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TO WHOM IT MAY CONCERN

Please consider this submission into the "Fly in, fly out and other long distance commuting work practices in regional Queensland" inquiry.

To start with my even time roster is gone, a 7 on 7 off turns into 2 days travel, 8 nights in camp leaving 6 nights in my home bed. Every 7 weeks our rotation is changed from Friday to Friday 4 days pyjama day 3 nights to Tuesday to Tuesday, 3 days pyjama day 4 nights.

The day before leaving home is a battle, trying to stay positive and not let the fact that in 24hrs I will be leaving my family for what in reality is 9 days where I cannot help immediately if they need me in times of natural disaster, accidents, incidents, crimes against them. My absence at birthdays and anniversaries has been felt by the family and although I am lucky enough to have annual leave, I would not have enough to celebrate every occasion. This does cause anxiety and stress which is hard to suppress at times and what should be happy enjoyable time with family is strained.

Moving on I travel 20 minutes to the train, from home then on a good day without long waits between connecting trains it takes 2.5hrs to get to the airport, I then have anything from an hour and a half to 3 hour wait for my flight. The flight is 1.5 hrs at the other end I am lucky enough to have a work mate pick me up and car pool the 2.5 hrs to camp.

My return trip sucks even more at the moment as airfare costs play the major part in this story, my so called first day off consists of finishing at 6am, 30min bus to camp, shower 2 to 4 hrs sleep then repeat travel home but this time I miss connecting trains and don't get home until 10:50 pm.

Wind down time is limited as I try to hit the ground running making use of the 5 days at home being a husband and dad.

The cost and logistics of getting to work are always increasing, stress of budgeting for these costs is huge and impacts on the whole family unit. Suddenly that large pay packet we are perceived to earn has been reduced quickly.

Fatigue is a factor as we try and cram as much as we can in the limited time available or we go the other way and do absolutely nothing and alienate ourselves from the family. Some find the need to drink alcohol to excess and others turn to drugs or both.

General health and fitness is a huge concern the companies may tick their so called responsibility boxes but in truth they don't give a [REDACTED] but I guess that's another questionnaire. Let's say by the time our day is done and we have made it back to camp motivation is all but gone, don't get me wrong there are a few and by that I mean a few of us that pay gym fees and make an effort, some walk but no where near enough.

I guess we live dual lives the trick is not to lose sight of which one is real and to why we are putting ourselves and family through these trials, SAFE EMPLOYMENT, MONEY, HOPE FOR A BETTER FUTURE.

All companies/contractors to organise, pay for and have travel factored into the working week/period, which I believe will help take some of the stress off the worker so they can get on with the job and contribute to a safer more productive

business.

The fifo should be assured that in an unwanted event/emergency at home that the company will assist with travel and time off immediately.

More should be done to reduce the length of shifts away and lean more to even time rosters, eg: week on week off instead of 4 weeks on 1 week off, this may be ok for single workers but is destroying families as in this current employment climate these poor buggers don't have a choice but to work them.

Camps have come a long way but remain very impersonal and the standard of camps can differ between one to the other, a high standard needs to be enforced taking into account we spend more time there than at home.

Regards

alan lawry

