Driving Safety

Information, insights and resources
to help improve fleet and driver safety

Welcome to the October edition of AutoSense news.

How well do we recognise fatigue—and the factors behind it? This month, we explore what feeling awake really tells us about our fitness to drive, introduce new workplace education and meet one of the people supporting our customers behind the scenes. In this edition:

- **Feeling awake doesn't always mean you're safe to drive** – Kat Aubrey explores the science of fatigue and practical ways to manage the risks.
- **New seminar: Menopause, Sleep and Fatigue** – Launched to coincide with October's Menopause Awareness Month, our latest seminar helps teams better understand and support women at work.
- **Team spotlight: Meet Heather Parsons** – Get to know a member of our Customer Support team who helps keep things running smoothly for customers and drivers.
- **Laughs, lessons and close calls** – Revisit Greg Murphy's podcast chat with comedian Paul Ego on *In the Driver's Seat with Greg Murphy.*

Feeling awake doesn't always mean you're safe to drive

AutoSense Fatigue and Sleep Specialist Kat Aubrey recently took the stage at the **Workplace Health & Safety Show in Sydney,** presenting a spotlight session on fatigue and sleep health, and the importance of managing fatigue in safety-critical workplaces.

Fatigue isn't always easy to recognise. Even experienced, safety-conscious drivers can make dangerous mistakes when they're tired.

In her latest article, Kat explores the biology behind fatigue, why eight hours in bed doesn't always mean quality sleep, and the practical steps drivers and fleet operators can take to better understand and manage fatigue risks.



READ THE FULL ARTICLE

Menopause, sleep and fatigue: What transport operators need to know

To coincide with **Menopause Awareness Month in October,** AutoSense launched a new workplace seminar exploring how perimenopause and menopause can affect sleep, energy and concentration—and what this means for workplace fatigue.

Led by AutoSense Fatigue and Sleep Specialist Kat Aubrey, the session offers practical guidance on improving sleep, managing fatigue and supporting women at work. Designed for employees, managers and health and safety teams, it is available in person or as a live webinar.

Read more about the seminar and why it matters for workplace safety.



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Team Spotlight

Meet Heather Parsons

We're excited to spotlight one of our unsung heroes in this month's edition – Heather Parsons from our Customer Support team!

While much of her work happens behind the scenes, Heather plays an important role in keeping things running smoothly for our customers and drivers, from coordinating installations to working closely with our Guardian support team and field technicians.

"I enjoy the variety and challenges that come with the role, particularly collaborating with different teams to deliver positive outcomes for our Owner Drivers (OD's) and drivers."

A recent highlight for Heather was receiving great feedback from one of our major customers following a successful Guardian Gen 3 and AutoSense Vision upgrade rollout.



Quick fire questions with Heather

Favourite place to explore in NZ?
Taranaki (New Plymouth) in the North Island and Nelson in the South Island *(Still a lot more to explore in the South Island next year)*.

What are you currently reading?
I enjoy a good romance novel! I'm currently reading a Sylvia Day book.

Go-to coffee order?
Caramel latte or spicy chai.

MEET THE REST OF THE TEAM

Podcast throwback: Laughs, Lessons and Close Calls with Paul Ego

What do a borrowed work ute, an attempt to impress a girl and a burning cigarette have in common? Some unforgettable lessons behind the wheel!

In this episode of ***In the Drivers Seat with Greg Murphy,*** Murph chats to comedian Paul Ego for a ride full of laughs, close calls and unexpected stories. From his early days in a rock band to the driving mishaps that taught him a thing or two, it's a hilarious and honest way to wrap up the season.

Watch on YouTube or listen on Spotify, Apple or iHeart podcasts.



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AutoSense is a leading provider of fleet and driver safety solutions across Australia and New Zealand. Supporting both heavy and light vehicle fleets, AutoSense plays a key role in advancing road safety through a connected approach — bringing together fleet training and advisory, advanced in-vehicle monitoring technology, and expert guidance on fatigue and sleep health.

LEARN MORE

Keep in touch

If you have any questions, please reach out to your Account Manager or contact our friendly Support Team. We're always happy to help!

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