



# NORTHERN PASSENGER TRANSPORT NETWORK VOLUNTEER NEWSLETTER

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## Driver Fatigue

When you are tired, it doesn't take much to start nodding off and it's found that gentle movement while driving can lull your brain and body to sleep.

It is estimated that fatigue is a factor in up to 27% of fatal crashes and 15% of serious injury crashes.

There are five signs that your getting too tired to drive:

- Frequent yawning and rubbing your eyes
- Can't remember the last few miles driven
- Having micro sleeps
- Driving past your turn off or missing traffic signs
- Drifting over the white lines
- Running off the road
- Poor judgement

### STOP, REST & RECOUPORATE

The dangers of fatigue when driving is the feeling you get when your energy levels are low and your mental alertness is reduced.



- Avoid driving when you are tired
- Get plenty of sleep the night before the long drive
- Take a break every two hours and get out of the car
- Have fresh air coming into the vehicle
- Avoid sugary or fatty foods
- Drink plenty of water.



## Volunteers Christmas Function

Northern Passenger Transport Committee would like to welcome Volunteers, Committee Members and elected Council Members to come and enjoy the Volunteers Christmas Luncheon, as a thank you for the dedication and commitment to the service. Your support to this organisation is valuable and greatly appreciated by those who us it.

When - 6th December 2019

Venue - Peterborough Golf Club

Time - 10.30am - 2pm

RSVP - 22nd November for Catering

Lunch Provided



*Volunteers don't get paid, not because they're worthless, but because they're priceless.*

## Christmas Closure

Over the Christmas Break the office will be open on 23rd normal day and the 24th, 30th & 31st December 9.00am – 11.30pm.

And reopen fully on the 2nd of January 2020.

All transport booked before these dates will be coordinated and volunteers found.

The Upper North Bus Service will close on the 20th of December and restart again on the 6th of January 2020.



## The Handy Bar A Useful Tool

The Handybar is extremely useful tool when transporting elderly passengers, who have difficulty getting out of a vehicle.

On most occasions the clients can manoeuvre themselves out of the vehicle by using the handybar without any assistance from the volunteer driver.

It is small and easy to install, as it just slots into the U-shaped striker on the door frame of the vehicle.

- It will takes 350 kgs of weight
- Non slip handle
- Kept in the glovebox of all cars
- Makes standing easier for both client and volunteer
- Fits all variety of vehicles
- The tip can be used in an emergency to break window glass
- Incase of emergency there is a blade for cutting seatbelts



## Adjust your car seat correctly

Adjusting the car seat correctly has multiple benefits:

- Better control over the car
- Less fatigue while driving long distances
- Better blind spot visibility
- Less risk of injury from the airbag and steering column if you have an accident



**Setting the position:** Sit back in the seat and hold your arms out straight. Now rest them on the top of the steering wheel. Your wrists should touch the top of the steering wheel and with your hands grasp the sides of the wheel, your arms will be slightly bent. You don't want them straight because you have less control, and you don't want them too bent otherwise you'll be too close to the wheel.

If you can adjust the height of your seat, first set it in the middle. Setting it too high reduces your visibility through the rear view mirror, while setting it too low decreases your forward visibility.

## Lost and Found

A Mazada car key was found in the recently traded-in Orroroo Car.

Please contact the office if you hear of anyone missing the car key.



## Volunteer Meetings Dates

Volunteers please be advised that there will not be any volunteer meeting dates set for December 2019 and January 2020

## Figures for September Car Trips

Trips 226 with 56 carers Total 282  
 Total Kilometres: 19, 764  
 Total Volunteer Hours: 429.03

## Figures for September Bus Trips

Medical bus 52with 14 carers Total 66  
 Social bus 223  
Total bus bookings taken 279

## Invitation

From the combine Churches of Jamestown an invitation to the Jamestown Community Volunteers to attend the ecumenical church service in appreciation for volunteering.

To be held as part of the Jamestown Christmas Pageant on Sunday 1st December 2019 starting at 4pm in the main street of Jamestown.

