

Safety Engagement Newsletter

MARCH 2015

Facts & Stats

- Every year there are about 4,000 new ACC claims for injuries that occurred in motor vehicle crashes on New Zealand roads.
- In 2013 fatigue was identified as a contributing factor in 32 fatal crashes, 109 serious injury crashes and 427 minor injury crashes. These crashes resulted in 33 deaths, 153 serious injuries and 600 minor injuries. The total social cost of crashes involving driver fatigue was about \$274 million.
- If you drive with less than 6 hours sleep your risk of a car accident TRIPLES.
- Crashes involving fatigue are most likely to occur between 3am and 5am because our body clocks (circadian rhythms) programme us to feel sleepy. There is also a secondary peak in sleepiness between 3pm and 5pm. This is the time of the day when physical and mental performance is at its worst.

*NZ Transport Agency website:
www.nzta.govt.nz/traffic/driving-safely

Welcome to the first ACC Safety Engagement newsletter of 2015.

We hope you had a safe and injury free Christmas and New Year.

In this edition we have a focus on road safety. With the 2014 summer road toll being one of the highest in many years it is important that you promote simple steps to keep both your staff and family safe when on the road.

Whether you're driving for work or on a holiday road trip with family and friends, the newsletter has a variety of tips and resources you can share with your staff and their families.

Within the newsletter we focus on a variety of road issues including sunstroke and fatigue. We also continue with our new levy information section and

appreciate any suggestions you may have on future topics.

In the health section we highlight the importance of keeping hydrated while living up to those New Years resolutions. We also offer some tips on how to make sure you're getting enough water to get through your exercise session.

Please remember to distribute the newsletter by printing off the pages indicated and sharing with staff on noticeboards, newsletters or the staff room. By giving staff the right information now, you are giving them the skills to keep themselves and their whanau safer.

We hope you enjoy the newsletter and stay safe in 2015.

Levy Information

The money ACC needs to help pay for the assistance we provide for people injured in accidents comes from levies on people's earnings, business payrolls, petrol and vehicle licensing.

As a motorist, you pay a levy in two ways: through a levy on the petrol you buy, and through a levy collected when you license your vehicle(s).

These levies that you and all other motorists' pay go into the ACC Motor Vehicle Account, which funds ACC cover for all people injured as a result of accidents involving motor vehicles on New Zealand's public roads.

From 1 July 2015 the cost of the ACC levy portion of your vehicle licensing fee (rego) is going down by an average of 41% depending on your type of vehicle.

The ACC Motor Vehicle Account is now fully funded, meaning there is enough money in the account to cover the ongoing cost of claims, so less needs to be collected from vehicle licensing or petrol tax.

Cars less than 40 years old will be classified according to a safety rating and divided into four bands – the safest cars will receive the biggest reduction. The annual cost to licence a petrol-powered car less than 40 years old will reduce between \$42 and \$132 from 1 July 2015. Non-petrol cars will save \$82-\$172.

Don't pay more than necessary

There are different licensing periods set out on your motor vehicle license renewal form.

If you pay your motor vehicle levy before 1 July 2015 you will pay the current rate at the time of registration.

To make sure you don't pay more than necessary you may want to consider opting for a shorter licensing renewal period, eg 3 or 6 months. That way you'll be ready to take full advantage of the new lower price when your vehicle license comes up for renewal after July 2015.

To find out more visit the NZTA website:
www.nzta.govt.nz



Driving safer tips from NZTA

Sunstrike – What is it?

Sunstrike occurs when the sun's rays hit your windscreen at a low angle, usually during sunrise or sunset, making it very difficult to see.

Unfortunately sunstrike has been the cause of many road crashes, including fatalities, simply because the driver could not see another vehicle. Over a five year period, road crashes involving sunstrike:

- on average 2 people killed and 500 more injured every year
- Canterbury (118), Waikato (97) and Otago (76) had the highest number of crashes
- Southland (4.44), Otago (3.64) and Gisborne (3) had the highest number of crashes per 10,000 of population (AA).

Reducing the danger of sunstrike

- Be prepared for possible sunstrike when driving at sunrise or sunset, especially when turning or driving towards the sun. A driving break during these times is a good idea.
- If you are having difficulty seeing, pull over and stop for a few minutes until your eyes adjust or visibility improves.
- Keep your windscreen clean, inside and out. Dust and grime on the windscreen can make the effect of sun-strike much worse.
- When driving into the sun wear sunglasses and use your vehicle's sun visor to block the sun.
- Drive with your headlights on, so your vehicle is easier to see.

*NZ Transport Agency website: www.nzta.govt.nz/resources

What causes fatigue?

For people who drive as part of their work, fatigue is a major risk factor. It can slow reaction times, affect concentration and undermine their ability to drive safely.

Causes of fatigue:

A number of factors in the workplace and in a person's personal life can lead to fatigue. Some factors include:

- extended working hours and irregular and unpredictable working hours
- early starts and working at night
- shift work, having more than one job
- sleep disorders
- stress.

Tips to avoid fatigue:

- make sleep a priority – aim to get enough good-quality sleep every night; eight hours is ideal for adults
- avoid eating and drinking too much before you go to bed – if you are hungry, have a light snack
- avoid alcohol, caffeine and cigarettes before bed
- pull over and take a nap in the passenger's seat – don't nap behind the wheel

SAFETY FOR FLEETS: What is the Fleet Safety Programme?

ACC, the NZ Transport Agency (NZTA), New Zealand Police and WorkSafe NZ have joined together to develop the Fleet Safety Programme, which aims at cutting the toll vehicle accidents 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 using a login code.



Ride Forever training



It is the last days of Summer and more motorcyclists will be making the most of it to enjoy the riding conditions – it's also a good time to think about improving or refreshing those skills with a Ride Forever training course.

Ride Forever can benefit riders who've been off their bikes for a while, learners looking to improve their skill level, and elite riders, who have the option to tailor a course to suit their needs.

Ride Forever training, subsidised by ACC, is available across New Zealand, and will help motorcyclists become better, safer riders, regardless of current skill level. Because Ride Forever training is supported by ACC, it doesn't cost a lot to learn skills that could save your life.

Last year, ACC received around 3,500 new claims from motorcyclists injured on the road.

The reality is, motorcyclists don't have the advantage of a tin can around them to protect them in a crash, as car drivers do. So anything you can do to improve your skills and help you avoid a crash has got to be worth it.

To book training or find out more about Ride Forever, go to www.rideforever.co.nz.

For our Precious Little Ones: Car and Booster Seats, a safety reminder

When you have children in your car it is compulsory to use an approved child restraint until their seventh birthday.

In addition to this legal requirement, international best practice recommends that appropriate child restraints (or booster seats) are used until your child reaches 148 centimeters. At this height, they are tall enough to use an ordinary car seat belt safely. It is the driver's responsibility to see that children are safely restrained. Using a child restraint correctly will greatly reduce the chance of your child being injured or killed in a crash.

An approved child restraint is one that meets approved standards so parents and caregivers can be sure its design and construction is laboratory tested under crash conditions.

Approved child restraints include:

- infant restraints for young babies (often called baby capsules)
- restraints for older babies, toddlers and preschool children (often called car seats)
- booster seats for preschool and school-aged children
- child safety harnesses (used with or without a booster seat) for preschool and school-aged children.

The most suitable type of child restraint required to keep a child safe will vary depending on the child's size.

ACC and Plunket have recently joined forces to subsidise over 10,000 new car booster seats for community service cardholders. The seats can be purchased from Plunket's Car Seat Service for just \$50 each. Community service cardholders wishing to buy a subsidised seat should contact their local Plunket or visit www.plunket.org.nz to find out more about choosing and installing car seats.

HEALTH MESSAGE

Keeping up with your New Year's resolution

Whatever your goals are, if you're exercising this summer it's important to remember to keep hydrated.

Hydration replaces fluid lost during sweating and helps maintain your level of activity. Good hydration promotes recovery and reduces the effect of fatigue, so you can maintain a high level of concentration and therefore performance. Children produce more heat and are less effective at sweating during exercise (compared with adults), so encourage children to drink more fluids.

To keep hydrated you should:

- pre-hydrate by drinking fluids before exercise or physical activity
- drink small amounts throughout exercising, during breaks, and in between workouts
- increase fluid intake in hot and humid conditions
- you may wish to drink well formulated (four to eight percent carbohydrate) sports drinks during activity lasting longer than one hour.

Avoid:

- drinking caffeine, energy drinks, smart drinks and alcohol after exercise as these increase fluid losses



- sharing drink bottles to prevent the spread of flu, hepatitis and other infections.

Activities – help get your staff involved

Here are some simple activities to get you started:



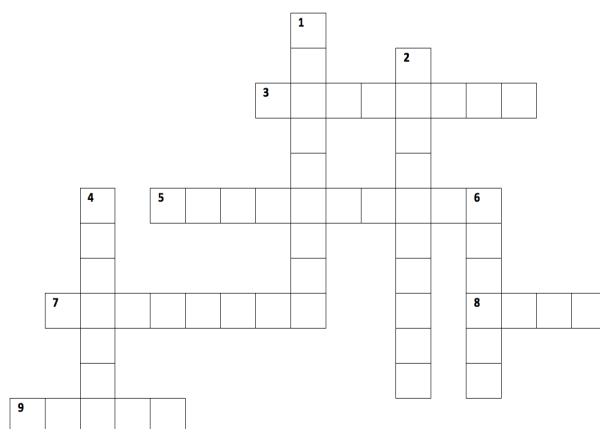
Road Safety Information – This can be supplied to staff through your newsletter, notice board, in the lunch room, etc. Good places to get information and resources are the New Zealand AA (www.aa.co.nz), NZ Transport Agency (www.nzta.govt.nz) and ACC (www.acc.co.nz). Your local Council will also often have some resources specific to your region.

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.

Other suggested activities if you have more time:

Car Seat Checking Clinic – if your staff have small children that require carseats, Plunket may be able to check of their installation at your business premises. Talk with your local Plunket car seat rental service whether they could organise this. You can invite staff and their families to check they have the correct seat for their child and that it is installed appropriately. Your local ACC Community Injury Prevention Consultant may also be able to help with this.

Crossword on sunstrike – test your knowledge



ACROSS

3. Your vehicle has one to block the sun?
5. You should wear these when driving into the sun.
7. Being _____ for possible sunstrike can help reduce the risk of a crash.
8. What should you do if you have difficulty seeing, while sunstrike is present?
9. It is good to have this, during the times of sun-strike?

DOWN

1. What province has the highest rate of crashes, per 10,000 population, involving sunstrike?
2. What should be clean, inside and out?
4. In the morning, when is the highest risk of sunstrike?
6. In the evening, when is the highest risk of sunstrike?

Calendar of Events

DATE	EVENT	WEBSITE
27 MAR	"Go Spotty Day" – Melanoma Foundation	www.melanoma.org.nz
13 APR	St John's Awareness Week	www.stjohn.org.nz
28 APR	World Day of Safety and Health at Work	www.ilo.org/safework/events/safeday

Crossword answer key: Across: 3) Sunvisor 5) Sunglasses 7) Prepared 8) Stop 9) Break
Down: 1) Southland 2) Windscreen 4) Sunrise 6) Sunset