. Getting stuck in a storm or snow during the winter is a risk. Carbon monoxide leaks in your exhaust can be harmful and even fatal if you need to run the engine to keep warm.
- knowing your brakes. The way you handle your car in wet conditions makes a big difference when it comes to accidents.

It's also a great idea to ensure you have some basic items in your car during the winter months. These should include:

- an ice scraper in the glove box of your car
- warm clothes and a blanket, along with a small supply of non-perishable food
- tyre chains which fit your car tyres. Make sure you learn how to fit them properly
- a cell phone for emergencies. If you don't usually carry one, think about taking it with you over the winter months.

For more information visit: www.nzta.govt.nz/resources/safer-winter-driving

Looking after our learner drivers

For many of us the prospect of teaching a young person to drive is a bit daunting. The website www.practice.co.nz is a great resource you can let your staff know about, to help support driving coaches and young drivers through to get their restricted licence.



It's a sad fact that car crashes are one of the leading causes of death for young adults in New Zealand. While 15-19 year olds are only 7% of licensed drivers, they're involved in 16% of injury crashes and 13% of fatal crashes.

Practice is a free, practical driving programme designed for young drivers who already have their learner licence and the people who are teaching them to drive. It helps new drivers become safer and more competent. In short, it makes them less likely to crash once they get their restricted licence. It also helps the people who are guiding them through the process, by providing tips on how to explain everything from 'starting off' to 'driving at night'.

For more information visit: www.practice.co.nz or www.safeteendriver.co.nz

Other activities to get your staff involved

- **Road Safety Information** - this can be supplied to staff through your newsletter, notice board, in the lunch room, etc. Good places to get information and resources are the AA (www.aa.co.nz), NZ Transport Agency (www.nzta.govt.nz) and ACC (www.acc.co.nz). Your local Council will also often have some local resources.
- **Driver Policy** - Make sure you have a comprehensive driving policy and that staff know about it. Get them involved in developing or reviewing your policy and try running a quiz to make sure people understand it. There are some great tips and tools to help you with this on www.fleetsafety.govt.nz
- **Share your skills** – get staff to share their skill or knowledge with other staff at a staff meeting. This could be things such as: a demo of how to fit snow chains, how to check your tyres or recounting a near miss or accident and the learnings that came from it.
- **Vehicle Safety Workshop** – Organise a workshop on winter vehicle safety with your local mechanic or tyre retail store including a chain fitting demonstration.
- **Driver training** – work with a local driving instructor to offer training for people about driving to the conditions. This is particularly important for those who do a lot of driving or identify themselves as not being too confident behind the wheel.

Influenza – Don't let the flu get you

Winter has arrived and as the temperature starts to drop, you may find yourself laid up with a cold or worse, influenza.

Influenza – or the flu – is a virus that spreads quickly from person to person. Symptoms include fever, chills, aches, runny nose, a cough and stomach upset. Immunisation is your best defence against the flu.

The influenza virus infects your nose, throat and lungs. The flu is normally worse than a cold. In temperate climates such as New Zealand's, you're more likely to get the flu in winter. Some people get very sick and influenza causes deaths every year.

Symptoms of influenza come on suddenly and can include fever, chills, muscle aches, runny nose, cough and stomach upsets

Treatment

Phone Healthline (0800 611 116) or your doctor if you are concerned or if you:

- feel a lot worse, or you are not getting better after a few days
- have an existing health condition or are in a high risk group
- are pregnant
- are taking any medication that affects the immune system
- are looking after someone with influenza and you are in a high risk group.

Stop the spread of the flu

If you are unwell, stay at home until you are better. Follow basic hygiene practices.

- Wash your hands regularly for at least 20 seconds and dry them for 20 seconds – or use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth.
- Don't share drinks.
- Avoid crowded places.
- Cover your mouth and nose with a tissue when you cough or sneeze - then put the tissue in a lined bin.

For more information go to www.influenza.org.nz

Calendar of Events – Activities you can promote with your employees in the upcoming months

July 2014

1 st to 31 st July	Woman's Refuge awareness Week	www.womensrefuge.org.nz
4 th July	Red Socks Day - Sir Peter Blake Trust	www.sirpeterblaketrust.org/get-involved/red-socks-day/
21 st to 27 th July	Maori Language week	www.tetaurawhiri.govt.nz

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3 rd to 9 th August	Heart Awareness Week	http://www.heartnz.org.nz
9 th August	International Day of Indigenous People	http://www.un.org
29 th August	Cancer Society Daffodil Day	http://www.cancernz.org.nz
30 th August to 6 th September	Multiple Sclerosis Appeal Week	http://www.msnz.org.nz