



ROAD MATTERS

THE MONTHLY NEWSLETTER

PROVIDING COMMUNITY EDUCATION THAT CREATES RESPONSIBLE ROAD USERS AND SAFER COMMUNITIES.

Ways to help fight fatigue

- Stay hydrated and ensure that you have had enough to eat of balanced foods
- Take a 15min break for every 2hrs of continuous driving
- Avoid driving outside of your normal waking hours
- Don't drive if you've been awake for 17hrs or longer
- Get eight hours of sleep the night before

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THIS MONTH: Fatigue

Fatigue is more than just being a little sleepy, and it has a significant impact on several of the skills we need to be safe road users. This is why, throughout the month, we examined the real-life consequences of driving tired and ways to mitigate the risk of becoming fatigued.

In NSW in 2024, fatigue was a contributing factor in more than one in five road deaths. Further, in WA between 2020 and 2024, fatigue was a factor in 19% of all collisions that resulted in death or serious injury.

Fatigue impacts your perception, ability to think clearly, and physical reaction times. It can make you less able to spot a potential hazard, decide how to best mitigate the risk, and then take evasive action when required. This is all before the stage where people begin to fall into micro sleeps, something that they may not even be aware that they're doing.

Knowing the warning signs of fatigue and taking steps to prevent yourself from becoming fatigued are essential aspects of being a responsible driver.

NSW Police to Target Illegal 'Modified' E-Bikes

NSW Police now have the powers to seize illegal e-bikes, including 'souped-up' or modified ones that exceed the legal limits. Under the updated laws, bikes that don't cut motor assistance at 25 km/h or are throttle-only can be taken off the streets and crushed, even if the owner didn't know they were non-compliant.

This comes amid rising safety concerns, including dangerous incidents like large groups riding high-powered e-bikes across roads and bridges. Authorities point to hundreds of injuries and several deaths linked to non-compliant e-bikes in recent years.

The aim is to keep e-bikes safe and legal, ensuring they stay as pedal-assisted bikes, not unregulated motor vehicles.

Always check that your e-bike meets the official rules: pedal assist only, power cut-off at 25 km/h, and compliant specs.



WHAT'S ON NEXT MONTH?

Next month is **Alternative Transport Month**.

Whether you travel by foot, two wheels, public transit, or other non-personal-vehicle options, we'll share tips on how other road users can keep you safe, what to watch for as an alternative transport user, and simple habits that protect everyone on the road.

Follow us on social media to see how you can get from point A to B safely this alternative transport month and beyond!



MONTHLY ROAD FACT

DID YOU KNOW?

There are a number of factors that can influence our car's tyre pressure, but one of the key ones people tend to forget is temperature.

Pressure increases when it's hot and decreases when it's cool, which means the changing seasons can cause your tyres to be incorrectly inflated.

Your tyre pressure will change approximately 1-2PSi for every what change in degrees Celcius?

- A) 9.8
- B) 2.1
- C) 5.6
- D) 6.5

ANSWER: C

TRAFFIC OFFENDER INTERVENTION PROGRAM

ONE-DAY \$185 BEHAVIOURAL CHANGE PROGRAM

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▶ CHECK OUT THE TOIP VIDEO!

DRIVE IT HOME

WHS PROGRAM FOR OCCUPATIONAL DRIVERS

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ROAD TIP OF THE MONTH

LOW TYRE PRESSURE CAUSES MORE WEAR

Most of us have seen a deflated tyre, but even small amounts of pressure loss can cause tyres to spread. This may not seem like a big deal, but it affects a number of things, including fuel economy and the handling of your vehicle, as well as how quickly your tyres wear out.

When your tyres are underinflated, they spread out more and have more give when coming into contact with uneven surfaces. This means that more of your tyre spends more time coming into contact with the road, leading to them wearing out both faster and unevenly.

Maintaining tyre pressure is important to maintain the condition of your tyres.

MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March: Alternative Transport

KEY DATES • EVENTS TO REMEMBER

3rd World Hearing Day

15th World Sleep Day

3rd World Wildlife Day

21st Ride2School Day



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www.roadsense.org.au