Road safety is no accident

22 June, 2015 - With so many fatal accidents occurring on our roads lately, it is important to remember that fatigue, speed and drink driving remain the top three contributors to the NSW road toll.

CS Health General Manager, Mark O’Neill, says ‘With many in our local mining industry working long shifts on rotating rosters, the travel to and from home needs to be a serious consideration.’

Statistics from ‘Transport for NSW’ show that, over the last 12 months, 37.4 per cent of fatal crashes have involved excessive speed and at least 14.7 per cent have involved fatigue; which is now more than drink-driving (13.5 per cent).

Coal Mines Insurance (CMI) workers compensation statistics show that fifty NSW coal mine workers have been involved in a vehicle accident travelling to or from work between 1 July 2013 and 15 June 2015, with two fatalities.

Mr O’Neill says ‘It is extremely unfortunate that two of our NSW mine workers have not returned home to their families as a result of travel to and from work recently. The fact is that almost one worker per fortnight is being injured on our regional roads. These statistics do not begin to include near misses and other unreported incidents where no injury occurred.’

‘Road accidents are largely preventable. Please slow down and think about how tired you are before getting behind the wheel. The most important thing is to get home safely.’

The Transport for NSW ‘Centre for Road Safety’ has identified:

- Speeding remains the greatest cause of death and injuries on NSW roads, contributing to about 40 per cent of road fatalities
- Fatigue-related crashes are twice as likely to be fatal - drivers who are asleep can’t brake
- Being awake for about 17 hours has a similar effect on performance as a blood alcohol content (BAC) of 0.05

If you feel tired when driving:

- Pull over for a break in a safe place
- Pull over for a nap (20 minutes works best)
- Swap drivers if you can
- Stop for a coffee if you’re on a short drive, although the effects of caffeine won’t help for long and won’t work for everyone. Caffeine is not suitable for some people and can be harmful. Limits on the daily consumption of caffeine are recommended.
● Even if you don’t feel tired, take regular breaks to avoid becoming tired

- ENDS

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About Coal Services:

Coal Services Pty Limited is an industry-owned, workplace focused, specialist organisation leading best practice occupational health, safety, worker’s compensation insurance, mines rescue services and innovative training solutions throughout Australian coal mining and heavy industries.

Coal Services Pty Limited has statutory functions as outlined within the NSW Coal Industry Act 2001. These functions include, but are not limited to the provision of workers compensation, occupational health and rehabilitation services for workers engaged in the coal industry; collection, collation and dissemination of statistics relating to the health and safety of workers engaged the coal industry; and the provision of mines rescue services and training to the NSW coal industry.

Coal Services Pty Limited has developed the most advanced real world simulator of its kind, preparing staff to respond to dangerous situations that may be encountered in a hazardous environment. The Virtual Reality Training System is accurate and realistic, allowing staff to experience and respond to real hazards in a safe and controlled environment, before actually encountering them in the workplace. Please visit: www.virtualrealitytrainingsystem.com