



ROAD MATTERS

THE MONTHLY NEWSLETTER

PROVIDING COMMUNITY EDUCATION THAT CREATES RESPONSIBLE ROAD USERS AND SAFER COMMUNITIES

THIS MONTH: FATIGUE FREE FEBRAURY

Fatigue can affect all aspects of life, but the ramifications of ongoing tiredness can be deadly in the context of driving. In Australia, fatigued driving is a cause and factor in up to 30% of road fatalities and injuries.

Avoid driving long-hours or at night and take rest breaks where possible if driving is absolutely necessary. Signs that you may be experiencing fatigue or prone to a microsleep include:

- Yawning
- Tired or sore eyes
- Boredom or restlessness
- Drowsiness
- Slower reaction times
- Poor concentration
- Oversteering



LAW & NEWS UPDATE

MDMA & psilocybin now legal for medical purposes

The Australian government recently made the decision to legalise the use of MDMA and psilocybin for medical purposes as of July 1, 2023. Both MDMA (also known as Ecstasy) and psilocybin are known for their mind-altering effects and have been used for therapeutic and recreational purposes for decades.

Under the current legislation, it is illegal to drive under the influence of drugs, including MDMA and psilocybin. The consequences of driving under the influence can be severe, including fines, imprisonment, and loss of license, reinforcing the importance of using these substances responsibly and always prioritising safety on the road.

**DISCLAIMER: Under the July 2023 legislation, it will remain illegal to drive with MDMA & psilocybin in your system.*

ACT Cracking Down on Dangerous Drivers



New laws tackling excessive speeding, hooning and other dangerous driving behaviours were introduced in the Australian Capital Territory in November last year.

Police have the power to immediately disqualify the licences of drivers who are found doing the following:

- Driving at excessive speeds of greater than 45km/h,
- Refusing an oral fluid sample for the purpose of drug testing, or
- Reckless or furious driving.

Drivers that are repeatedly caught street racing can now face imprisonment with fines also increased up to \$16,000. There is also a new offence that will hold those who trespass in a motor vehicle accountable.

WHAT'S ON NEXT MONTH?



Self-Injury Awareness Day:

An annual awareness day that draws attention to the reality of self-harm in the hope of helping those who suffer from it.



National Hearing Day:

Raises awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.



Ride2School Day:

A day to celebrate active travel and promote physical activity and safe travel practice in young children.

TRAFFIC OFFENDER INTERVENTION PROGRAM

ONE-DAY \$170 REHABILITATION PROGRAM

[BOOK TOIP HERE](#)

DRIVE IT HOME

WHS PROGRAM FOR OCCUPATIONAL DRIVERS

[FIND MORE HERE](#)

DID YOU KNOW THAT THE MID-AFTERNOON ENERGY SLUMP IS LINKED TO OUR CICARDIAN RHYTHM?

ROAD TIP OF THE MONTH

THE HUMAN BODY IS HARD-WIRED TO BECOME DROWSY AFTER LUNCH. IF YOU'RE GOING LONG-DRIVING IN THE AFTERNOON, TRY EATING A CARBOHYDRATE & PROTEIN-PACKED MEAL BEFOREHAND. THE GLUCOSE WILL GIVE YOU AN ENERGY HIT, WHILE THE PROTEIN WILL INCREASE MENTAL ALERTNESS.

Check us out elsewhere...



BLOGS

- [What Motivates Speedsters?](#)
- [Young People and Mobile Phones](#)



VIDEOS

- [New Custom Mobile Speed Cameras QLD 2023](#)



NEWSLETTERS

- [JAN 23](#)
- [DEC 22](#)

MARCH KEY DATES:

1st: Self-Injury Awareness Day

3rd: National Hearing Day



17th: World Sleep Day

24th: Ride2School Day

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