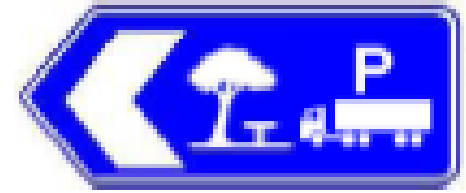




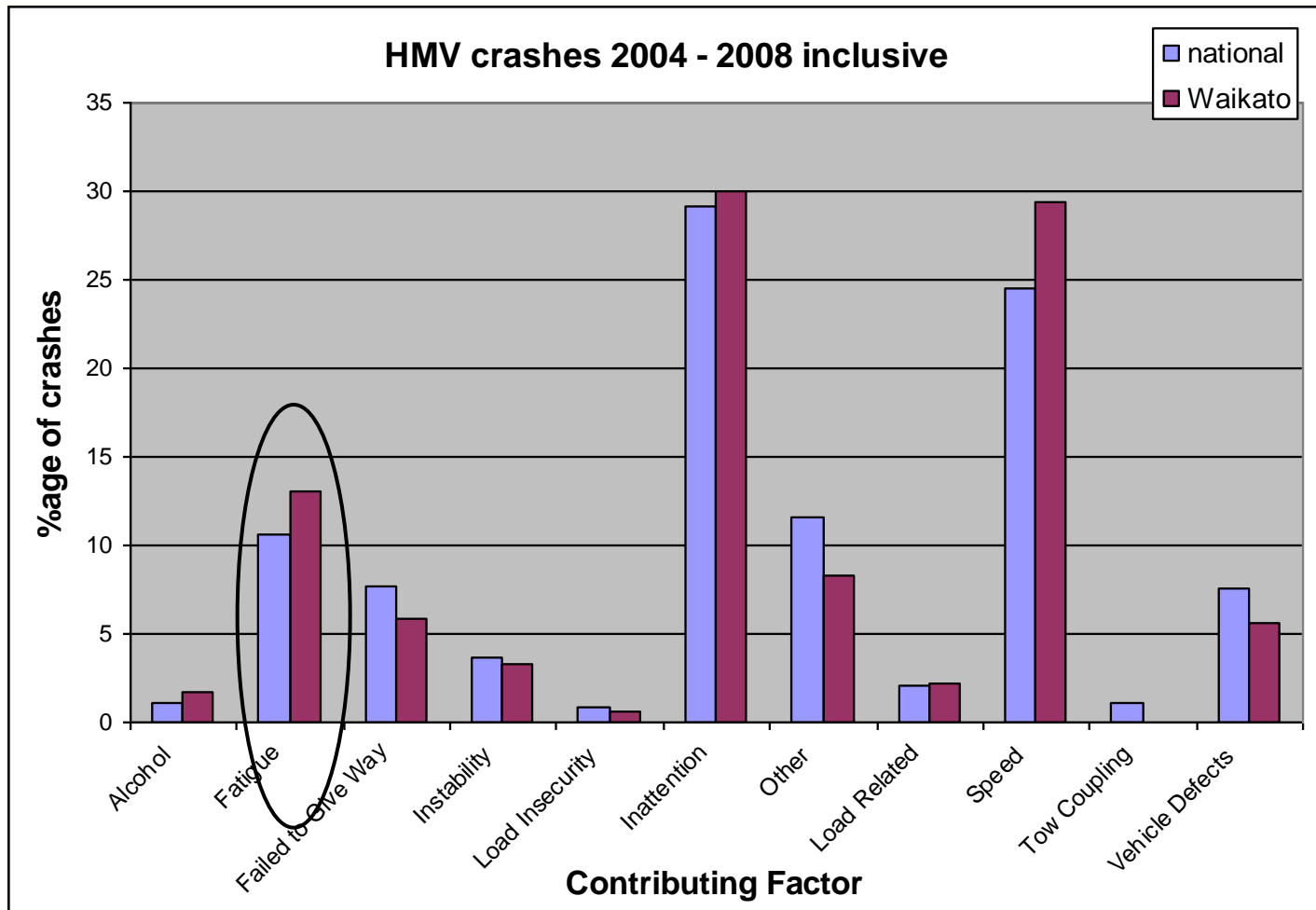
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Truck Friendly Facilities

a road safety asset on your roading network?

The Statistics



Dr Sam Charlton



1/4 of all drivers
reported feeling
tired



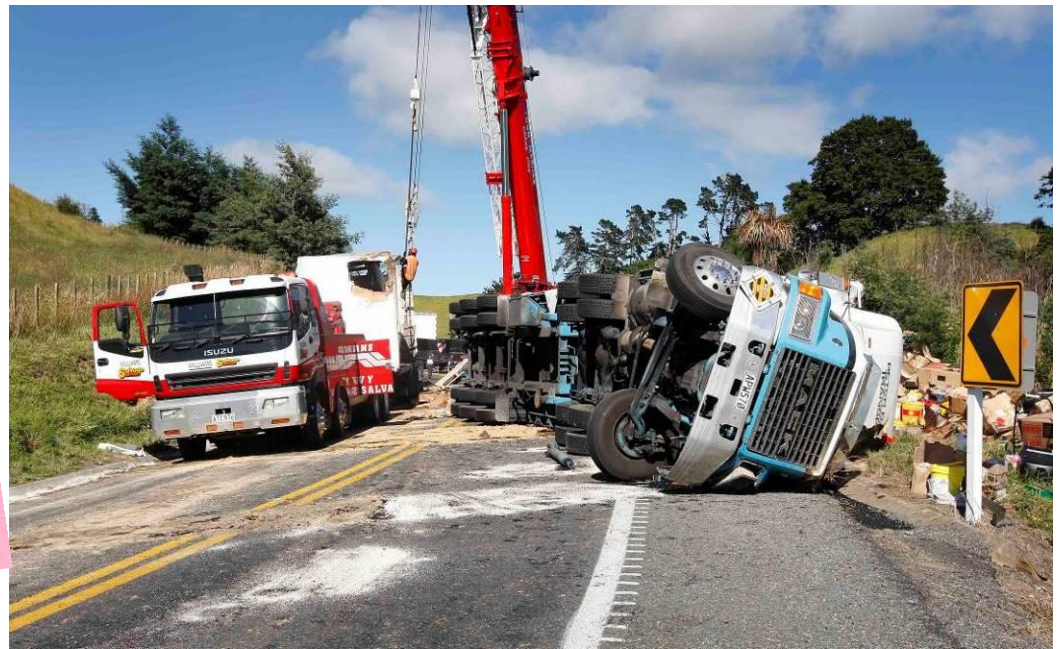
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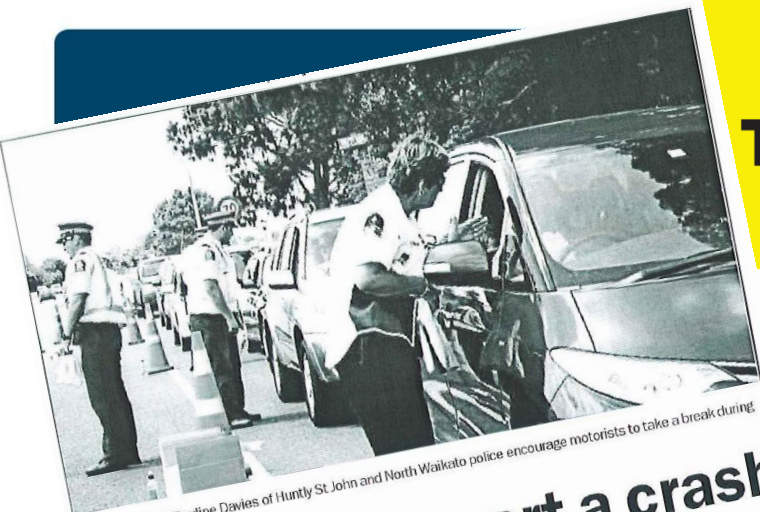
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frequency: MTWTFS-

Driver tiredness may have been factor in SH1 head-on smash that left two women dead





TAKE A BREAK: Pauline Davies of Huntly St John and North Waikato police encourage motorists to take a break during a recent fatigue campaign.

A break can avert a crash

Too Tired?

Take a Powernap

Drive tired?
People die

Lifesavers take power naps



Got the Message?
Too Tired
Take Breaks



Stop for a rest
It's that simple

Tired Drivers
Crash

Take a break

Tired?
Stop & rest
It's that simple

Tired? Take a power nap



ment

Pull over and take a break

?

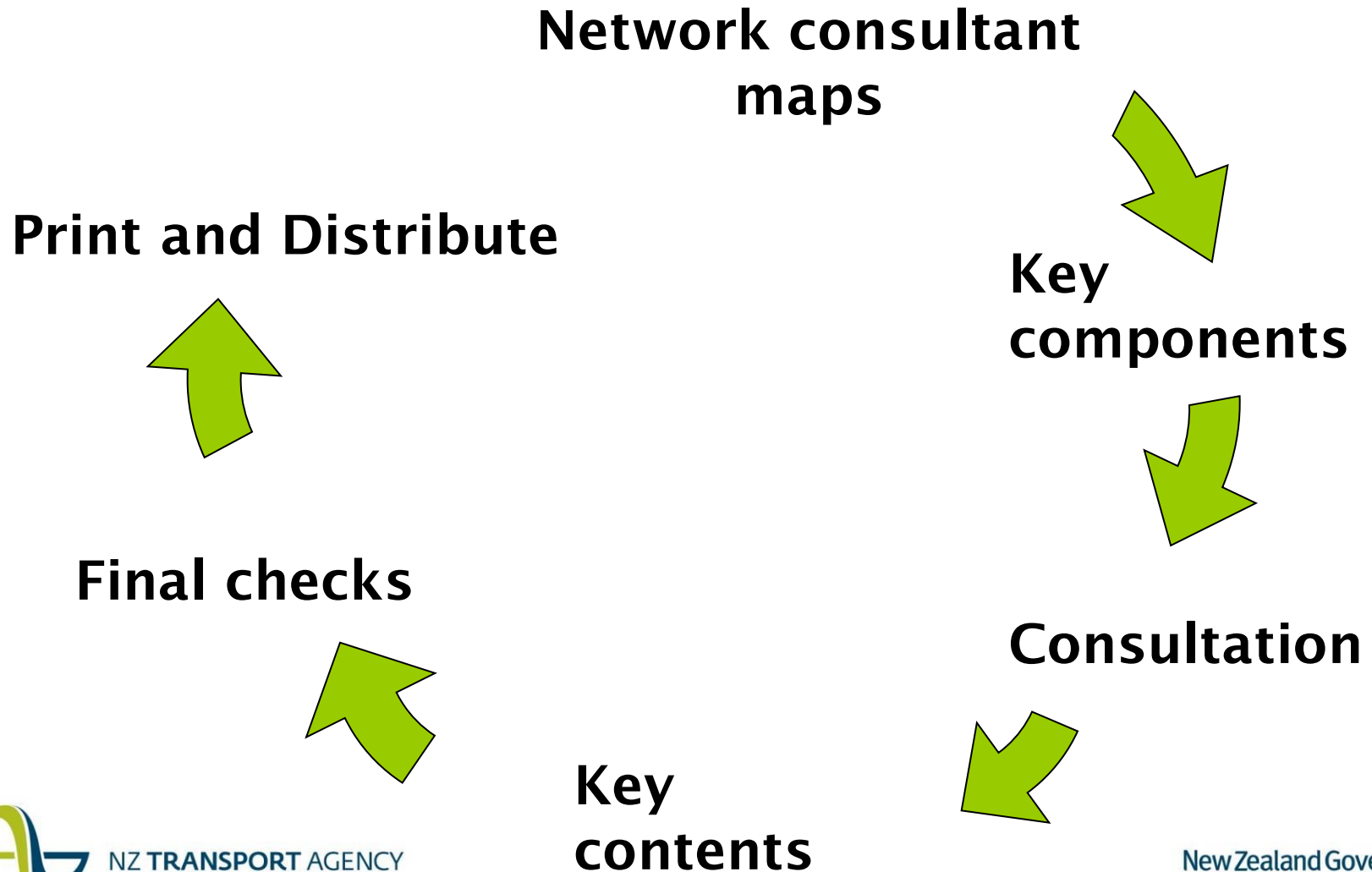
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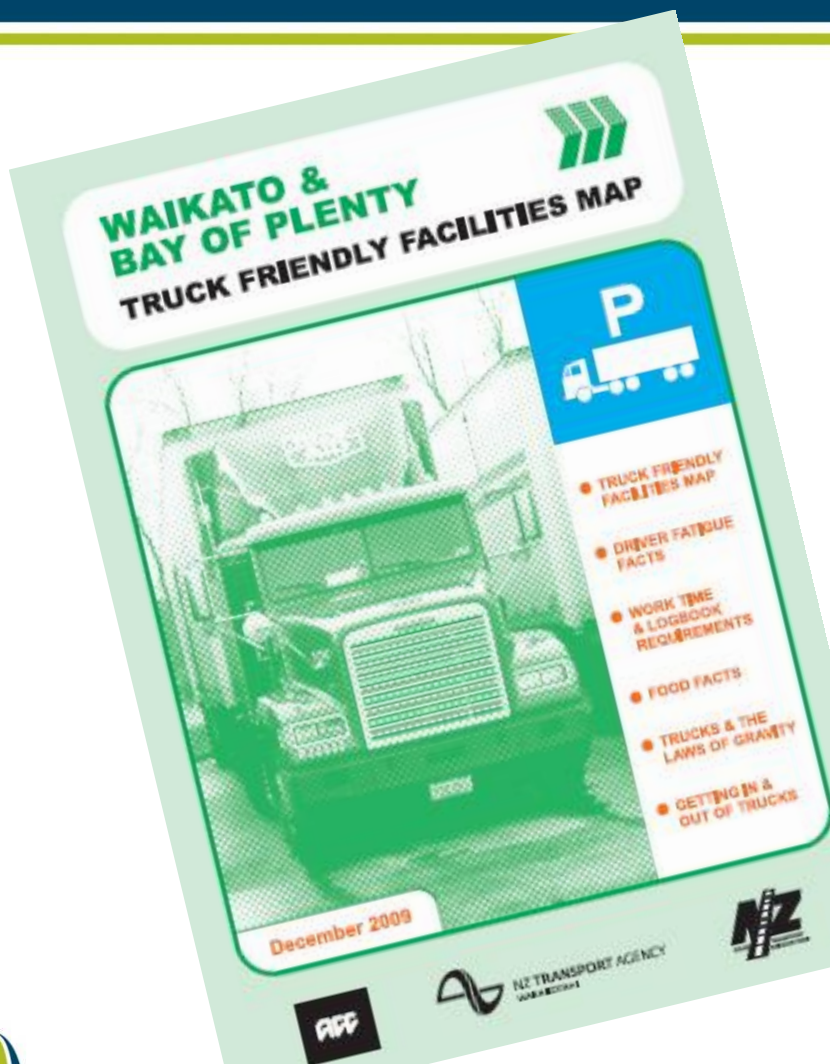
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The Process



Truck Friendly Facilities Map



TRUCK FRIENDLY FACILITIES

For your safety we encourage you to choose a facility that is on the same side of the road as you are travelling. Left turns into and left turns out of these facilities are recommended as being the safest.

CODE	STATE HIGHWAY	TITLE
B1		Mount Maunganui Weigh Pit
B2	29	Te Puna Weigh Pit
B3	2	Paengaroa Weigh Pit
B4	2	Paengaroa Weigh Pit
B5	2	Paengaroa Weigh Pit
B6	2	Paengaroa Weigh Pit
B7	30	Otamarakau Rest Area
B8	2	Whakatane Weigh Pit
B9	2	White Pine Bush Reserve
B10	2	Waiohiki Beach Rest Area
B11	2	Waiohiki Weigh Pit
B12	2	Waiohiki Effluent Disposal
B13	35	Waiohiki Bridge
B14	5	Weigh Pit
B15	5	Mamaku Weigh Pit
B16	30	Tarukenga Rest Area
B17	5	Waipa Weigh Pit
B18	5	Waipa Rest Area
B19	30	Earthquake Flats Weigh Pit
B20	33	Rotokawa Weigh Pit
B21	33	Pokopoko Stream Reserve
W1	33	Summit Rest Area
W2	1	Lake Rotoiti Rest Area
W3	1	Mercer Services
W4	1	River Haven Rest Area
W5	1	Huntly South Weigh Pit
W6	1	Tamahere Weigh Pit
W7	1	Rest Area Opposite Peake Road
W8	1	Rest Area
W9	1	Karapiro Lookout Rest Area
10	5	Piarere Rocks Truck Stop
1	1	Tapapa Effluent Disposal
	1	Waiwaka Rd Weigh Pit
	1	Weigh Bridge SH1/30 Intersection
	1	Wairakei Truck Stop BP

Distribution



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Local Government New Zealand
te pūtake matakōkiri



Te Kaporeihana Āwhina Hunga Whara



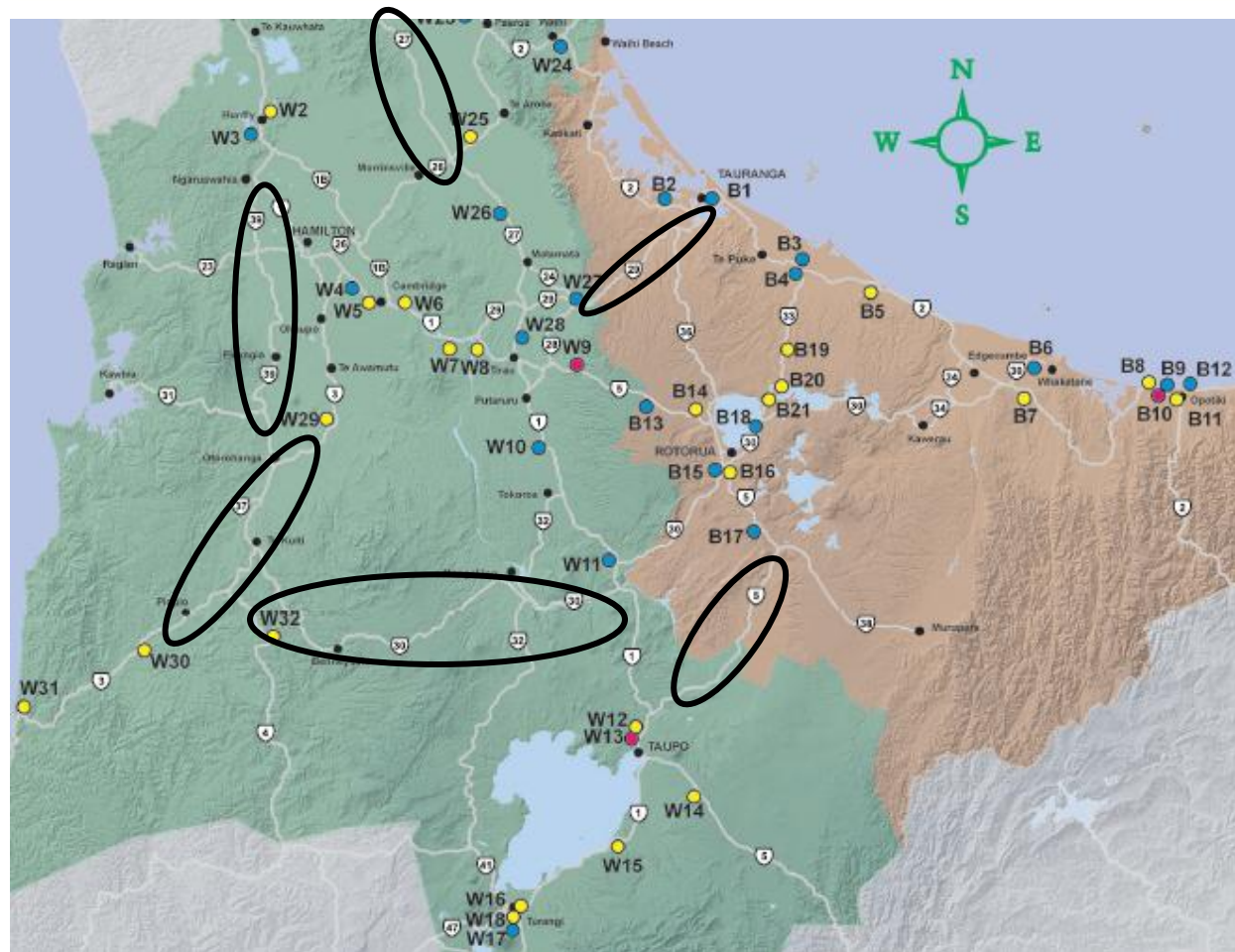
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What we learnt



Gaps in our network



LEGEND

- Truck Friendly Rest Area
- Weigh Pit
- Effluent Disposal

NOTE:
The dot for each facility illustrates the side of the road that it is on.

- Bay of Plenty Region
- Waikato Region



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Road Safety tool

WORK TIME AND LOGBOOKS SUMMARY OF REQUIREMENTS

Since 1 October 2007, new work time and logbook rules have applied to commercial drivers.

Work Time

- All time spent working must be recorded as work time, instead of recording 'on duty' time and driving hours separately.
- You can work for up to 5½ hours before taking a rest break of at least 30 minutes.
- A cumulative work day cannot exceed 24 hours but can be less.
- In a cumulative work day, you must take a break of at least 10 minutes.

FOOD FACTS BETTER FUEL FOR YOUR BODY

Potatoes	Get wedges or a baked potato rather than chips. If you're feeling extreme, even ask for a side salad instead.
Chicken & Eggs	For a protein fix, have boiled or poached eggs. Look for chicken that is roasted or grilled instead of fried.
Snacks	Instead of potato chips, munch on unsalted nuts, plain popcorn, pretzels, or crackers with hummus or salsa.
Scones	Nana was onto something. Have scones or pikelets instead of a cream bun, croissant, or danish and you'll spare yourself a lot of fat and sugar.
Fast Foods	If you've only got time for takeaways avoid fast food and get Chinese or Thai with rice. Sushi is good, and the wasabi wakes you up with a bang!
Biscuits	Replace chocolate-coated biscuits with a plain style or muesli bars.
Toasties	Have a toastie instead of something wrapped in pastry. Another high-grade hot meal is soup with brown bread.
Sandwiches	Instead of a burger, get a sandwich, kebab or wrap. They have more high-grade fibre and less grease.
Baked or Grilled	Tuck into grilled or baked food instead of battered or fried. If you have you from heaps of fat.

...ed pizzas, but go for a thin crust with heaps of a creamy sauce.

Did you know that 36% of truck crashes nationally result in the truck rolling over?

DO YOU UNDERSTAND THE LAWS OF GRAVITY?

A truck is more stable when it has a low centre of gravity. As a truck's load gets higher, so does the centre of gravity. Trucks are most comfortable travelling at a constant speed and in a straight line. When a driver turns the steering wheel they trigger a force that makes the truck lean. The higher the load, the more likely a truck will roll.

When a truck brakes on the straight before entering a corner, it accelerates through the corner, it maintains the most grip on the road.

Snaking can be detected by regularly checking the mirror. Snaking can be avoided by increasing the truck's speed. Braking when snaking is dangerous and may push the truck into the oncoming lane.



Professional drivers drive at an appropriate speed for the cornering and delay snaking. Professional drivers drive their speeds down or safety zone if unexpected. Information maximum found on y

29% of truck crashes in the Bay of Plenty regions are loss of control crashes

DRIVER FATIGUE - HAVE YOU EXPERIENCED ANY OF THESE?

- Microsleeps.
- Signs that indicate that you are feeling drowsy, such as yawning.
- Impatience, lack of concentration or slow reaction times.
- Sore, heavy eyes and blurred or dim vision.
- Sweaty hands, hunger, thirst, stiffness or cramp.
- Humming in the ears.
- Wandering over the centre-line or road edge.
- Changes in driving speeds.

Did You Know...

- During a microsleep, a person will not respond to outside information (like a red light or a curve in the road).
- Most fatigue-related crashes happen during road trips less than two hours long and within 20 minutes of home.
- Because of your circadian rhythm, it is more dangerous to drive between 1am and 5am than at any other time of the day.
- If you drive after staying awake for 24 hours, you are as dangerous as someone with a blood alcohol content of 100mg/100ml (the NZ limit is 80mg/100ml).
- Fatigue crashes generally result in a single vehicle loss of control crash - 73% of fatigue crashes.
- Speed and inattention are also contributing factors found in fatigue crashes.

Nearly 1 in 4 workers tested for drugs following a workplace accident returned a positive result



Fatigue contributes to more than 10% of heavy motor vehicle crashes in NZ

TIPS TO BEAT FATIGUE

Before the trip:

- Check your planned route for places to stop, rest and refresh. Aim to stop every 2 hours, or as soon as you begin to feel sleepy.
- Get plenty of sleep before you set off.
- Drive when you would normally be awake.
- Avoid medications that may cause drowsiness.

During the trip:

- If you think you need a nap, don't wait. Try having a power nap of no more than 20 minutes.
- Keep hydrated, caffeine drinks may help but only in the short term. Drink plenty of water.
- Get fresh air into the vehicle - it makes it easier to stay alert.
- Eat sensibly during the trip but avoid large meals (refer to the Food Facts section).
- Stop every two hours, get out of your truck and go for a walk - do a walk around check of your vehicle.

When laden, reduce your speed on curves to at least 10 km/h BELOW the posted speed shown.

A truck is more likely to roll on a corner than a car because of the huge weight high above its tyres. A car has its weight low and closer to the point of contact between its tyres and the road.

In a head-on collision a truck driver feels a force equivalent to catching three times their own body weight. For a driver weighing 100kg that's like catching 70 dozen cans of soft drink.



All vehicles manufactured since October 2003 are required to have safety belts fitted. When a safety belt fitted, the driver is...

Safety belt wearing rate in the Waikato in June

GETTING IN & OUT OF TRUCKS

Common Causes of Injury

- Jumping to the ground from the cab resulting in foot, ankle, knee, shoulder or back injuries.
- Tripping and slipping when you are in a hurry or if steps are wet, broken or too short.
- Poorly placed rails or steps putting pressure on the shoulders and back.
- A low roofline making the drivers twist to get in or out of the cabin.



Correct Procedure for Getting in and out of Trucks

Always maintain at least three points of contact when entering or exiting the cab.

Don't jump from the cab. If you do you will exert 12 times your body weight on your ankles, knees, hips and lower back. For an average driver that is equal to a tonne of impact.

DRIVE SMARTER
DRIVE SAFER

Drive Smarter, Drive Safer DVD has these safety tips and many more. For a copy of the DVD contact the ACC Helpdesk on: 0800 101 996



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Turn over to find the location of truck friendly facilities

New Zealand Government

Road Safety Asset



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WAKA KOTAHĪ

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Team approach

Robyn Denton – NZTA (formerly LTNZ)

Michelle Te Wharau – NZTA (formerly TNZ)

Gary Masters – Road Transport Association

Charlene Kerr – Road Transport Association

Debra Stearns – ACC

Andy Standley – Opus

Melinda Drysdale - Opus

Whats next?



Truck Friendly Facilities Map - Feedback

We would like to hear what you think about our new resource. This will help us with developing this and future resources for trucks.

Where did you get your copy of the map from?

Industry representative group

Truck education roadside stop

Other

What do you think about the size of the map?

Too big

Too small

Just right

How useful will this be for you?

very

somewhat

a little

not at all

Since seeing the resource, have you stopped at any of the truck friendly facilities on the map?

Yes Which one(s)

No Why not?

Is there any other information that we should include in future editions?

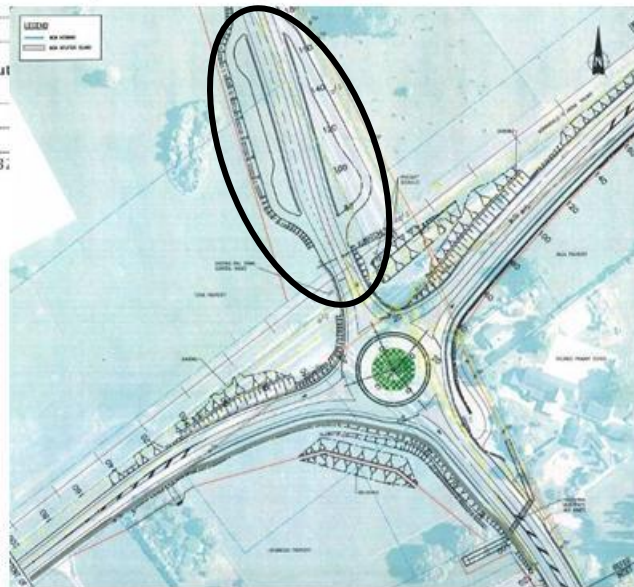
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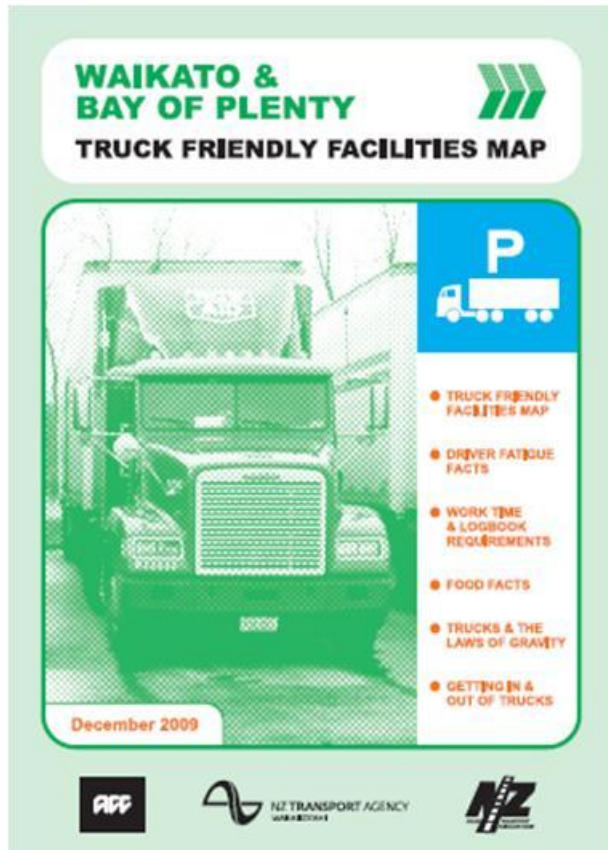
Truck Weighing Areas Report

Waikato Region

15 December 2009



Truck Friendly Facilities



a road safety asset
on your roading network!

