



Driving

and the

brain.

**TRAIN-THE-TRAINER
TOOLBOX SESSION**

SUPPORTED BY



AutoSense
DRIVING SAFETY



seeingmachines

Did you know?



125

Verified fatigue sleep events occurring while driving every day (meaning the driver's eyes are closed for 1.5 seconds or more).



32%

This is up **32 percent** from **September to November 2022** compared to the same time in 2021.

Source: Guardian NZ data

Did you know?



134

134 verified mobile phone events per day. These drivers have been viewing or talking on their mobile phones for some time while driving and not on hands-free!



20%

These mobile distraction events increased by almost **20 percent from September to November 2022** compared to the same time in 2021.

Source: Guardian NZ data

Did you know?



From the road toll, around **10 deaths occurred each year** for heavy vehicle drivers, with health and fatigue was the biggest contributing factor along with substance use.

Source: Research to reduce fatal crashes in professional truck drivers. Dr Rebecca Lilley, Injury Prevention Research Unit, University of Otago.

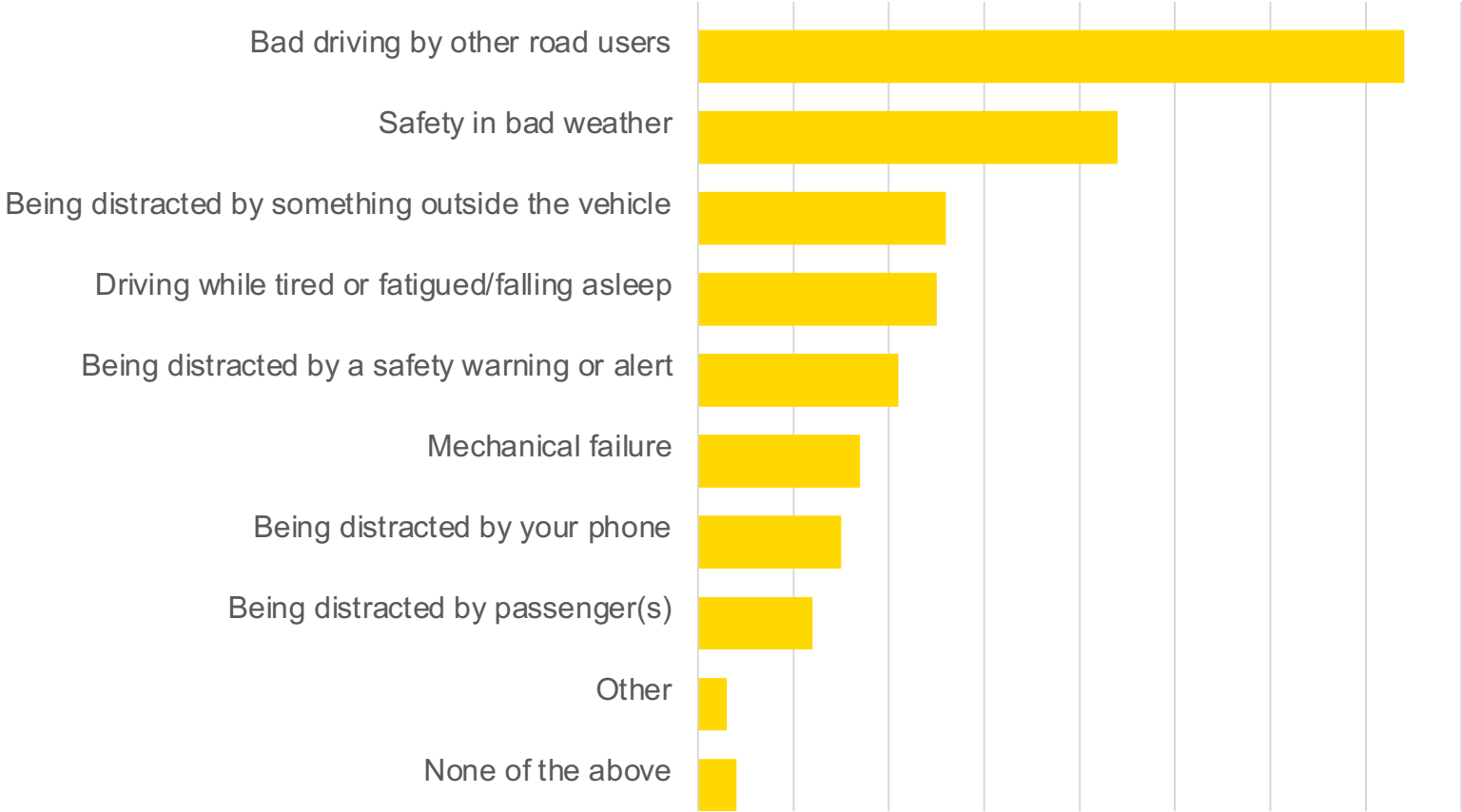
Did you know?

It also found that a poor working lifestyle contributed to poor health

1. Sedentary work
2. Frequent nights away from home
3. Long, monotonous hours of driving
4. Inflexible work schedules
5. Higher than average sleep issues for many drivers

NZI research report shows driver fatigue and distraction are high on the list of driver concerns.

Driver Concerns



Source: NZI Improving road safety through technology report 2022

How the session will run



Peace of mind
for NZ business

Garry Taylor

EGM - Business



Fleet Fit partners



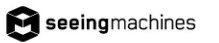


Nathan Wallis

Neuroscience Educator

Driving
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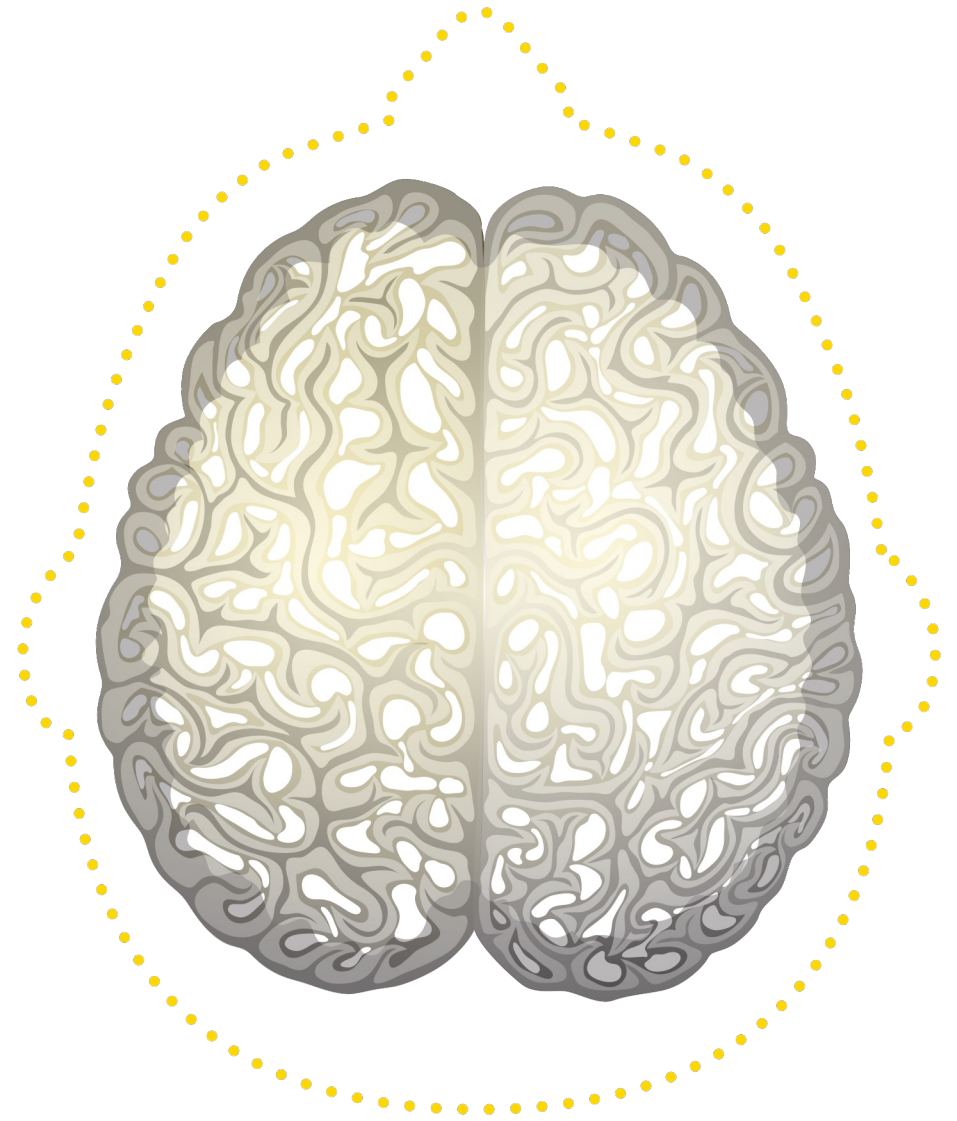
1

The brain, parts of the brain and what they do

2

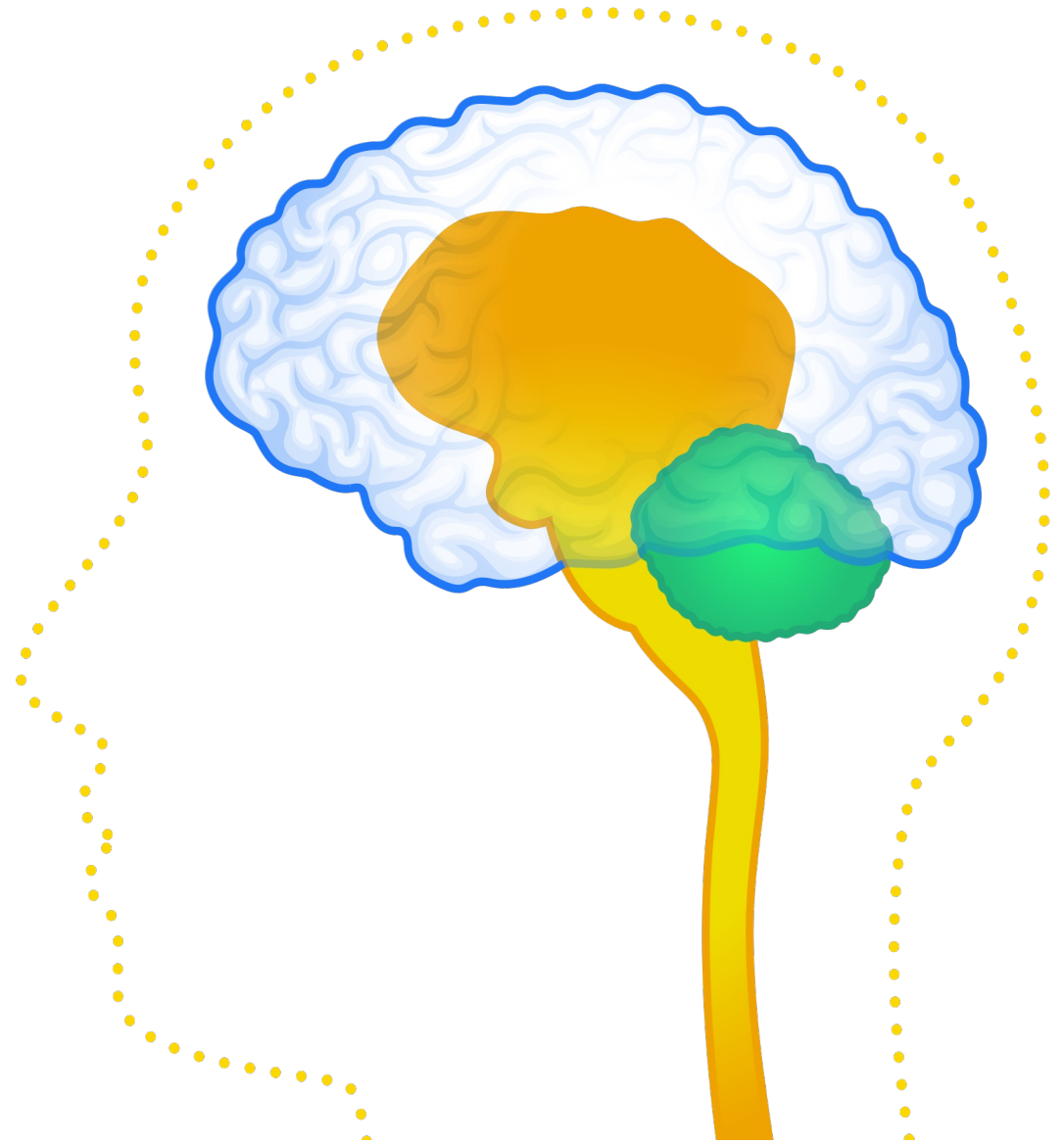
How it works when driving

The human brain



The green brain is the movement brain.

The front half of the blue brain is for executive decisions.
You need both to drive!

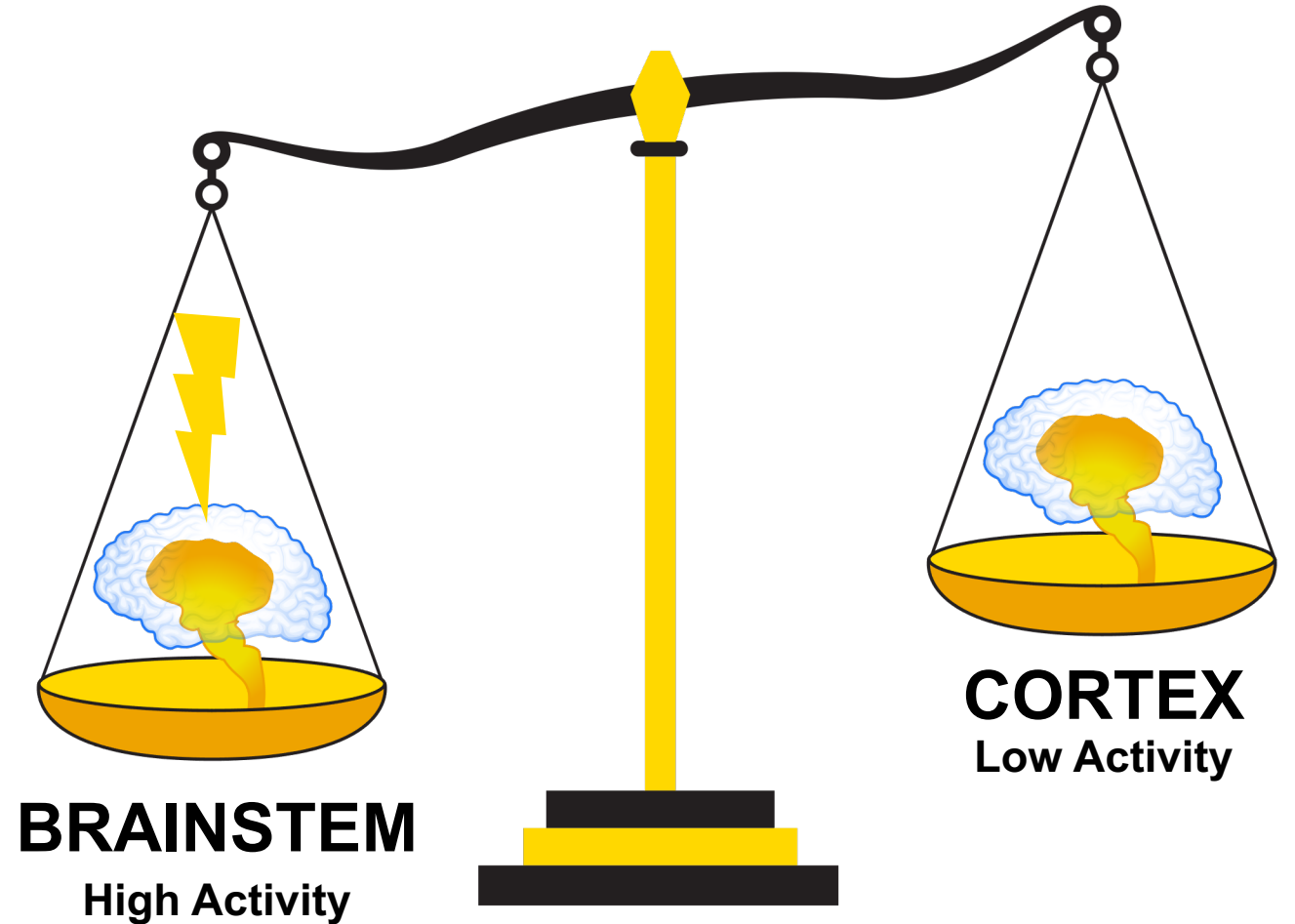


Fatigue and the brain

Fatigue

As one side increases,
the other declines –
and vice versa

To really be using your cortex,
your brainstem needs to be calm,
but the brainstem is in charge



Tips to combat fatigue

**20 mins
regular
exercise**

**Stay
hydrated**

**NASA 26
minute
power nap**

**Ritual is
the next
best thing**

**Routine
is your
friend!**

The power of sleep

5 stages of sleep

Non-REM sleep

REM sleep

Stage 1
Twilight Sleep

Stage 2
Asleep

Stage 3
Deep Sleep

Stage 4
Real Deep Sleep

Stage 5
Dreaming



Tips for a good sleep

Darken the room - the darker it is the more melatonin you release

Basically the same with noises

Routine is your friend

A bed time ritual

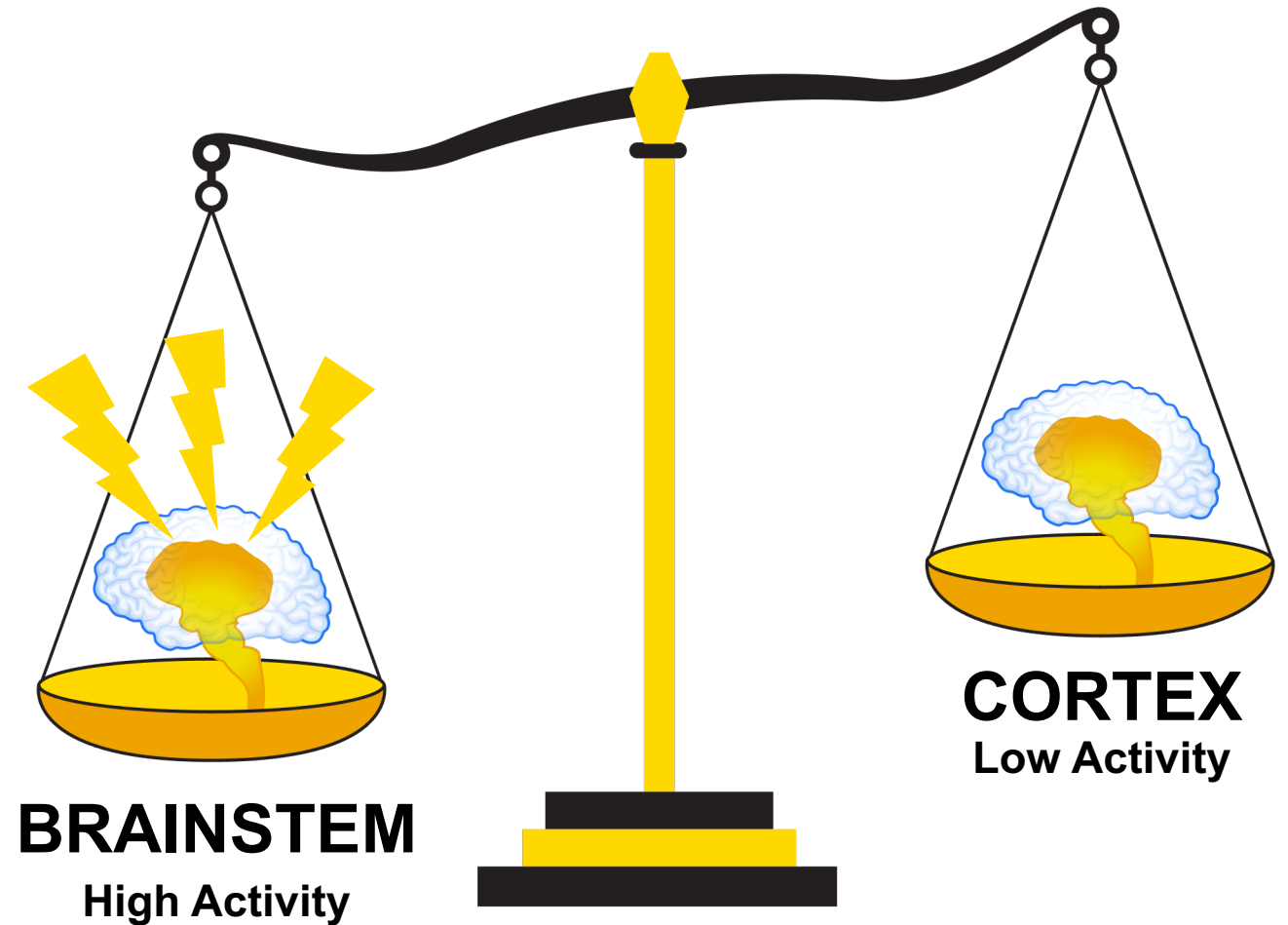
A colder room induces a deeper sleep

No alcohol 2 hours before sleep

Stress

Stress

Now add a turbo charger to the brainstem



Tips to reduce stress

**Get rid of
the kids
(Lol)**

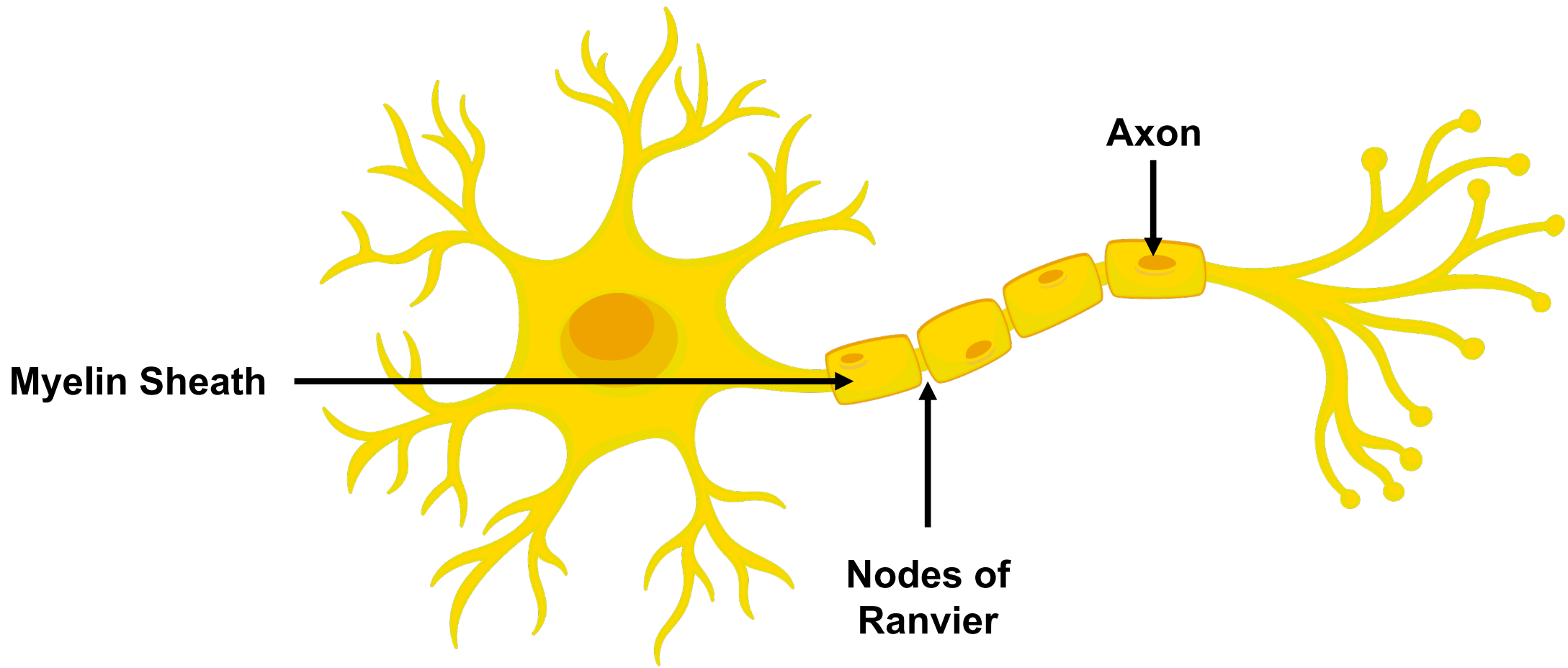
**Regular
exercise**

Mindfulness

**Limit
sugar**

**Self talk uses
solution focus
technique**

Distraction



Tips to reduce distraction

**Put the
phone out
of reach**

**Form new
rituals**

**Send a
group text
explaining.
Be a role
model!**

**Reward
yourself when
you have
succeeded**

**Stay
hydrated**

Q+A with Nathan

Morning tea



Kelly McLuckie

Success Formula

Driving
and the
brain.

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Success Formula

Helping NZ transport and logistics leaders improve safety, culture and leadership.



We help to:



**Build your
culture and
leaders**

**Lift
performance**
(safety, insurance,
productivity)

**Manage
change**

**Engagement
and
behaviours**

Session Two

**Your
desired &
current
state**

**Best practice
for toolboxes
/ safety
conversations**

**Creating
your action
plan**

BREAK-OUT 1

What were your key 'takeaways' from
Nathan/Greg in SESSION1

BREAK-OUT 2

**What is your desired future state?
How would your team act? feel? think?**

BREAK-OUT 3

**What is the current state of communication
(toolboxes/safety conversations)?**

Running a great toolbox

1

Make objectives clear

2

Have the right people

3

Stick to schedule

4

Agree rules

5

Start on time, end on time

6

Allocate roles

7

Follow-up

Your #EYESUPNZ resources

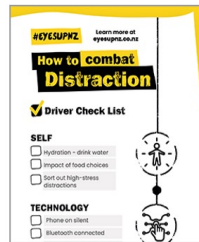
Online resources

Here are some tools that you can download and use to educate your teams.

More tools will be added over time. If there is something that isn't here that you think would be good, then get in touch.

Distraction

Driver flyer



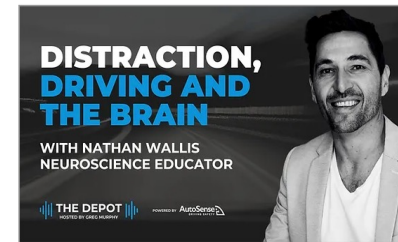
Driver board



Toolbox presentation



Distraction podcast



MacBook Pro

BREAK-OUT 4

What is your plan for sharing these ideas/stories with your team?

BREAK-OUT 5

Anyone want to share their plan?

Having a difficult conversation

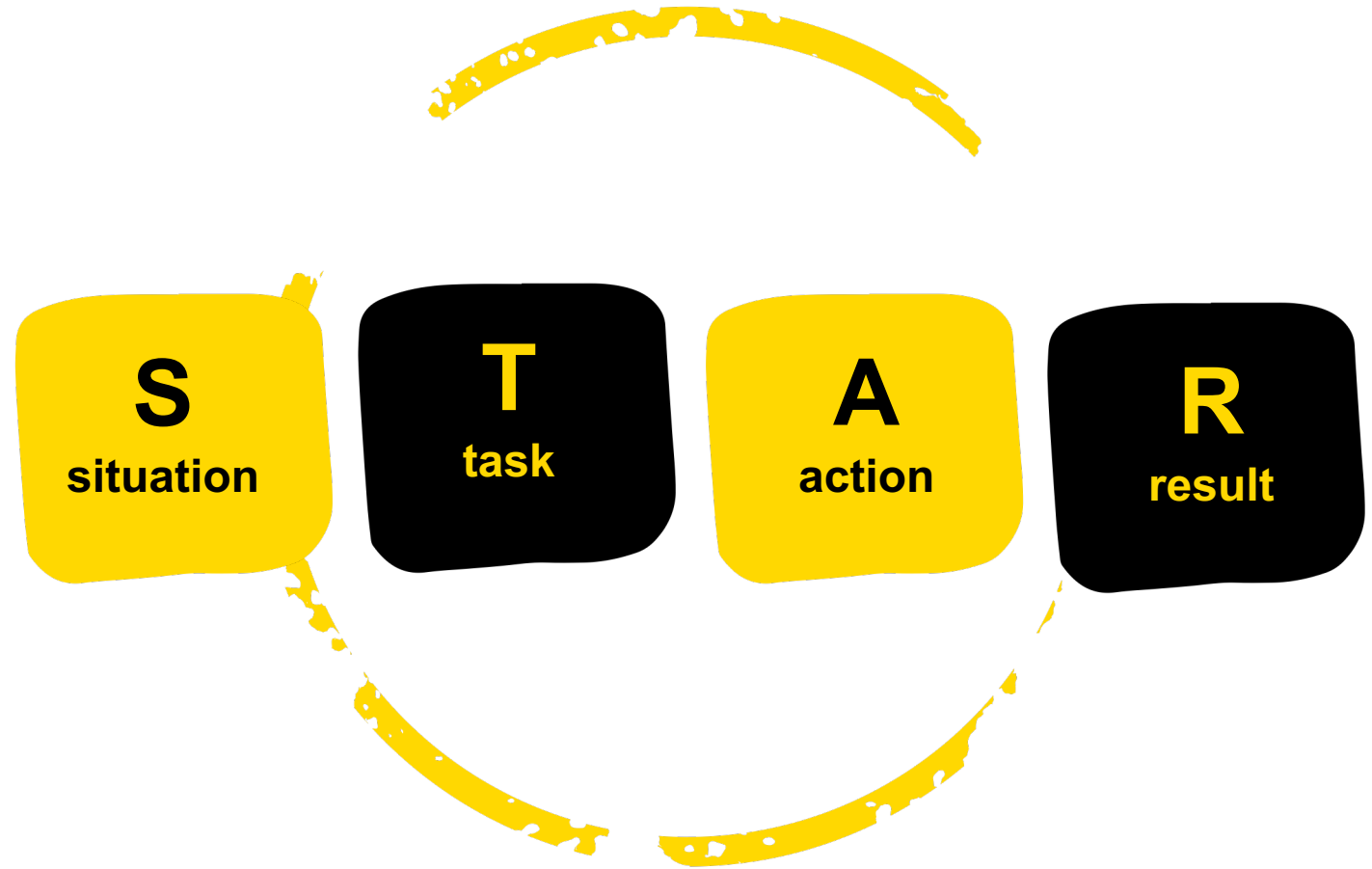
1 Don't avoid it

2 Plan

3 Deliver

4 Use STAR

5 Keep calm



Q+A with Murph

#EYESUPNZ

Learn more at
eyesupnz.co.nz

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