




CARISBROOK
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July | 2018

Message from the MD



July sees us already half way through the year. It has been a busy time as we wind up another financial year. I am sure a few of you are looking forward to getting your tax returns completed and buying something nice with a refund if you receive one.

This month has seen me travelling over east spending time with staff in NSW and VIC.

This month has also started off busy as I completed my Masters in Business Administration (MBA) at Curtin Graduate School of Business. I have been studying this for the past 4 years and have got a lot out of the course that I can bring back to the business. The capstone unit is the final unit and it is double a normal unit. One research assignment left, and then all my assignments are complete.

From the 29th of July until the 8th of September, I will be away from the office on holidays in America and Spain. Rob and I will be visiting San Francisco, Los Angeles, Las Vegas, Chicago, Washington, New York and finishing in Barcelona for a friends 60th birthday party. I will be sure to send a few pictures along the way back to the office. Courtney will be looking after everything in my 6 week absence. Please keep up the hard work for her and support her wherever she needs it.

Just a reminder to RSVP for the anniversary party at AQWA. I am looking forward to celebrating with you and hope all of you come along.



Safety: Load Restraint Update

This month the latest NTC (National Transport Commission) Load Restraint guide was released. There are a few changes to the previous guide, one in particular is its user friendly diagrams and pictures.

The guide is available to download from NTC website (<https://www.ntc.gov.au/>). Keeping a quick link on your smart phone is a quick and easy way to access the guide in any time of uncertainty. Carisbrook have also requested hard copies be sent out and will distribute to our WA, NSW and VIC offices when available.

NSW will be undertaking formal certification in load restraint later in the month. This will see our team certified as competent by accredited personnel to ensure the safest methods of restraint are being utilised and adhered to by all.

Just like any unrestrained person in a vehicle, loads can move forwards, backwards, sideways and upwards. Here are some examples of when a load may move;

- Forward shifts are caused by: braking while driving forward, accelerating in reverse, downhill slopes.
- Backward shifts are caused by: braking in reverse, accelerating forward, uphill slopes.
- Sideways shifts are caused by: cornering, cambered roads.
- Upward shifts are caused by: uneven road surfaces.

How can we stop these movements from occurring? Pretty simple....We use methods of restraint.

Please refer to the Load Restraint Guide 2018 to ensure you are compliant with your CoR on load restraint.



We have just reinvigorated our website!
You can check out the changes at
www.carisbrookenterprises.com.au

Staff Update: Audit



Last month Courtney travelled to NSW and VIC to undertake some training needs identified in our audit. With compliance change, Carisbrook has identified we need to stay ahead of the

game and ensure our team is certified in all areas of the required and effective laws across all 3 states.

CoR changes have now taken full effect and Carisbrook have implemented measures to ensure that all executive team members are aware of their responsibilities within their job positions. This has seen Courtney busy writing new Job Descriptions to incorporate the CoR of each executive staff member within the team.

During the next month, WA will attend training sessions on CoR and what they are required to do to ensure compliance is 100% met. As we bring all 3 states into line, it is Carisbrook's aim that WA will be operating on the same level as NSW and VIC prior to any changes to WA legislation, which will make for an easy transitional period during this time.

Supervisors will be assessing staff on a weekly basis in their daily roles to ensure that target areas of compliance are met by all staff.

Courtney said, "Thanks to the teams in NSW and VIC for their attendance at the training sessions. It is great to meet everyone and some amazing discussions took place on how we can all ensure we are safe, compliant and delivering the highest service to our clients."

If staff have any queries on their responsibilities, please ensure you contact your Supervisor and seek clarification BEFORE completing any task that you feel is not safe or is in breach of any CoR or legal requirements.

Safety: Driving in the wet



1. Safe speeds are crucial in even the best of conditions, but speeding in the rain is an extra dangerous move to make. If it's raining, slow down.
2. If you are driving a heavy vehicle, you should drive at least 4 seconds behind the vehicle in front of you. In wet weather, you need to double your stopping time to at least 8 seconds. If you are driving a vehicle with a trailer or caravan attached, you should allow at least 2 seconds for your car and 1 second for each 3m of your trailer/caravan in normal conditions. In wet weather, you will need to allow at least 4 seconds for your car and 2 seconds for each 3m of your trailer/caravan.
3. Stay Alert Through the Rain, remaining alert is always important, but rainy weather kicks the danger factor up another notch.
4. Make Sure Your Truck is in Tip Top Shape - Old tyres, weak steering, or any other neglected element that may appear small in other circumstances can become a serious issue in the rain. If your truck is prepared, you'll be prepared.



A can of Mountain Dew
can dissolve a mouse



Staff Update: Meet our Perth Metro Drivers



Aleisha

Servicing the Perth metro area 6 days a week are our team of 4 delivery drivers.

Aleisha is our longest serving metro delivery driver and has been with the team since 2012 where she originated as the Metro Supervisor and delivery driver on the Northam line haul run. During her time at Carisbrook, Aleisha has welcomed her two gorgeous boys and has since moved to a Metro delivery run servicing Belmont, Victoria Park, South Perth and Bentley. She

has developed strong relationships with her stores and merchandisers. Aleisha is a great asset to the team and can always be relied upon to engage in training, reporting hazards in the field and step up as a leader within the metro delivery driving team. We are exceptionally lucky to have your reliability and great personality within Carisbrook.



Stuart

Our second longest standing metro driver is Stuart. Stu originated as the Geraldton line haul driver in early 2014. Working his way up the ranks, he took on the Driver Supervisor role for several years before he welcomed his first daughter last year and decided to put family life first and stepped into the Northam line haul driver's position. Also servicing Midland, Swan View and Mundaring 6 days a week. Stu is a great team member who always is willing to step up when the Driver Supervisor is

on leave and he makes sure to keep us updated with his very active hockey, family and fur baby life!



Gurwinder

Our other longest standing Metro Driver is Gurwinder who has been with us since 2014. Servicing Bassendean, High Wycombe, Forrestfield and Kalamunda 6 nights a week, Gurwinder has seen many changes on his run to incorporate time sensitive airport runs. He certainly is efficient at getting through airport security! Gurwinder has also welcomed 2 children since his time with us at Carisbrook and has also travelled to see family and friends from his home country.



Paul

Our newest casual Metro delivery position is currently filled by Paul. Paul has been with Carisbrook since March. Currently filling in on our biggest metro run servicing Ballajura, Morley, Noranda, Beechboro, Bennett Springs, Aveley and Ellenbrook. Paul also delivers the Sunday line haul to Bunbury on Sundays when not on a Perth metro run.

If you see the metro team out on the road, be sure to give them a big wave. Top effort metro in ensuring Perth is supplied with the freshest of bread!



Congratulations

to NSW Flour Delivery Driver Chris Sabbagh, who recently got married to his gorgeous bride Yulie Oktaviani. Yulie is from Indonesia and the couple got married in Yulie's home town of Pontianak on the 24th of June. The ceremony was held at Saint Joseph's cathedral and their reception was in the heart of the city called Gajah Mada. For their honeymoon Chris and Yulie went to Jakarta, Phuket and Bali with friends, and spend the last week at Uluwatu.

Chris said, "My wedding day was the best day of my life, I can also say the so far the highlight of our trip was time in Phuket travelling to Phi Phi and James bond island. Truly a paradise island."



Staff Update: Meet Ben Smith

When did you start at Carisbrook Enterprises?
04.06.2018

What is your current role?
NSW Transport Coordinator

Where were you working previously?
11 Years Allocating Concrete Trucks

What's the favourite part of your role?
Thinking outside the box to achieve deliveries

What's your ambition (at Carisbrook Enterprises or outside Carisbrook Enterprises)?
I hope to someday compete in the Sydney to Hobart

What do you do in your spare time?
I enjoy getting outdoors, camping, beach, swimming, drinking haha

Have you done any studies - or do you want to do any in the future?
Bachelor of Business -Charles Sturt



For a short time, the planet Uranus was named...George





Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers!

Since 2008, Dry July has inspired more than 130,000 Aussies to go dry, raising \$30 million for people affected by cancer, and funding projects at more than 75 cancer organisations across Australia.

Funds raised through Dry July go towards cancer support organisations across Australia, to help improve patient comfort, care and wellbeing.

Here are some of the benefits you could experience by going dry this July:



Clear your head



Weight loss



Increased energy levels



Sense of achievement



Sleeping better / snoring less



Save money

To sign up or support Dry July, log onto their Facebook page
<https://www.facebook.com/dryjuly/>

Update from Merchandising:



During the Helga's Toastie campaign we had toastie tastings at the following stores:-

- **Coles Victoria Park**
- **Woolworths Morley**
- **Woolworths Kalamunda**

The stores remarked how popular it was. Coles Victoria Park and Woolworths Morley reported increased sales for the week (Kalamunda is going through refit currently).

Look out for the Wonder White Back To School campaign in store next...



National Tree Day

National Tree Day is Australia's largest tree-planting and nature care event. Tree Day is an opportunity for you to do something positive for your community and the environment by connecting with nature.

National Tree Day started in 1996 and since then more than 3.8 million people have planted 24 million trees and plants and it's still growing.

To find out more: <https://treeday.planetark.org/>



National Desexing Month 2018

When you desex your pet, you're doing yourself, your pet and your community a big favour.

Your pet's health and longevity improve, you're saving yourself large vet bills from all the health complications that could come from an undesexed pet, and you are preventing unwanted litters end up in pounds or animal rescue shelters. The National Desexing Network (NDN) is an Australia-wide referral system giving pet owners in financial need access to low-cost desexing. If you're a pet owner you could be eligible for discounted desexing, all you have to do is fill out the desexing voucher application, and it will be sent to you via email. <https://ndn.org.au/desexing-directory>