



# 2022 Australasian Fleet Conference & Exhibition

AND FLEET AWARDS

MAY 3-4

ROSEHILL GARDENS RACECOURSE SYDNEY

## Impaired Driving – Fatigue, Drugs and Alcohol

Greg Slore

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# Impaired Driving Fatigue, Drugs & Alcohol

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# Welcome and Introduction



# Fleet Keeping Australia Moving

- 19,768,518 estimated number of vehicles in Australia 2020
- 238,499 million kilometres travelled, an average of 12.1 thousand kilometres per vehicle in 2020  
*(approx. 309,000 return trips to the moon)*
- 33,019 megalitres of fuel consumed in 2020
- 223,949 million tonne-kilometres of freight moved  
*(Transporting the moon\* approx. 3,000 kilometres)*  
*\*The moon would weigh approx. 73.5 million tonnes if it were subjected to Earth's gravity*

Information sourced Australian Bureau of Statistics



The “New Normal”  
11<sup>th</sup> March 2020 –  
Onward  
The business impact

- Working from home (Less time on the road, improved work life balance opportunities)
- Harnessing technology (Webex, Skype, Zoom, Microsoft Teams)
- Doing more with less (Staff Shortages)
- Ordering Delays (Chip shortage, global logistics)
- Pandemic Logistics (Snap border closures, specialist people shortages)
- Business Continuity (how businesses have had to adapt to the New Normal to survive)



The “New Normal”  
11<sup>th</sup> March 2020 –  
Onward  
The human impact

- Working from home (Relationships at home, childcare and schooling)
- Harnessing technology (Webex, Skype, Zoom, Microsoft Teams – *For those who can*)
- Doing more with less (Unrealistic goals and expectations, self imposed pressures)
- Ordering Delays (Panic buying (i.e Toilet paper), Cost increases driven by demand)
- New personal stressors (unable to visit friends, relatives, funerals, celebrations)
- Social Network Continuity (closure of sporting and recreation activities)
- Mental health impacts (job losses, business closures, uncertainty, vaccinations and Covid rules, misinformation, media coverage and doom scrolling, information overload)
- Self medication (Use of alcohol and other drugs to dull the impact and affect sleep and fatigue)

# Driver Impairment

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# Driver Impairment

## Tasmanian Police Statistics 2019

- Drink Driving Offences 1,905
- Drug Driving Offences 2,428
- Mobile Phone Offences 2,445
- Vehicles and Mobile plant coupled with Alcohol, Drugs and a loss of Mindfulness is a recipe for disaster.
- Personal Story (Time in volunteer Ambulance/Fire Ross)  
My time serving the community





# Defining Fatigue

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The consensus is that the main three determinants of fatigue are:

- Lack of Sleep
- Time of day or circadian factors
- Time spent performing a task

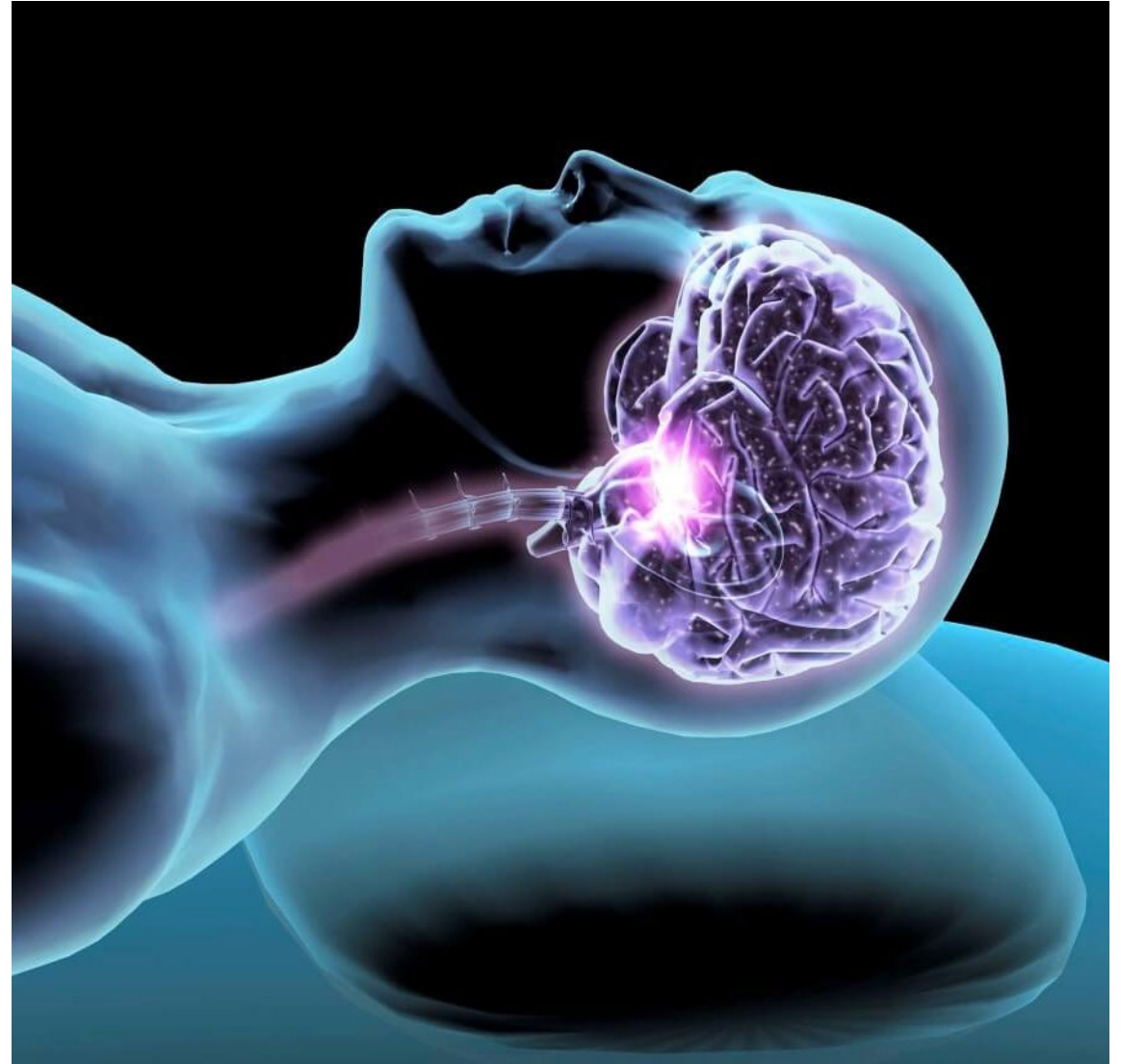


# Sleep

## The Third Pillar Of Human Existence

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- Sleep is an important physiological function, when people do not obtain enough sleep they build up a sleep debt
- Research has found that as little as two hours sleep loss on one occasion can result in degraded reaction time, cognitive function, memory, mood and alertness.
- The most beneficial sleep is deep undisturbed sleep taken in a single continuous period of seven to eight hours



There's no one someone won't miss  
Towards Zero – Transport Accident Commission



# Fatigue And Impairment Activity



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## Closing Message My Son Jay

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- **Credits**
- Dale Lovell – Manager Fleet  
TasWater
- Heath Mayne – Manager Task  
Force

