

# The Steering Wheel

April 2026, Volume 64



# THE STEERING WHEEL

April 2026

VOL.64



Paul and Kevin were gifted certificates last month as a thank you for allowing the Lion's Skin Check truck to be washed and parked down at the Swan Hill depot. Well done!

## Some great customer service

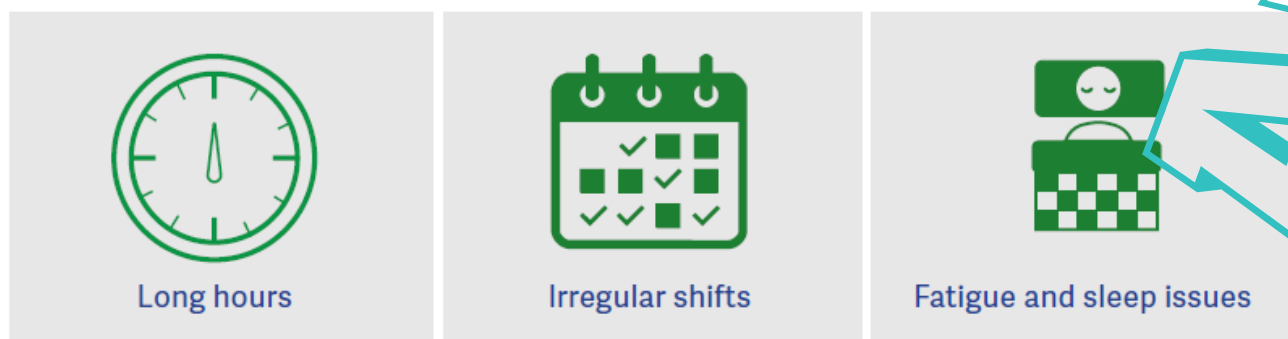
The freight of grapes from Colbo to Merbein has been excellent this year. Please thank the teams on both end for smooth logistics.

-Chalmers

## Clear Mind, Good Drive

Despite its prevalence, mental health remains a taboo topic in some industries— particularly in male-dominated sectors like road transport and logistics. This stigma contributes to reduced access and uptake of mental health and wellbeing services among workers.

Professional drivers often face the following issues:



These factors contribute to:



All of these factors contribute to mental and physical strain. Loneliness and depression are among the most commonly reported concerns among heavy vehicle drivers. Research also shows a strong, complex relationship between workplace conditions and both driver health and job performance.

**AWESOME**

Exciting news out of the Bendigo office - the planning permit has been officially attached to the fence at the land that will one day be the new Bendigo depot!



# CLEAR MIND GOOD DRIVE



Mental health refers to a person's **ability to manage stress**, use personal capabilities, and engage meaningfully in life<sup>3</sup>. It encompasses **cognitive, emotional, and behavioural wellbeing**<sup>4</sup>. Around 45% of Australians are expected to experience a mental health condition at some point in their lives, with **one in five affected each year**<sup>1</sup>.

Mental state can significantly influence driving behaviour. Driving while emotionally distressed increases the risk of a crash by over 10 times<sup>5</sup>.

**Before starting the journey,  
are you ready for the drive?**

## Recommendations:

- Stay active and eat well
- Check in with yourself
- Avoid risky habits
- Discuss medication impacts
- If you're not feeling 100%, it's okay not to drive

