



Driver Reviver Program Kit

Everything required for establishing and maintaining a
Driver Reviver in Western Australia

Working together to prevent road trauma



www.roadwise.asn.au

Western Australian Local Government Association (WALGA), *WA Driver Reviver Program Kit*,
WALGA, March 2023.

Published March 2023

General Information

The WA Local Government Association's (WALGA) RoadWise program is the Local Government and Community Road Safety Program.

WALGA's RoadWise works to build the capacity of Local Governments, the community and other agencies to effectively deliver road safety initiatives aligned to WA's Road Safety Strategy 2020 - 2030.

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Acknowledgements

RoadWise is funded by the State Government through the Road Trauma Trust Account (speed and red light camera fines) and the State Road Funds to Local Government Agreement (sourced from WA vehicle licensing fees).

The Western Australia Local Government Association would like to acknowledge the Minister responsible for road safety, the Road Safety Council, the Road Safety Commission and the State Advisory Committee.

A special note of appreciation is extended to Beki Bampton for compiling this document.

Terms mentioned in this document that have been confirmed as registered trade marks in Australia are indicated here; RoadWise® Driver Reviver. While all care has been taken in identifying trade marks in this publication, readers are advised to investigate at their own discretion.

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Introduction

Driver Reviver is a community initiative which has been running since 1989 nationally, and since 1992 in Western Australia (WA). Driver Reviver operations are run by community volunteers from a variety of backgrounds with a common goal to work together to promote road safety and prevent death and serious injury.

Driver Reviver sites provide a place for motorists to stop and take a break from driving while enjoying a free drink, snack and chat, which can assist in preventing the onset of fatigue. At these sites volunteers can also share information about fatigue, its causes and the warning signs, encouraging motorists to always consider and take action to counteract fatigue when travelling.

Nationally the Driver Reviver program is coordinated by SES Victoria and sponsored by Bushells Tea, Bushells Coffee, The Arnotts Foundation, Sunshine Sugar, AAMI and Shell V-Power. In WA, a reference group comprising of representatives from WA Local Government Association (WALGA), Main Roads WA (MRWA), WA Police Force, and the Road Safety Commission oversee the administration of the program.

This kit provides information about establishing a new Driver Reviver and everything necessary for maintaining and operating a Driver Reviver once established.

Driver Reviver sites usually operate during holiday periods and long weekends but can operate any time. For information on the program and a list of current Driver Reviver sites visit www.roadwise.asn.au/driver-reviver.aspx or www.driverreviver.com.au.

Local Governments, MRWA, and community volunteers are critical to the success of Driver Revivers and information specific to each group is included in this kit.

A site manager and regular volunteers are crucial for ongoing operations. The site manager will be the main point of contact for the Driver Reviver and their responsibilities include obtaining any necessary approvals, ordering supplies, reporting and volunteer coordination.

Further information and digital copies of all attachments included in the kit are available from WALGA's Regional Road Safety Advisors. Contact details for your local Regional Road Safety Advisors can be found at www.roadwise.asn.au/about-us/our-team.aspx or in Attachment A.

Why a Driver Reviver?

The Driver Reviver program provides an important service to motorists and travellers to address fatigue. Driver Reviver sites encourage the physical act of stopping and taking a break from driving which can prevent the onset of fatigue.

The Driver Reviver sites also act as an information source where volunteers can share knowledge and information as they provide drinks and snacks to visitors. Travellers are encouraged to consider fatigue whenever driving or riding and take proactive measures to reduce the likelihood of it occurring.

A *Fatigue - Facts at a Glance* poster and *Fatigue Information* poster are included in this kit to be displayed on site to inform and encourage discussion. See Attachment B.

Getting Started

Identify need and Location

There are several things to consider when choosing a Driver Reviver site:

- ◆ Are there large numbers of motorists travelling through the area on long weekends and school holidays? Data is available from Main Roads WA Traffic Map trafficmap.mainroads.wa.gov.au.
- ◆ Are fatigue related crashes an issue in the region? Road crash statistics are available from the Road Safety Commission website www.wa.gov.au/organisation/road-safety-commission/road-statistics or your RoadWise Regional Road Safety Advisor.
- ◆ Is the location for the potential site close to roadhouses and/or other businesses who could be affected by the site operating? If so, speak with them about the possibility of working together.
- ◆ Do you have, or are you likely to have enough volunteers to operate the site?
- ◆ Is there already a Driver Reviver in the area? View current Driver Reviver sites visit <https://www.roadwise.asn.au/take-action/people/driver-reviver.aspx>

Select a site

Once a location is identified the following should be considered when looking for a site to operate from.

- ◆ The crash and traffic data indicate a demand for a Driver Reviver.
- ◆ There is adequate protection from the elements, either through a permanent or temporary arrangement (gazebo/tent/caravan etc.).
- ◆ Are there adequate facilities – parking, power, bins, water and shade (either permanently on site, or temporarily provided)?
- ◆ If intending to operate at night is there sufficient lighting available (permanent or temporary) which is correctly orientated to cover rest area and ensure minimal glare to passing traffic?
- ◆ The road manager (MRWA or your Local Government) will need to be consulted and provided advice that motorists can enter and exit the site safely without causing any risk or hazards to other traffic. MRWA contact details are included in Attachment A.
- ◆ The Local Government has been consulted.
- ◆ Administration of signage is arranged.
- ◆ Site is not close (within two hour drive) to towns, or businesses and other Driver Revivers who could be impacted by the site or could reduce the need to stop at the new Driver Reviver site. If a local business or other Driver Reviver is close by ensure have been consulted.
- ◆ The Driver Reviver can operate from rest areas on both sides of the road to reduce the need for motorists crossing the road to stop.
- ◆ The parking area is away from tree limbs and any other possible hazards.
- ◆ The site is appealing and likely to encourage passing motorists to stop, eg. it is at an established rest area with permanent facilities.

Regional Road Safety Advisor

Your local RoadWise Regional Road Safety Advisor (RRSA) will be able to help with any questions you may have regarding starting a new Driver Reviver. The RRSA will then be the ongoing point of contact for the site manager. Contact details for your RSSA can be found at <https://www.roadwise.asn.au/local-government/road-safety-in-your-area.aspx>

Main Roads WA

The Main Roads WA regional office must be consulted to ensure the proposed site provides safe entry and exit points if it is one a state managed road. Main Roads WA will also identify the type and location of signage the Driver Reviver will use.

Local Government

The Local Government must be consulted to ensure the proposed site provides safe entry and exit points if a locally managed road. The Local Government will also identify any permits or approvals that may be required for holding Driver Reviver operations in their jurisdiction.

The Local Government may also consider supporting the Driver Reviver to back their road safety commitment to their community.

Local Visitor Centre

It may be worth consulting with the local Visitor Centre to investigate any potential partnerships such as promotion of local events at the Driver Reviver site and provide support for the Driver Reviver from the visitor centre.

Commodity and equipment needs

Nationally the Driver Reviver Program is sponsored by Bushells Tea, Bushells Coffee, The Arnott's Foundation, Sunshine Sugar, AAMI and Shell V-Power. Through this sponsorship agreement unlimited coffee, tea, sugar, biscuits, cups and pop stick stirrers are provided to be offered to drivers and passengers free of charge.

Other equipment and supplies are needed to make sure the site is inviting and operates well. These are sourced by the operating group and include:

- ❖ A kettle or urn to boil water for tea and coffee
- ❖ Table and chairs
- ❖ Shade or shelter from the sun and rain - a caravan is the ideal option, a permanent or portable gazebo, or a large tent can also be used
- ❖ Portable toilets, rubbish bins and lighting if no permanent fixtures are on site
- ❖ First aid kit, torch, electrical extension cords and any other necessary tools e.g., rope, mallet, star pickets
- ❖ A fridge or esky to store milk, water and other cold ingredients
- ❖ Milk, potable water, ice, and cold drink ingredients
- ❖ A blender if offering the cold drink options (your Regional Road Safety Advisor may be able to supply one of these) together with the cold drink information sheet and posters included in Attachment B
- ❖ Generator and fuel if no power is on site.

Source supplies and equipment

Approaching local businesses for sponsorship or donations of items such as milk, shade structures etc. can help with costs. Businesses may donate goods or provide them in return for a product display. Participating business should be recognized for the contribution.

Activities such as sausage sizzles can be a way of raising funds for the Driver Reviver. Driver Revivers can conduct fundraising exercises on site so long as:

- ❖ All products provided by the program sponsors are given to motorists free of charge.
- ❖ Branded goods in competition with the sponsors are not sold or given to motorists.
- ❖ All donations and fundraising proceeds are used for Driver Reviver operations or given to a charitable organization.
- ❖ Program sponsors must receive recognition at all Driver Reviver sites and be advertised as major sponsors in all advertising.

No supplies in direct competition with the sponsors may be used. Only sponsor branded tea, coffee, sugar, biscuits etc. are to be offered during Driver Reviver operations.

Volunteers

Volunteers are vital for Driver Reviver operations. Regular recruitment of volunteers is recommended as well as taking measures to retain existing volunteers.

Members of a local road safety committee, crime prevention and community liaison officers, service clubs and members of the community may be willing to become involved with running and helping with a Driver Reviver.

The Volunteering WA website has tips and ideas for finding volunteers. View the website at www.volunteeringwa.org.au/volunteer-management/finding-volunteers.

Ideally at least one volunteer in attendance at a site has first aid knowledge. Formal first aid training may be an insurance requirement.

An up to date register of volunteer's names, addresses, relevant qualifications (e.g., first aid trained) and insurance cover details should be maintained by the site manager. A template register is included in Attachment C.

Insurance

It is important for all volunteers working at a Driver Reviver site to be covered by Public Liability and Volunteer Personal Accident insurance to protect them in the case of an injury to them or a member of the public. Information and guidance for ensuring adequate cover is provided in the table below.

Type of Insurance	Options
Public Liability Insurance Usually covers injuries a volunteer causes to others while carrying out their volunteer role.	Local Government All Local Governments in WA have public liability insurance which will protect their volunteers in the case of third property damage and personal injury. <hr/> Private employers As part of, or an extension to their usual duties, staff volunteering during a Driver Reviver operation may be covered through their employer's public liability insurance. <hr/> Service clubs Most service clubs (Rotary, Lions, Apex etc.) have public liability insurance for their members. If one of these clubs is involved with Driver reviver check with them to see if their insurance extends to volunteers who are both club members and non-members.
Volunteer Personal Accident Insurance Volunteers are not covered by workers compensation insurance. Personal accident insurance will provide cover for out of pocket medical expenses and may cover other costs if unable to work because of an injury during volunteer hours.	Local Government Your Local Government may have Volunteer Personal Accident insurance that will provide cover if volunteering for them. <hr/> Private employer If a volunteer is working at a Driver Reviver site at the request of their employer during work time, they may be covered by their employers Worker's Compensation Insurance. <hr/> Service clubs Service clubs may also have Volunteer Personal Accident insurance.

Sign administration and management

Responsibilities regarding signage should be agreed upon prior to operations. This includes who is responsible for housing the key to the permanent signage and who is responsible for changing the sign on operation days where permanent signage is installed. For sites that use variable message signs an agreement should be in place for who is responsible for programming, transporting and placing the signs at MRWA approved locations on operation days.

The responsible parties will vary across Driver Revivers and include MRWA regional staff, service group volunteers and WA police. The responsible parties for each Driver Reviver are recorded on the application form and RoadWise must be advised of any changes as they occur.

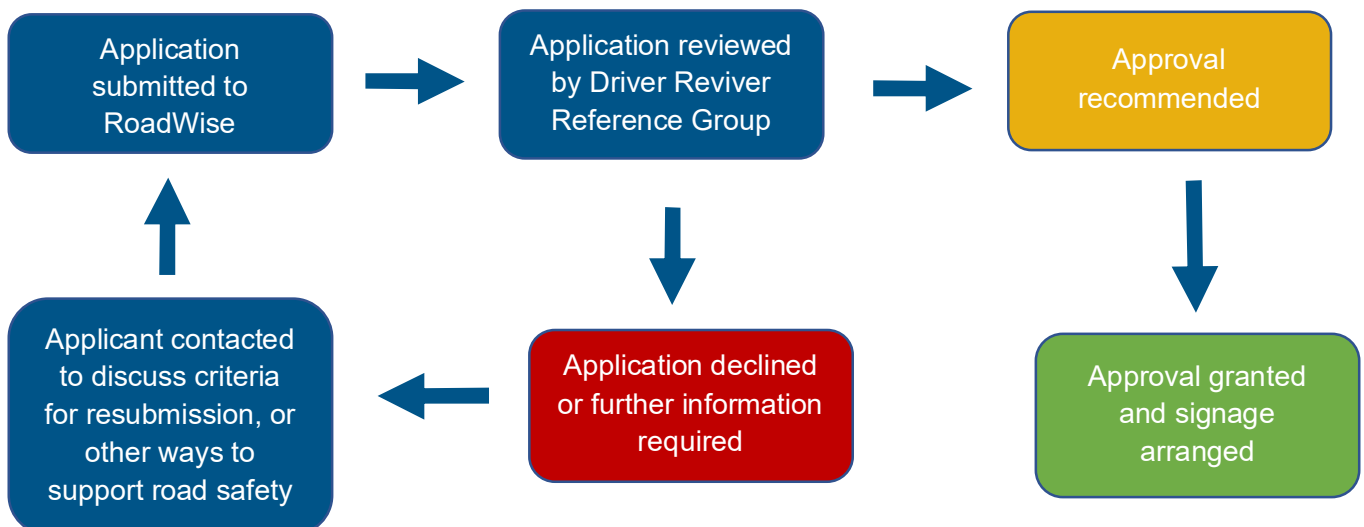


Application process

Once you are confident you have identified the need for a new Driver Reviver in your area, chosen a suitable location, consulted with a Main Roads WA regional officer, planned your supplies, have enough volunteers and organised insurance, you are ready to submit your application. An application form is included in Attachment D.

Your application will follow the below process and you will hear from your Regional Road Safety Advisor regarding the outcome of your application.

Once approval is granted, planning can begin for the first Driver Revival operation at the new site.



Operating your Driver Reviver

Ordering supplies

Supplies provided under the sponsorship agreement are coordinated from the National Driver Reviver office in Victoria and can be ordered four times a year.

At the beginning of each calendar year the site manager will receive a schedule detailing the order periods for the year. The order periods are designed to correspond to school holidays. As school holidays vary from State to State the distribution periods meet the earliest major holiday date. The 2023 schedule and a supply order form are included in Attachment D.

Completed order forms should be sent to the Regional Road Safety Advisor or to RoadWise@walga.asn.au. It is important to inform the Regional Road Safety Advisor of any change to contact details, especially the address the supplies are to be sent to.

Promotion

There are several ways to promote your Driver Reviver operations. Some suggestions are:

Media

- ❖ Local newspaper and radio stations community service announcements or paid advertisement – there may be a cost involved.
- ❖ Social media platforms - examples of posts are included in Attachment C.
- ❖ Media release to local news outlets - a template is included in Attachment C.
- ❖ Distribution of flyers, posters - a template flyer is included in Attachment C.

RoadWise communications

- ❖ Events details can be sent to the Regional Road Safety Advisor to be promoted via the RoadWise Website and RoadWise social media platforms for free.

National Website

- ❖ Events details can be sent to the Regional Road Safety Advisor to be added to the national Driver Reviver website. Details of the site, locations and facilities will be automatically added on site approval.

Site Decoration

- ❖ The site can be made to look appealing and catch motorists' interest by decorating it to suit the time of year e.g., Christmas, Halloween etc. Please ensure that decorations do not cause a distraction to traffic on the road.

Signage

- ❖ Main Roads WA supply, install and maintain permanent advisory signs located on the lead up to Driver Reviver sites. Signs are in the form of a flip sign which advertises the Driver Reviver when operating and displays a road safety fatigue message at all other times. Sign specifications are included in Attachment E. Some Driver Reviver sites use portable variable message signs which must comply with Main Roads WA's Guidelines for Variable Message Signs (2021). A link to the Guidelines will be provided when your application is approved.

Managing volunteers

The site manager is responsible for making sure there are enough volunteers for each operation, that all volunteers are aware of their duties and feel appreciated for freely giving their time and skills. To ensure volunteers are aware of their roles and responsibilities they should be provided with a copy of this kit on recruitment and encouraged to read through it, including attachments.

Approvals

If you are offering additional food and drinks to those supplied by the sponsors, it will be the site manager's responsibility to check with the Local Government to find out and if they have food or event safety requirements and obtain approvals if necessary.

Operations

To help the site run smoothly and ensure all tasks are taken care of, an operations checklist and posters to display on site is included in Attachment B.

The following links may also be used to download and display other useful posters and information.

Travelling During Bushfire Season

<https://publications.dfes.wa.gov.au/publications/travelling-during-bushfire-season>

During a storm fact sheet

<https://publications.dfes.wa.gov.au/publications/during-a-storm-fact-sheet>

Driving in Western Australia - A guide to safe stopping places

<https://www.mainroads.wa.gov.au/globalassets/travel-information/long-distance-driving/driving-in-wa-a-guide-to-safe-stopping-places.pdf>

Reporting and feedback

A site report form is included in Attachment D. This is used to record the number of vehicles and people using the Driver Reviver and any feedback collected while volunteers are chatting with travellers.

The report form can be completed by the site manager or a volunteer and should be lodged as soon as possible after the operation by sending to either the Regional Road Safety Advisor or emailing to roadWise@walga.asn.au.

The reports are used by RoadWise to assist in the evaluation of the program. They can also be useful to site managers in planning for future operations by giving a rough idea of how many and at what times travellers are passing by and stopping.



Attachment A: Contact Details

Regional Road Safety Advisor

Sam Adams 0419 953 583
Carnarvon (Shire)
Exmouth (Shire)
Shark Bay (Shire)
Upper Gascoyne (Shire)
Carnamah (Shire)
Chapman Valley (Shire)
Coorow (Shire)
Cue (Shire)
Greater Geraldton (City)
Irwin (Shire)
Meekatharra (Shire)
Mingenew (Shire)
Morawa (Shire)
Mount Magnet (Shire)
Murchison (Shire)
Northampton (Shire)
Perenjori (Shire)
Sandstone (Shire)
Three Springs (Shire)
Yalgoo (Shire)

Michelle Blackhurst 0437 783 744
Coolgardie (Shire)
Dundas (Shire)
Esperance (Shire)
Kalgoorlie-Boulder (City)
Laverton (Shire)
Leonora (Shire)
Menzies (Shire)
Ngaanyatjarraku (Shire)
Wiluna (Shire)
Mundaring (Shire)
Swan (City)
Wanneroo (City)

Greg Hayes 0419 192 759
Karratha (City)
Port Hedland (Town)
Broome (Shire)
Derby/West Kimberley (Shire)
Halls Creek (Shire)
Wyndham-East Kimberley (Shire)

Vivienne Gardiner 0418904081
Albany (City)
Broomehill-Tambellup (Shire)
Cranbrook (Shire)
Denmark (Shire)
Gnowangerup (Shire)
Jerramungup (Shire)
Katanning (Shire)
Kent (Shire)
Kojonup (Shire)
Plantagenet (Shire)
Ravensthorpe (Shire)
Woodanilling (Shire)

Phil Taylor 0409 881 924
Armadale (City)
Bassendean (Town)
Bayswater (City)
Belmont (City)
Cambridge (Town)
Canning (City)
Claremont (Town)
Cockburn (City)
Cottesloe (Town)
East Fremantle (Town)
Fremantle (City)
Gosnells (City)
Kalamunda (Shire)
Kwinana (Town)
Melville (City)
Mosman Park (Town)
Nedlands (City)
Peppermint Grove (Shire)
Rockingham (City)
Serpentine Jarrahdale (Shire)
South Perth (City)
Victoria Park (Town)
Vincent (City)

Katherine Celenza 0407 986 496
Ashburton (Shire)
East Pilbara (Shire)
Joondalup (City)
Perth (City)
Stirling (City)
Subiaco (City)
Augusta-Margaret River (Shire)
Boddington (Shire)
Boyup Brook (Shire)
Bridgetown-Greenbushes (Shire)
Bunbury (City)
Busselton (City)
Capel (Shire)
Collie (Shire)
Dardanup (Shire)
Donnybrook-Balingup (Shire)
Harvey (Shire)
Mandurah (City)
Manjimup (Shire)
Murray (Shire)
Nannup (Shire)
Waroona (Shire)

Cliff Simpson 0409 686 138
Chittering (Shire)
Cunderdin (Shire)
Dalwallinu (Shire)
Dandaragan (Shire)
Dowerin (Shire)
Gingin (Shire)
Goomalling (Shire)
Kellerberrin (Shire)
Koorda (Shire)
Merredin (Shire)
Moora (Shire)
Mount Marshall (Shire)
Mukinbudin (Shire)
Northam (Shire)
Nungarin (Shire)
Tammin (Shire)
Toodyay (Shire)
Trayning (Shire)
Victoria Plains (Shire)
Westonia (Shire)
Wongan-Ballidu (Shire)
Wyalkatchem (Shire)
Yilgarn (Shire)
York (Shire)

Rodney Thornton 0409 689 313
Beverley (Shire)
Brookton (Shire)
Bruce Rock (Shire)*
Corrigin (Shire)
Cuballing (Shire)
Dumbleyung (Shire)
Kondinin (Shire)
Kulin (Shire)
Lake Grace (Shire)
Narembeen (Shire)
Narrogin (Shire)
Pingelly (Shire)
Quairading (Shire)
Wagin (Shire)
Wandering (Shire)
West Arthur (Shire)
Wickepin (Shire)
Williams (Shire)



Main Roads WA

Region	Office	Contact number
Perth Metropolitan	Head Office	138 138
Great Southern	Albany	08 9892 0555
South West	Bunbury	08 9724 5600
Mid West-Gascoyne	Carnarvon	08 9941 0777
Mid West-Gascoyne	Geraldton	08 9956 1200
Kimberley	Derby	08 9158 4333
Kimberley	Kununurra	08 9168 4777
Goldfields-Esperance	Kalgoorlie	08 9080 1400
Wheatbelt	Narrogin	08 9881 0566
Wheatbelt	Northam	08 9622 3767
Pilbara	South Hedland	08 9172 877

Attachment B: Operational Support Documents



WA Driver Reviver Program



Operation day checklist

The following checklist will help to ensure the personal protection and safety of volunteers and travellers and will also help your Driver Reviver operations run smoothly.

Before travelling to the site

- | | |
|---|--------------------------|
| Check weather conditions. | |
| Make sure you and all volunteers have adequate protection from any expected rain, wind and sun. You may need to reschedule an operation if bad weather is forecast. | <input type="checkbox"/> |
| Make sure you have enough volunteers to allow there to be at least two on site at any one time and to share the driving if travelling a long way. | <input type="checkbox"/> |
| Plan to allow enough time for the journey to site, include break times if driving a long way and sharing the driving is not an option. | <input type="checkbox"/> |
| Pack plenty of sunscreen. | <input type="checkbox"/> |
| Pack plenty of water. | <input type="checkbox"/> |
| Pack equipment including generator if needed, safety posters and supplies, making sure they are not past their expiry date. | <input type="checkbox"/> |
| Pack a working radio to stay up to date with any emergency warnings if needed. | <input type="checkbox"/> |
| Ensure only essentials are packed and leave valuables at home. | <input type="checkbox"/> |
| Download the Emergency Plus App to your mobile phone from www.emergencyplus.com.au . The app uses GPS to help you provide location details to emergency services if needed. | <input type="checkbox"/> |
| Check all vehicles oil, water, tyre pressure etc. | <input type="checkbox"/> |
| Check all volunteers have appropriate protective clothing including closed-in shoes and sun hat. | <input type="checkbox"/> |

On arrival at the site

- | | |
|---|--------------------------|
| Check all volunteers are aware of their roles and responsibilities. | <input type="checkbox"/> |
| Set up tables, chairs, shade, rubbish bins. | <input type="checkbox"/> |
| Put up signs and decorations. | <input type="checkbox"/> |
| Set up drink making area. | <input type="checkbox"/> |
| Set up drink and snack hand out area. | <input type="checkbox"/> |
| Set up generator and lighting if needed. | <input type="checkbox"/> |
| Set up displays of emergency response procedures and road safety information. | <input type="checkbox"/> |

During and after operation

- | | |
|---|--------------------------|
| Record numbers of vehicles and people using the Driver Reviver. | <input type="checkbox"/> |
| Collect and record feedback from the people who stop. | <input type="checkbox"/> |
| Keep kettles for tea/coffee filled and hot. | <input type="checkbox"/> |
| Keep area tidy and regularly empty bins. | <input type="checkbox"/> |
| Make sure the site is left as found and all rubbish is removed. | <input type="checkbox"/> |
| Send report to Regional Road Safety Advisor. | <input type="checkbox"/> |

WA Driver Reviver Program

Fatigue



- ❖ Fatigue has been found to be a primary contributing factor in around a third of fatal crashes on rural roads in Australia¹. However, it is expected that these crashes are under-assessed and under-reported in WA as determining fatigue is difficult to measure objectively, and a standardised definition or reliable measurement has not yet been developed².
- ❖ Although fatigue-related crashes can happen on any road, people driving or riding on rural roads and for long distances are considered high risk for crashing due to fatigue. This risk might also be associated with higher speeds and poor lighting, generally assigned in rural areas¹.
- ❖ There are many causes of fatigue such as, lack of sleep (chronic or acute), sleep cycle, monotonous tasks, and general health. Crashes that are fatigue-related are almost three times as likely to result in death than those not fatigue-related³.
- ❖ The reaction time of a driver who has been awake for 17 hours is similar to that of a driver with a blood alcohol concentration (BAC) of 0.05. After being awake for 21 hours the reaction time is similar to a BAC of 0.15⁴.
- ❖ 'Sleep debt' is another factor which contributes towards fatigue. This occurs after several nights of restricted sleep. If 'sleep debt' builds up, the brain will eventually go to sleep involuntarily. A person becomes less alert and attentive to what is going on and reaction time is compromised in an emergency.
- ❖ People who work long hours, shift-workers, commercial drivers, people taking medications that cause drowsiness, students studying around the clock, people socialising into the early hours of the morning and those who have not been getting enough sleep (at least seven-and-a-half hours a night) can easily tune out and are high risk for being involved in a fatigue related road crash⁴.
- ❖ Driving for long periods of time, or at certain times are also key contributing factors in fatigue related road trauma. Driving during normal sleep times, and between the hours of 2.00-6.00am and 2.00-4.00pm when the body is naturally less alert can increase the risk of a fatigue related crash. During these times people can drift in and out of sleep without knowing it. Sleep experts call this a micro sleep which lasts between three to five seconds. These naps can be fatal and are the main cause of fatigue-related crashes where the driver runs off the road⁴.

¹ Palamara P, Laura K and Fraser M (2013) *An Investigation of Serious Injury Motor Vehicle Crashes across Metropolitan, Regional and Remote WA*, Curtin-Monash Accident research Centre (C-MARC) <https://www.wa.gov.au/sites/default/files/2021-08/An-investigation-of-serious-injury-motor-vehicle-crashes-across-metropolitan%2C-regional-and-remote-Western-Australia-%282013%29.pdf>

² Palamara P (2016) *The Application of a Proxy Measure to Estimate the incidence of Driver Fatigue in Western Australian Motor Vehicle Crashes*, Curtin-Monash Accident research Centre (C-MARC) <https://www.wa.gov.au/sites/default/files/2021-08/final-fatigue-20Dec.pdf>

³ Transport for NSW, *Fatigue*, 29 April 2021 [Fatigue - Staying safe - NSW Centre for Road Safety](#)

⁴ CARRS-Q, *Sleepiness and fatigue fact sheet*, March 2018, [Sleepiness-and-fatigue.pdf \(qut.edu.au\)](#).

Signs of fatigue

There are several signs drivers and riders can be aware of to alert them to fatigue:

- ❖ you begin to blink
- ❖ you start squinting
- ❖ you can't stop yawning
- ❖ you have trouble keeping your head up
- ❖ your eyes close for a moment or go out of focus
- ❖ you have wandering, disconnected thoughts
- ❖ you can't remember driving the last few kilometres
- ❖ you miss a gear
- ❖ you miss a road sign or your exit
- ❖ you slow down unintentionally
- ❖ you brake too late
- ❖ you drift over the centre line or on to the side of the road
- ❖ you see 'mirages' ahead.

Tips to combat fatigue

There are several things you can do to prevent the onset of fatigue and lessen the chance of a fatigue-related road crash.

- ❖ When travelling long distances, take regular breaks. Get out of the car, walk around to stimulate blood circulation, have a cup of coffee or tea, drink plenty of fresh water, have something to eat. Stopping at a Driver Reviver site can assist.
- ❖ Stop and eat at regular mealtimes to ensure you maintain your energy levels.
- ❖ If possible, share the driving - swap drivers approximately every two hours or 200km, or whenever the driver feels tired.
- ❖ Aim for an average of seven to eight hours continuous sleep each night.
- ❖ Avoid caffeine and alcohol before going to sleep.
- ❖ Plan ahead, try to schedule your trip so driving takes place during daylight. If you are making a long journey plan to stop overnight and get a full night's rest.
- ❖ Avoid long hours of driving, particularly at night and after working all day.
- ❖ If you feel tired, take a 'power nap'. You will feel the maximum benefit from 15-20 minutes of sleep.
- ❖ Make sure the interior of your vehicle is well ventilated and not too warm. An overheated vehicle can make you drowsy.
- ❖ Listen to music, talkback radio or audio books - anything to stimulate your mind.

For more information about fatigue visit the Road Safety Commission's website www.rsc.wa.gov.au.



FATIGUE

FACTS AT A GLANCE

rsc.wa.gov.au



FATIGUE WARNING SIGNS

EARLY WARNING SIGNS

- WANDERING THOUGHTS
- MISSING A GEAR
- BRAKING LATE
- SLOWING UNINTENTIONALLY

PHYSICAL WARNING SIGNS

- YAWNING
- BLINKING MORE
- FORGET DRIVING LAST FEW KMS
- TROUBLE KEEPING HEAD UP

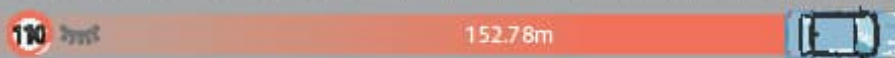
EFFECTS OF FATIGUE



*Blood Alcohol Concentration (BAC)



DANGERS OF MICROSLEEP

When you're driving tired, you can drift in and out of sleep without knowing it. Sleep experts call this a micro-sleep and can last three to five seconds. They are the main cause of fatigue-related crashes. A micro-sleep of five seconds at 110km/h is like travelling the length of an Aussie rules football field with your eyes closed.



Source Road Safety Commission, [fatigue-poster-factsheet-v2.pdf \(www.wa.gov.au\)](https://www.wa.gov.au/government/publications/fatigue-poster-factsheet-v2.pdf), accessed 15 March 2022.

EMERGENCY RESPONSE GUIDE

FIRE EVACUATE THE AREA	SEVERE WEATHER MOVE TO A SAFE LOCATION	URGENT MEDICAL CALL 000
<ul style="list-style-type: none"> ➤ Arrange to meet at a designated open location. ➤ If life threatening call 000. ➤ Remain low to avoid smoke. ➤ Tune into ABC AM/FM radio to stay up to date. 	 <ul style="list-style-type: none"> ➤ Arrange to meet at a designated location. ➤ Find shelter and remain there until safe. ➤ Tune into ABC AM/FM radio to stay up to date with weather warnings. 	 <p><u>Mobile coverage</u></p> <ul style="list-style-type: none"> ➤ If life threatening call 000 or use the Emergency plus App. <p><u>No mobile coverage</u></p> <ul style="list-style-type: none"> ➤ Activate Personal Locator Beacon, drive until coverage or ask passing motorist to drive and call 000. ➤ Give GPS coordinates. ➤ State who, what, where and when urgent medical situation occurred. ➤ Begin CPR following pictorial instructions on poster if required.
<p style="text-align: center;">EMERGENCY CONTACT INFORMATION</p> <p>LIFE THREATENING EMERGENCY..... 000 Police (non-emergency)131 444 Department of Fire and Emergency Services (DFES).....133 337 State Emergency Service (SES)132 500</p>		

RESUSCITATION

In an emergency call triple zero (000) and ask for an ambulance

D DANGER

Ensure the area is safe for your self, others and the patient



R RESPONSE

Check for response—ask name—squeeze shoulders

No response

Response

Make comfortable

Monitor response



S SEND for help

Call triple zero (000) for an ambulance or ask another person to make the call



A AIRWAY

Open mouth—if foreign material present
Place in recovery position
Clear airway with fingers



B BREATHING

Check for breathing—look, listen, feel

Not normal breathing

Start CPR

Normal breathing

Place in recovery position

Monitor breathing



C CPR

Start CPR—30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers



D DEFIBRILLATION

Apply defibrillator if available and follow voice prompts



Learn First Aid with St John Ambulance Australia | Free call 1300 360 455 | www.stjohn.org.au
This information is not a substitute for training in first aid. © St John Ambulance Australia, January 2011

St John NSW, [Resuscitation poster \(stjohnnsw.com.au\)](http://stjohnnsw.com.au), accessed 15 December 2021.



RoadWise®



WALGA

RoadWise is funded by the State Government and supported by Local Governments
www.roadwise.asn.au

Driver Reviver Cold Drinks

Information Sheet

December 2021

Background

Driver Reviver sites have been offering motorists across WA a free cup of coffee or tea, a biscuit and most importantly, a chance to stop and revive since 1992. In response to feedback that a cold drink would be a welcome addition during the warmer months, a state-wide competition was held to create a name and recipe for a Driver Reviver cold drink. The winning entries the *Driver Aware* and *Watermelon Wake Up*, can now be offered at Driver Reviver sites to encourage more motorists to stop and revive during their journey.

To ensure customer satisfaction and safety, the new cold drinks require a different approach when it comes to preparation and service (compared to tea and coffee). The following provides guidance on the preparation and transportation of the *Driver Aware* and *Watermelon Wake Up* drinks.

Ingredients

Using local fresh produce provides the opportunity to engage with and build relationships with local providers and businesses who may be keen to supply or donate goods.

Choose local and/or non-perishable ingredients. Canned fruit in natural juice has the same nutritional value as fresh and can be stored unopened in between operations.

Ice can be used to give the drinks a slushier consistency, but ice-cream or yogurt is not recommended due to storage and food safety concerns.

Please ensure that any food or drink supplied is not in direct competition with the Driver Reviver sponsors – Bushell's Tea, Bushell's Coffee, The Arnott's Foundation and Sunshine Sugar.

Tips for cold drink ingredients:

- Choose local and non-perishable ingredients
- Source donations, your Regional Road Safety Advisor can assist
- Keep food covered
- Follow food safety transport guidelines



Equipment

Driver Reviver operators will be provided with a blender, funded through an Australian Government grant as part of the Department of Infrastructure, Transport, Regional Development and Communications Driver Reviver Site Upgrade Program.

The new cold drinks can be served in the regular Driver Reviver cups. If an alternative cup is preferred, this will need to be sourced and funded locally. You may also need to get suitable storage containers if preparing the drink before operating. This is another opportunity to approach local businesses for support or donations.

All reusable equipment must be thoroughly washed and sanitised after each use. Equipment should be washed in a dishwasher if possible, if not wash in hot soapy water, rinse with hot water and allow to air dry.

Preparation and Storage

WALGA's RoadWise encourages all Driver Reviver volunteers to follow safe hygiene and food preparation practices.

Fresh food items, milk and pre-prepared new cold drink must be transported and stored below 5°C. Canned foods, once opened, should be treated as fresh and stored in a covered container (not the original can) in a fridge or esky below 5°C, and used within three days.

If you are unwell, please refrain from handling food. Wash your hands before handling food or equipment. When preparing the drink, always add any liquid to the blender bowl first before fruit, veg and ice, and do not exceed the maximum level indicator. Make sure the lid is on securely and use the pulse, ice-crush, or smoothie functions to blend the drink. Make sure it has finished blending before you remove the lid.

After preparing the new cold drink, use straight away or pour spare drink into a clean, sealable container. Store in the fridge or esky and use before any new blends. If the Driver Reviver site is running on multiple days, spare drink should be labelled with the date and used within three days. Do not mix ready prepared drink with a new batch, or new ingredients. Ideally the blender will be washed between each use, although multiple batches can be made one after the other without washing in between.



The blender is ideally designed to be used inside, if you do not have an indoor area or power at the Driver Reviver site, you can prepare the new cold drink and take to site in containers. Make sure the prepared drink is always stored below 5°C, including during transportation.

Important Information

To ensure the health, safety and wellbeing of all those preparing, serving, and receiving the new cold drink please adhere to the following guidelines:

- Contact your Local Government to check if you need to follow their food safety or event safety requirements.
- Ensure hands, clothes, equipment, and preparation surfaces are clean.
- Ensure equipment is clean, sanitised, and dry – wash with warm soapy water before each use.
- Ensure each person who will use the blender has read the safety instructions and manual prior to use.
- Ensure the safety instructions supplied with the blender are easily accessible.
- Ensure equipment is switched off at the power source before dismantling or cleaning.
- All perishable food must be stored at or below 5°C, kept covered and used within three days.
- Do not fill the blender above the maximum level.
- Do not place any object into the blender while it is running.
- Always use the blender with the lid and do not remove the lid until the appliance has come to a complete stop.

Wash or Sanitise Your Hands

- Before preparing the drink/ handing food or utensils.
- After blowing your nose, coughing or sneezing.
- Before and after eating.
- After using the toilet.



Blending

- Add liquid first to assist in blending.
- Pulse for best results.



DRIVER REVIVER DRINK PREPARATION



Storage

- Store perishable goods below 4°C.
- Keep all food and drinks covered.
- Store any excess drink in a clean, covered and labeled container in fridge or Esky for up to 3 days.

Wash cups & equipment

- After each use.
- Use hot, soapy water.



Recipes

Driver Aware: Robyn's Recipe

Ingredients: Makes 6 x 250ml serves

- 1½ x cups baby spinach
- 3 x apples – roughly chopped
- 7 x mint leaves
- 1 slice of ginger
- 1½ x cups of coconut water OR plain water
- 3 x cups Ice

Method:

1. Pour liquids in blender.
2. Add all other ingredients
3. Do not exceed maximum fill line
4. Secure lid - make sure it's tightly secured
5. Blend to required consistency
6. Remove lid and serve

Store spare drink in sealed container below 5°C

*Can be tailored to local ingredient availability, for instance add seasonal, or tinned fruit as required.

Watermelon Wake Up: Izzy's Recipe

Ingredients: Makes 6 x 250ml serves

- 6 x cups diced watermelon (frozen or fresh)
- 5 x mint leaves
- 1 x cup pineapple
- 2½ cups of coconut water OR plain water
- Generous splash of lime juice



Donations, Sponsorship and Partnerships

The Driver Reviver drink promotion provides the opportunity to establish partnerships or sponsorships with local businesses who may be keen to support your Driver Reviver operation and the road safety effort, generally.

This may include donations from a local supermarket, partnerships with a local business to purchase the ingredients, or through other local sponsorship opportunities such as your local MLA, Local Government, service club or similar.

Partnerships and sponsorships can be acknowledged through onsite signage at your Driver Reviver operation, and via social media, newsletters, or radio.

Contact your local Regional Road Safety Advisor if you need assistance sourcing supplies and/or sponsorship for the Driver Reviver drink ingredients.

Visit the RoadWise website www.roadwise.asn.au/contact-us for contact details.

Feedback

We want to know what you and your customers think about the new cold drinks; *Driver Aware* and *Watermelon Wake up*.

Please include feedback on your Driver Reviver reporting form or email us at roadwise@walga.asn.au.

WALGA RoadWise Queries

Phone 08 9213 2000

Email roadwise@walga.asn.au

ONE70, Level 1, 170 Railway Parade,
West Leederville, WA 6007

Child car restraint Queries

Phone 1300 780 713

Correspondence to:

WALGA RoadWise

PO Box 1544,
West Perth, WA 6872



DRIVER AWARE

INGREDIENTS:

- baby spinach
- apples
- mint leaves
- ginger
- coconut water/water
- ice

Driver fatigue is the silent killer on WA roads. Know the signs of fatigue and how to avoid it. Visit the RoadWise website for practical tips.



**DRIVER
REVIVER**



RoadWise.asn.au



@WALGARoadWise

WATERMELON WAKE UP

INGREDIENTS:

- watermelon
- mint leaves
- pineapple
- coconut water/water
- lime juice

Driver fatigue is the silent killer on WA roads. Know the signs of fatigue and how to avoid it. Visit the RoadWise website for practical tips.



**DRIVER
REVIVER**



RoadWise.asn.au



@WALGARoadWise



Attachment C: Templates and Promotional Material

WA Driver Reviver Program

Volunteer Register



Name	Organisation (if applicable)	Postal address	Contact number	Email	First Aid certificate (and date)	Insurance cover
<i>A Person</i>	<i>Lend-a-hand Club of WA</i>	<i>64 Contentment Street, Happy Town, WA</i>	<i>0123 456 789</i>	<i>help@helpful.asn.au</i>	<i>Yes 15/03/2022</i>	<i>Public Liability and Volunteer Personal Accident cover through the Lend-a-hand Clubs policy provided by Wellinsureyou Insurance – certificate on file</i>

WA Driver Reviver Program



Sample Social Media Posts

Utilising social media accounts is a great way to promote your Driver Reviver operation. Some Driver Reviver sites have their own social media accounts. If this is not an option, you may be able to utilise your organisation's social media accounts. Check with your media/communications team and policies.

Below are some Social media assets created by the National Driver Reviver coordinators and are free to download and use

Social media tiles - <https://drive.google.com/drive/folders/1zHcn0UbTWW1ixlxUEkO7FRfoUUpJJA5J>

Facebook animation- <https://drive.google.com/drive/folders/1zHcn0UbTWW1ixlxUEkO7FRfoUUpJJA5J>

Facebook animation - https://drive.google.com/file/d/1xV7dYUDHUZ7_XpsTVQb-pKVAcFGFU07Q/view

Instagram animation - https://drive.google.com/file/d/1DvukOJ9vB7jqGFXvryh_nGJorDQ26_W-/view

Instagram animation - https://drive.google.com/file/d/1DvukOJ9vB7jqGFXvryh_nGJorDQ26_W-/view

WALGA's RoadWise can also help promote your Driver Reviver operations through WALGA social media accounts. Send an email to roadwise@walga.asn.au for more information.

Ideas for Facebook/LinkedIn/Instagram posts:

- ◆ As part of our commitment to preventing driver fatigue, volunteers from the [organization] will be setting up their Driver Reviver at [location] on [date and time]. Help us make our community safer by stopping for a free refreshment. #RoadWise #DriverReviver.
- ◆ Fatigue could be responsible for up to 70% of all serious crashes. The [name] RoadWise Committee is dedicated to reducing the incidence of fatigue related road trauma by operating a Driver Reviver this [insert dates]. Stop for free refreshments and some important rest! #RoadWise #DriverReviver.
- ◆ The [name] volunteers are again promoting fatigue prevention this Easter break. Stop in at our community Driver Reviver site this long weekend. [location, date, time] #RoadWise #DriverReviver.
- ◆ [Name] Driver Reviver is proud to be a part of the bigger picture by supporting the national Driver Reviver Program. This Christmas, we will set up at [location] on [date and time]. Come and visit us. Remember, fatigue is a silent killer. #RoadWise #DriverReviver.

Tips

- ◆ Use photos with your posts
- ◆ Create an event on Facebook
- ◆ Don't forget the use of hashtags #DriverReviver #RoadWise.

Ideas for Twitter posts

- ◆ Road safety is everyone's responsibility. Help prevent fatigue related road trauma by visiting our #DriverReviver site this [date and time]. <link>
- ◆ We are working with the community to combat fatigue and promote road safety. Come visit us at our #DriverReviver location [location details].
- ◆ [Name] Driver Reviver is proudly supporting fatigue prevention by participating in the national Driver Reviver Program. Remember to take a break to avoid the onset of fatigue. <link>

Tips:

- ◆ Use photos and links as often as possible.
- ◆ Don't forget the use of hashtags; #DriverReviver, #RoadWise

WA Driver Reviver Program

Sample Media Release



[Name]

This [date] the [name] Driver Reviver will be operating at [location] between [time]. Volunteers will be donating their time serving tea, coffee and bickies to help prevent the onset of fatigue and help motorists reach their destinations safely.

Driver Reviver is a national program which aims to reduce fatigue related crashes throughout peak periods of travel, predominantly public and school holiday periods when traffic volumes and crashes are traditionally high.

Driver Reviver is sponsored by the Bushells Tea, Bushells Coffee, The Arnott's Foundation, Sunshine Sugar, The Arnott's Foundation, AAMI Insurance and Shell V-Power.

Driver Reviver locations are an ideal place to take a break during your journey, have a chat and enjoy some refreshments.

To find your closest one, visit the RoadWise website www.roadwise.asn.au/driver-reviver.



Collie Driver Reviver

[amend/insert pictures as required]

Attachment D: Application Form



WA Driver Reviver Program

Application Form



Once you have consulted with a WALGA Road Safety Advisor are confident you meet the criteria and would like to establish a Driver Reviver in your local area, please complete this form and return to WALGA's RoadWise, attention Road Safety Project Officer – Driver Reviver

Postal address:

PO Box 1544
WEST PERTH, WA 6872

Email:

roadwise@walga.asn.au

Ensure all sections of this application form are completed.

SECTION 1: CONTACT DETAILS

Site manager contact details

Contact name:	_____				
Organisation: (if applicable)	_____				
Street address:	_____				
Suburb:	_____	State:	_____	Post code:	_____
Phone:	_____				
Email:	_____				

Alternative contact details

Contact name:	_____				
Organisation: (if applicable)	_____				
Street address:	_____				
Suburb:	_____	State:	_____	Post code:	_____
Phone:	_____				
Email:	_____				

SECTION 2: SITE DETAILS

Proposed site details

Site known as: _____

Site address (must include road name, e.g. Albany Hwy, 30kms North of Albany):

GPS coordinates: _____

Main Roads Regional Office Contact: _____

Notes for application consideration:

Local Government Contact: _____

Notes for application consideration:

Sign key to be housed outside of operations at/with: _____

Sign to be changed on operation day by: _____

Variable Message Sign to be managed by: _____

Variable Message Sign to be positioned by: _____

SECTION 3: SUBMISSION

Proposed site requirements criteria checklist

Crash and Traffic Data indicate a demand for a site	<input type="checkbox"/> Yes
MRWA/LG owner have advised that motorists can enter and exit the site safely without causing any risk or hazards to other traffic.	<input type="checkbox"/> Yes
The Local Government has been consulted.	<input type="checkbox"/> Yes
Sign administration and management has been organised.	<input type="checkbox"/> Yes
There are several volunteers willing to assist with operations.	<input type="checkbox"/> Yes
All Driver Reviver volunteers will be covered by the required insurance.	<input type="checkbox"/> Yes
There is adequate protection from the elements, either through a permanent or temporary arrangement (gazebo/tent/caravan etc.)	<input type="checkbox"/> Yes
There are adequate facilities – power, bins, water, and shade (permanent on site, or temporarily provided)	<input type="checkbox"/> Yes
If intending to operate at night sufficient lighting is available (permanent or temporary) which is correctly orientated to cover rest area and ensure minimal glare to passing traffic.	<input type="checkbox"/> Yes <input type="checkbox"/> Not applicable
Site is not close (within two hours drive) to towns, or businesses and other DR/CS who could be impacted by, or reduce the need to stop at the DR or CS – OR if close by, local business has been consulted	<input type="checkbox"/> Yes <input type="checkbox"/> No
Ability to operate from rest areas on both sides of the road, reducing the risk of motorists crossing the road to stop.	<input type="checkbox"/> Yes <input type="checkbox"/> No
There is adequate parking away from tree limbs and any other possible hazards.	<input type="checkbox"/> Yes <input type="checkbox"/> No
The site is appealing to encourage passing motorists to stop or is an established rest area with permanent facilities.	<input type="checkbox"/> Yes <input type="checkbox"/> No

Driver Reviver site manager

Site manager name: _____ Signature: _____ Date: _____
--

Office use only

Driver Reviver site name: _____ Approved by – Name and position: _____ Signature: _____ Date: _____

Once completed, return to WALGA's RoadWise via post or email:

Postal address: PO Box 1544 WEST PERTH, WA 6872 **Email:** roadwise@walga.asn.au



RoadWise®



WALGA

www.roadwise.asn.au