

NZ Safety Alert

18 November 2022

Let's work together to keep ourselves and our workers safe.

Truck contacts stationary vehicle

En route to deliver a load, a truck driver veered to the left of the road and contacted a stationary vehicle on the side of the road.

Upon reviewing the incident footage, it could be seen that the driver suffered a micro-sleep event which caused him to veer to the left.

No one was injured and there was no major damage to either vehicle.

As we head towards Christmas, it's important to remember how tired we may all be feeling.

We work long hours and most of us work outside the usual boundaries. Stats NZ found in 2019 that only one third of New Zealand workers worked traditional hours (9-5 Monday to Friday).

[MinEx data](#) on incidents with the potential to cause harm over the 5 years to September 2022 show 29% (1,595) of all incidents involve vehicles of which 756 result from loss of control of a vehicle.



You need to ensure that:

1. Adequate time and resources are available to ensure workers can perform their work safely within reasonable shift hours.
2. Workers are encouraged to report fatigue related symptoms so that appropriate rest periods can be allowed.
3. Shift rosters provide for adequate sleep time between shifts.
4. Workers are encouraged to take breaks, and annual leave regularly.

Know of an incident or near miss? Please share the learnings with us.