



FUELLED

NEWSLETTER

MAY 2023

DRIVER FATIGUE IN THE SPOTLIGHT



The green brain is the movement brain. The front half of the blue brain is for executive decisions. *You need both to drive!*

Recently, Training & Safety Manager, Mike Crandon and Driver Trainer Gavin Reed attended a Train the Trainer Toolbox Meeting to learn more about driving and the brain. "Driver fatigue really matters in a business like ours because as we know it affects everyone and of more note," said Mike "is that it contributes to over 40% of truck accidents. We do everything we can to manage this risk but need to be constantly aware that fatigue can creep up on people. Very few people know when they have fatigue or are really aware of their driving performance not being at its usual level. Fatigue may be the culmination of factors such as low quality or not enough sleep, poor diet, lack of hydration, underlying health issues, or possibly working too many hours."

As part of our nationwide push to reduce the road toll we all need to focus on our driving behaviour and a good place to start is eliminating as many distractions as possible before heading out on our road journeys. It all sounds very simple and yet the number of road accidents continues to climb. When at work the key is to have the vehicle tidied and ready to go plus what is required for hydration and food for the day along with those planned breaks in place. Of recent times we have been wise to plan the route for the day along with checking the weather and any possible road closures or changes to help minimize frustrations. Mobile phones have been a constant source of debate because they are like passengers often distracting. The hands free approach is used by many motorists as a solution but each day no matter where you travel you see drivers holding mobile phones either texting or listening with one hand on the wheel.

Research suggests that truckdriver fatigue is a contributing factor in 30 to 40 percent of all heavy truck accidents and further to this the majority occur within the first two hours of getting on the road with 11.2% in the first hour and 32.4% in the second hour. It is intriguing to learn if you have been awake for 17 hours you have the same impairment as a drunk driver with a blood alcohol concentration of 0.05.

FESTIVAL OF DISABILITY SPORTS

McFall Fuel's commitment to the sponsorship of the Festival of Disability Sports began when Parafed Bay of Plenty launched the event in 2018. Despite the interruptions of Covid the determination to see the event continue saw the 2023 event yet again grow in numbers and highlight just how far many of the sports have come in five years. The Wheelchair Rugby sponsored by McFall Fuel was highly competitive. As part of the event the 'Have A Go' approach saw McFall Fuel invited to have a Team play. The Team discovered that the challenges involved were not only manoeuvring the wheelchair but also controlling the pass plus changing the direction very quickly. It was not as easy as it looked but the Team persevered.



The McFall Fuel Team in Wheelchairs—Warren Broadmore, Allan McFall, Andrew Daysh, Mark Inman with Bryce McFall in his chair. Behind Gary Dawson, Logan Fleming, & Latitude Volunteer

A SEAMLESS CHANGE IN THE CEO ROLE PLANNED FOR MCFALL FUEL

"We have welcomed our new CEO Stephen Fraser who began on May 1 to begin the seamless change," said Managing Director Allan McFall. "Stephen comes from Manawa Energy (Trustpower) where he was General Manager Generation for six years and is now excited about joining McFall Fuel and being a part of our future direction." Stephen also spent time working for Shell globally. Sheryl Dawson is looking forward to



the next chapter in her life. Since 2013 she has seen two mergers, one with Direct Fuels and the other with Rural Fuel, plus the acquisition of Toll Petroleum. "I have enjoyed my ten years immensely in what has been a very diverse role. What a journey, what a story, so many incredible memories. It is the hard working staff who have always impressed me with their desire to grow professionally and personally and to do what they can to make things better than they were before, often in challenging times and situations. The teamwork is exceptional and the innovative and solution oriented approaches are clever," said Sheryl.

What's Happening @ McFall Fuel

NEXTSTEP NEW ZEALAND



NextStep New Zealand is based opposite McFall Fuel on Hocking Street in Mount Maunganui and has become a facility like no other as it has grown and evolved from its early beginnings when it began supporting people who were unable to get the assistance they needed to recover from the injury or illness they had faced. The McFall family have had a long association with the gym and were instrumental involving others to get it set up to help people with their recovery and health. Their current services are delivered out of the gym based in Mount Maunganui and another in Whakatane. People also travel from around the North Island to take advantage of the approach taken which sees a wide range of health

conditions such as injuries and mobility issues catered for from neurological to paediatric. "People were finding the cost of taxis to get the gym a little too much and so to make it easier on them we decided to get a van fitted out with the capability to collect people with disabilities," said Casey Brady, Director & Personal Trainer. "It is also great to get people out and about for their mental health. We are running the van using volunteer drivers and we are looking for more volunteers to see the pick ups work well." Casey understands what it means to be able to join a programme to improve your health and well being following her motocross accident in 2017 which left her with a spinal chord injury. A qualified teacher, Casey's life goal is to walk again.



GETTING THE RIGHT PAINT OR DYE



"Purple paint has become the colour of choice for the Taupo forests and the harvester dye has been popular in Gisborne recently," said Area Sales Manager Ann Morrissey. Forestry Log Marking Paints come in 400ml cans in blue, red, purple, and green, and are available in a carton of 12. These are great for marking the required information

on logs. These paints are very easy to apply, and be seen. Ideal for Construction and Earthworks Upside Down Paints are available in white, light blue, fluoro green, yellow, orange, red and pink. They leave a mark that again is easy to apply and be seen on a variety of surfaces such as grass, gravel, cement, timber (damp or dry), steel drums, roads, plastic wrap, and more. The Harvester Dye for Harvester Heads is New Zealand made and has better reliability. Please contact your Area Sales Manager to find out more.



WOOD TRANSPORT & LOGISTICS CONFERENCE 2023

The Conference is being held May 24-25 in Rotorua along with a virtual event.



The two day programme covers a wide range of topics featuring heavy fleets, lower emission fuels, and technological innovations. A historical insight about the last of the Kauri Bushmen will also be provided pictorially showing the huge Kauri logs that went from the Coromandel to the waterfront sawmills in Auckland.

Safety innovations will cover equipment and operating practices across the wood supply chain along with tackling speed, fatigue and distraction. The C3 Log Vessel Grapple, a first in Australasia, which was designed to boost loading safety and port loading facilities will feature in one presentation along with other Port innovations. There are some very good learning opportunities for attendees.

Gordon Thomson, Marketing & Sponsorship Manager of Innovatek Limited said, "we are really pleased to have over 200 people already registered for this event and McFall Fuel are to be thanked for their sponsorship which is truly valued."

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