

Insight aims to provide useful information, links and tips in the areas of Risk Management, Occupational Health and Safety, Business Continuity Management, and other areas relating to management systems and corporate governance.

This issue:

- Heavy Vehicle ‘Chain of Responsibility’
- Developing good habits to avoid burn out
- Holiday Wishes

Heavy Vehicle ‘Chain of Responsibility’

As mentioned in the [October edition](#) of *Insight*, in mid-2018 the requirements of the Heavy Vehicle National Legislation are changing. Now is the time for effected organisations to start getting ready for the changes.

By design the Heavy Vehicle ‘Chain of Responsibility’ Legislation is broad, extending from the vehicle driver to encompass persons or organisations fulfilling the roles of consignor, scheduler, packer, loader and the consignee, with each of these roles sharing parts of responsibility for the goods, plant or persons transported by trucks or buses (weighting more the 4.5t). The structure of the Legislation is inter-connected with each of the roles.

For example, it is not only the driver that may be held accountable for breaching fatigue requirements or the speed limits; the responsibility also sits with the consignor and scheduler to ensure that the prescribed transport schedule does not direct or influence the driver to exceed the fatigue or speed requirements.

A recent presentation at QRMC’s Safety Networking Group function from Michael Crellin, the Manager –



Chain of Responsibility – Regulatory Compliance at the National Heavy Vehicle Regulator, detailed the current ‘National’ Heavy Vehicle legislative framework, and the changes that are due to take effect in mid-next year.

The current legislation focuses on the mass, dimensions and restraint of the load, as well as fatigue and speed management, considering each of the above roles in the Chain of Responsibility and how they need to contribute to a safe operational environment.

The legislative changes to take effect next year will position the legislation to be similar to the current WHS



Legislation, embedding the requirement to have a risk management focus within the organisation procedures. It will also introduce vehicle standards requirements – for most personnel in the supply chain this correlates to the requirement to observe, report and record any identified issues.

The changes will also mandate that Executive Officers will be held directly accountable (in the same manner in which the WHS Legislation applies) with the capacity to review the organisation's business practices and risk management frameworks to determine if the fulfilment of the legislative requirements has in fact occurred.

It was also noted by Michael that the 'Chain of Responsibility' requirements necessitate the need for organisations to look outside the box and consider the potential impacts. This includes purchasing product overseas and having it transported by containerised freight – a recent case in NSW was explored whereby the organisation was held legally accountable for a fatal injury when their building plaster products become de-stabilised within their containerised transport, causing a load-shift and the container to topple onto a passing motorist.

Michael strongly advocated the use of the NHVR 'Chain of Responsibility' Assessment Tool, as it steps through the various roles in the 'Chain' and enables the development of an action plan to ensure that any gaps for the various roles are addressed.

Please [contact QPMC](#) for assistance in redeveloping your systems and process to manage heavy vehicle and procurement risks, and ensure compliance with the legislative changes.

Developing good habits to avoid burn out

As we near the end of another year, more packed and busy than ever, it's timely to give consideration to how to manage a demanding work life without sacrificing health and wellbeing.

Working for long hours, more than 48 hours in a week, is not uncommon in the Australian workforce. However, long hours can also increase health risks (from cardiovascular heart disease to increased rates of drinking and smoking), impact on home relationships, and result in greater rates of work injuries.

Taking a holiday is rarely the answer – ever had a great, relaxing break and then a couple of weeks after getting back to work you feel just as pressured and tired as ever? Changing the every-day experience of work by establishing healthy habits is the only way to make a lasting difference.



So what kinds of good habits will help? Different things will work for different people, but here are a few to consider:

- Draw a clear line between work and home – get out of work clothes as soon as you get home, don't check work emails after hours, turn the mobile phone to silent mode.
- Practice good sleep hygiene – avoid bright screens (computer and TV) before trying to go to sleep; don't eat, drink caffeine or alcohol, or smoke too close to bed time; take regular exercise but not immediately before going to bed; get into a good bed-time routine with regular times and behaviours.
- Plan your day's workload each morning, and if it's derailed and you don't achieve everything, reassign priorities for the next day to give yourself a feeling of control before you leave for the day and prevent yourself worrying about it overnight.
- Take a proper lunch break, preferably away from your workplace and certainly away from your desk.

- Try to spend at least a short amount of time in a natural setting each day – kill two birds with one stone and eat your lunch under a tree!

If any of these ideas appeal to you, take some time over the holiday season to plan how to incorporate them into a new approach to the coming work year. Please [contact QRMC](#) for more information.

Holiday Wishes

This edition of Insight is the final for 2017. The first edition in the New Year will be issued in February 2018.

QRMC Risk Management Pty Ltd will be closing over the Christmas period, from close of business Friday 22 December, reopening Monday 8 January 2018.

QRMC wishes all our clients, supporters and readers a relaxing, happy and safe holiday season. We look forward to your company in the New Year!



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**RISK MANAGEMENT
SAFETY MANAGEMENT
BUSINESS CONTINUITY MANAGEMENT
MANAGEMENT SYSTEMS**

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