RIVERINA TRAFFIC SERVICES Pty Ltd.

STAFF NEWSLETTER NOVEMBER 2023

Hydration

WATER IS NOT OPTIONAL

With the weather warming up, it is important to remember to stay hydrated and take regular cool down breaks. When it is extreme hot weather, it is advisable that the Team Leader on site considers giving more frequent breaks to avoid the possibility of heat related illnesses. Keep your body cool with your sleeves down and broad-brimmed hat. Frozen drink bottles are also advisable.

We are all partial to coffee, energy drinks and soft drinks, but these DO NOT hydrate you as well as water can, so it is vital that if your working inside or out, water is not optional – it is a MUST!!

THIRST is the first sign of dehydration

SYMPTOMS OF HEAT ILLNESS CAN INCLUDE:

- MUSCLE CRAMPS
- DIZZINESS
- HEADACHE
- NAUSEA
- IRRITABILITY
- REDUCED ATTENTION SPAN
- RAPID BUT WEAL PULSE
- WEAKNESS

IF YOU ARE SUFFERING FROM HEAT ILNESS ON THE WORKSITE:

- Alert team leader
- Sit in a cool shaded place – under a tree or in the ute with A/C going
- Slowly drink cool water

IF SYMPTOMS DO NOT REDUCE QUICKLY, SEEK IMMEADIATE MEDICAL ASSISTANCE.







SAFETY IS PARAMOUNT

ONE TEAM – 3 BRANCHES

EMPLOYEE RESOURCES!!!!

Ensure you stay up to date with Company Policies. For ease of access these are all on our website and are updated frequently. ON OUR WEBSITE,

- **CLICK EMPLOYEE RESOURCES**
- **PASSWORD Riverina2023**

NEW POLICIES AVAILABLE FOR ACCESS NOW!





In Vehicle Monitoring System

Observation have shown that some employees have been disregarding speed limits when operating RTS's vehicles. This behavior not only poses a significant safety risk but also reflects poorly on RTS.

In Australia, vehicles are the main cause of fatalities due to work place accidents, accounting for one in every three work-related fatalities. Work-related fatalities cost businesses enormously in terms of both employee welfare, dollars and reputation.

RTS uses IVMS as part of their strategy towards meeting their responsibilities under road safety and transport legislation as well as Workplace Health and Safety Legislation. This includes monitoring driving hours, location and speed.

IVMS also enable RTS to ensure that their employees also conduct their duties in the safest possible way, thereby ensuring their own safety within the wider framework of safe working practices established by RTS.





