

#EYESUPNZ

# DRIVER EDUCATION SESSIONS

Managing fatigue  
and distraction to  
make New Zealand  
roads safer

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# WHAT'S HAPPENING

**We know there's a lot going on for drivers in the transport industry.**

So, we've created a driver education seminar specifically for fleet operators and commercial drivers so you can learn how to be fit to drive, manage fatigue and distraction and embrace technology to help keep you (and others) safe on the road.

It's a seminar brought to you by specialists who understand your concerns and speak your language.

# WHAT WE'LL COVER

**Each session runs for 2 hours**

- KEEPING FIT TO DRIVE – Greg Murphy
- FATIGUE - what it is and how significant it is when driving. Discover how to develop a Fatigue Risk Management System, the importance of having a robust Fatigue Intervention Plan that goes beyond set work time rules. – Rachel Lehen, Fit for Duty
- GUARDIAN SEEING MACHINE TECHNOLOGY – an overview of how Guardian works to detect fatigue and distraction along with an introduction to the essentials of interpreting and managing events. – Fiona Weston, AutoSense
- OPEN Q&A FORUM – you can have your questions around fatigue distraction and the in-cab technology answered.

Refreshments will be provided to let you have time to mix and mingle with other attendees and the experts!

# WHO WE ARE

You'll be in good hands with experts who know fatigue and distraction inside out.



## **GREG MURPHY**

AUTOSENSE | SEEING MACHINES AMBASSADOR

Motorsport icon and now road safety advocate Greg Murphy has teamed up with us to talk about his experience as a professional racing car driver and how he kept fit to drive. Having won Bathurst 1000 four times in his career Murph is the perfect person to talk about fatigue and distraction, how it can impact drivers and some tips to keeping alert on the road.



## **FIONA WESTON**

AUTOSENSE TRAINING & EDUCATION MANAGER

Fiona joined the Autosense team in 2017 and has had several roles with the Guardian Seeing Machines. Having been involved in all aspects of Seeing Machines, she has gained wide experience and knowledge along the way as the number of units across NZ has steadily increased. Fiona is now managing and delivering a variety of training and education resources to ensure you are well equipped to get the maximum benefit from this valuable Health and Safety Resource.



## **RACHEL LEHEN**

FIT FOR DUTY

Rachel has been in the industry for 12 years and she regularly leads Fatigue Management Masterclasses and has presented on fatigue management at industry conferences, she has also featured on TVNZ's breakfast show as a sleep expert. Rachel facilitated NZ's first research study on the prevalence of Obstructive Sleep Apnea (OSA) in a Commercial Driver population and sits on the Sleep Apnea Association of NZ committee. Rachel joins the #EYESUPNZ team as she is passionate about improving employee health and believes that this approach is the cornerstone to reducing the risk of fatigue in your business.

**REGISTER TODAY!**

**We're taking these seminars nationwide.**

Sessions are FREE but limited to four people per business.

For session times and locations and to register  
go to [eyesupnz.co.nz/events](https://eyesupnz.co.nz/events)

WANTING TAILORED SESSION FOR YOUR STAFF?

We also offer more detailed sessions tailored to your  
business. Talk to us about how we can help.



**GET IN TOUCH**

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**eyesupnz.co.nz**