

# Driving Safety

Information, insights and resources  
to help improve fleet and driver safety

This month, we're focusing on workplace alertness and sleep health. Don't miss our special **World Sleep Day webinar** on making sleep health a priority—be sure to register today!

Plus, the **Alert at Work seminar schedule** is out and ready for you to book.

AutoSense  
DRIVING SAFETY



World Sleep Day Webinar  
**MAKE SLEEP  
HEALTH  
A PRIORITY**

Join us for a special webinar hosted by AutoSense Fatigue Management and Sleep Health consultant, **Katrina Aubrey** in line with **World Sleep Day**. Learn why sleep is crucial and get practical tips for a better night's rest.

**When:** Friday, 14 March 2025

**Time:** 12:00 – 12:45 pm

**Host:** Katrina Aubrey

[Register now](#)

## Alert at Work Seminars

Our Alert at Work seminars, run by **Fatigue and Sleep Health Consultant Katrina Aubrey**, are designed to



equip your team with the tools they need to stay sharp and focused on the job.

This interactive 90-minute workshop, tailored to your business needs, provides drivers with a comprehensive understanding of fatigue and practical strategies to manage it. With sessions available across New Zealand, it's easier than ever to empower your team to perform at their best.

[View the seminar schedule](#)

Don't wait—ensure your team is set up for success.

[Find out more](#)

## About AutoSense

AutoSense enhances road safety for heavy and light vehicle fleets through a range of services, including fleet driver training, personalised coaching, driver monitoring systems, and fatigue and sleep consultancy, all aimed at improving fleet safety.

[Find out more](#)

## Keep in touch

If you have any questions about this, or other matters, please reach out to your Account Manager or contact our Support Team. We're always happy to help!

**Phone:** 0508 AUTONSENSE (0508 288 673 673)

**Email:** [support@autosense.co.nz](mailto:support@autosense.co.nz)



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