

MACSS Safety Update



Good day,

Welcome to the April Edition of the Safety Update from [MACSSGROUP](#). This free, monthly newsletter is aimed at keeping you abreast of our recent news as well as occupational health and safety issues.

In This Issue

[Traffic Management - The 2 Second Rule](#)

[Introducing... The Jobs Board Section of our MACSS Website](#)

[Solve your long and short term staffing requirements](#)

Traffic Management - The 2 second Rule

Most drivers do not allow for reaction time and braking time, particularly at high speed. The 2 second rule generally provides sufficient time to avoid the vehicle in front in an unexpected braking situation. It is simple to apply by:

- Pick an object close to the left side of the road such a tree or post
- When the rear of the vehicle ahead passes the object, count "one thousand one", "one thousand two". This is equivalent to 2 seconds
- If you pass the object before you finish counting, you are too close. Slow a little to increase the gap.
- In wet or poor driving conditions, increase the gap.
- Wet roads are notorious for causing fender benders
- Heavy traffic can make driving hazardous, even at the speed limit
- Areas with roadside activity require great care.



Australian Legislation defines construction work on, or adjacent to, a road, as a high risk activity. The most obvious hazard to persons undertaking work on, or adjacent to, a road, is the risk of death or injury resulting from coming into contact with vehicular traffic or moving plant.

Introducing...

The Jobs Board Section of our MACSS website

MACSS is a dynamic, contract safety organisation that operates in a people-focused environment; our work provides diverse, rewarding and challenging career opportunities. We aim to attract competent practitioners, people who strive to be the best at what they do and are committed about providing advanced services to the industry.

Are you self motivated and have a passion for safety?

Are you looking for a flexible roster and varied, national and international work locations?



[For More Info Click Here](#)

We will provide you with exceptional opportunities and encourage and support you beyond the initial placement. So if you are motivated and eager to succeed, contact **MACSS** and see how we can help you in making the right move.

There are various ways to control risks associated with working on roads or adjacent to the carriage way. Following are some examples of a number of traffic management measures that may be considered:

- Road closures, footpath closures and detours
- Preparation, review and approval of a traffic management plan or traffic guidance scheme before work commences
- Authorised traffic controllers in place
- Signs and traffic control devices (VMS, Portable lighting)
- Placement of speed restriction signage and protective barriers
- Provide appropriate training and supervision
- Pre-start meetings/ coordination
- Daily Inspections carried out and documented in project records
- Provide appropriate personal protective equipment and clothing (Hi Visibility)



PCBU (Persons Conducting Business or Undertaking) have a duty to provide and maintain a safe workplace under proposed national model legislation.

Jurisdictional legislation, relevant codes of practice and Australian standards contain information that can be used to mitigate the risk for the safe implementation of traffic management, traffic planning and traffic control for work sites. The MUTCD AS 1742.3 Manual of uniform traffic control devices and AS/NZS 4602 High visibility safety garments; are two relevant reference documents for implementing traffic management.

Be mindful of your absolute responsibility as a relevant person to provide a safe workplace for your workers and ensure that your workers at a worksite are aware of their responsibilities.

Implementing any site traffic management scheme requires qualification and experience. **MACSS** can provide guidance and assistance in the development, implementation, control and management of vehicular traffic or moving plant. Contact us info@macssgroup.com.au or (+61)(08) 82122524

Thank you for your time

We hope you enjoyed this edition of our E-Newsletter. If you require any additional information please feel free to contact us info@macssgroup.com.au

Solve your long and short term staffing requirements

MACSS have staffing solutions to help any organisation meet their Occupational Health and Safety workforce objectives.

Our comprehensive approach to contingent staffing can provide Workplace Trainers/ Assessors, Underground Mining and equipment Trainers (Jumbo), Field Safety Officers, Safety Advisors, Senior Safety Specialists, Technical Writers, Electrical Specialists or Auditors.

We can solve your short term challenges as well as your long- term staffing requirements.

MACSS is capable of organising the entire OHS component of your project mobilisation, this includes (HR, Training, Environment, Security, Legislative compliance, Pre-employment medicals, fit for work programs)

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