

Driving Safety

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

Fatigue affects every driver

No matter what kind of vehicle you're driving, fatigue remains one of the most significant risks on our roads. It affects concentration, reaction times and decision-making long before many drivers recognise they're impaired, making it a critical safety issue for every organisation with employees who drive for work.

In this month's edition:

- Find out what the new HVNL requirements mean
- Explore Guardian fatigue insights from Australian fleets
- Discover practical advice on strengthening your Safe Driving Policy
- Share your views on driver distraction
- Australasian Fleet Champions Awards now open

Understanding the new fatigue requirements

From 1 August, changes to the Heavy Vehicle National Law strengthen expectations around how organisations identify and manage fatigue risk as part of their Chain of Responsibility obligations.

For heavy vehicle operators, this reinforces the importance of having effective systems, clear policies, ongoing education, and proactive monitoring in place to help identify fatigue before it contributes to an incident.

While these changes apply specifically to heavy vehicles, they highlight a much broader issue. Fatigue affects every driver, regardless of the vehicle they operate, making proactive fatigue management an essential part of any workplace road safety programme.

[READ MORE](#)

Guardian Insights: Fatigue remains a critical risk

Guardian by Seeing Machines continues to provide one of Australia's most comprehensive sources of real-world fatigue data.

Between 1 October 2024 and 30 September 2025, Guardian verified more than 102,000 fatigue events across Australian commercial fleets, highlighting just how frequently drivers experience fatigue behind the wheel.

The findings reinforce an important message, fatigue cannot simply be managed through compliance. It requires ongoing education, monitoring, and practical risk management.



[DOWNLOAD REPORT](#)

Is your Safe Driving Policy fit for purpose?

A Safe Driving Policy shouldn't be a document that's written once and forgotten.

As vehicle technology, workplace risks, and regulatory expectations continue to evolve, organisations should regularly review their policies to ensure they reflect current best practice.

A well-designed Safe Driving Policy helps establish clear expectations for drivers, supports compliance obligations, and provides a strong foundation for reducing workplace road risk across both heavy and light vehicle fleets.

AutoSense's Safe Driving Advisory Programme helps organisations review existing policies, identify opportunities for improvement, and develop practical recommendations tailored to their operations.



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Driver distraction is still one of our biggest risks

While fatigue continues to receive increased attention, distraction remains another significant contributor to crashes on Australian roads.

We're interested to know your perspective.

What do you think is the biggest source of driver distraction today?

Complete our quick survey and you'll go in the draw to win one of **three prize packs**, each including:

- ☒ Murph's Bathurst model supercar (valued at \$250) and signed by Greg Murphy
- ☒ One of 5 x \$100 fuel vouchers to help keep you moving

Hey drivers! What distracts you behind the wheel?

Take our quick poll
and be in to win.



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START DISTRACTION POLL

Australasian Fleet Champions Awards

Know an organisation or individual making a difference to fleet safety?

Entries are open for the **2026 Australasian Fleet Champions Awards**, recognising outstanding contributions to road safety across Australia, New Zealand and the Pacific.

Categories include driver safety, fleet safety products, road risk management and outstanding commitment to road safety.

Entries close Friday 21 August 2026.

AUSTRALASIAN FLEET CHAMPIONS AWARDS 2026

[Awarding safe and healthy mobility]

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Podcast Spotlight: Matt Watson's wake-up call

What happens when fatigue catches you off guard?

In this episode of [In the Driver's Seat](#), Greg Murphy sits down with television presenter and adventurer **Matt Watson**, who shares his personal experience of falling asleep behind the wheel and the lasting impact it had on him.

It's a powerful reminder that fatigue can affect anyone—and why recognising the warning signs before getting behind the wheel is so important.

Watch on [YouTube](#) or listen on [Spotify](#), [Apple](#) or [iHeart](#) podcasts.



Team Spotlight

With over 23 years of experience in various medical and surgical health fields, Kat works with organisations across Australia and New Zealand to help drivers better understand fatigue risk and improve sleep health.

Katrina Aubury Fatigue & Sleep Specialist

What's the biggest misconception about fatigue?

"Many people think fatigue simply means feeling tired. In reality, it's a biological condition that affects judgement, reaction time and decision-making long before someone feels they need to stop. That's why education and early intervention are so important."



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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.

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Keep in touch

If you have any questions, or would like to book a demo of our solutions - please get in touch with our friendly team. We'd love to hear from you.

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