

Driving Health: The National Transport Industry Health and Wellbeing Study

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www.drivinghealth.net



ACKNOWLEDGMENTS

- Partners & Funders



- Steering Committee

- Mr Laurie D'Apice, Mr Michael Kaine, Ms Sarah Newton, Dr Daryl Hull, Ms Skye Bautuva.

- Research Team

- Dr Ross Iles, Dr Ting Xia, Dr Sharon Newnam, Prof Dan Lubman, Prof Shantha Rajaratnam.

SUMMARY OF PAST RESEARCH

REGULATORY FACTORS

Government legislation
Roadside infrastructure
Load regulations
Workload regulations
Fatigue management
Auditing of maintenance

WORK FACTORS

Remuneration models
Contract work
Distances driven
Safety culture
Journey management
Work diary requirements
Vehicle maintenance

Experience
Training
Drug use

Exposures
Noise
Vibration
Physical violence

Diet
Isolation
Distraction
Insufficient breaks

Stigma
Repetitive movement
Posture

Cab design
Other drivers
Dangerous work areas
Road conditions

Age
Education
General health
Family requirements

PERSONAL/SOCIAL FACTORS

ENVIRONMENTAL FACTORS

RISK FACTORS

Fatigue
Smoking
Cholesterol
Stress
Poor diet
Access to health care
Decreased physical activity
Sustained postures
Vibration

HEALTH OUTCOMES

Obesity
Sleep apnoea
Diabetes
Cardiovascular disease
Mental illness
Musculoskeletal injury
Multiple comorbidities

Fatigue
Distraction
Speeding
Not wearing seatbelt
Journey planning

Crash risk
Driving performance

Most past Australian research has focussed here

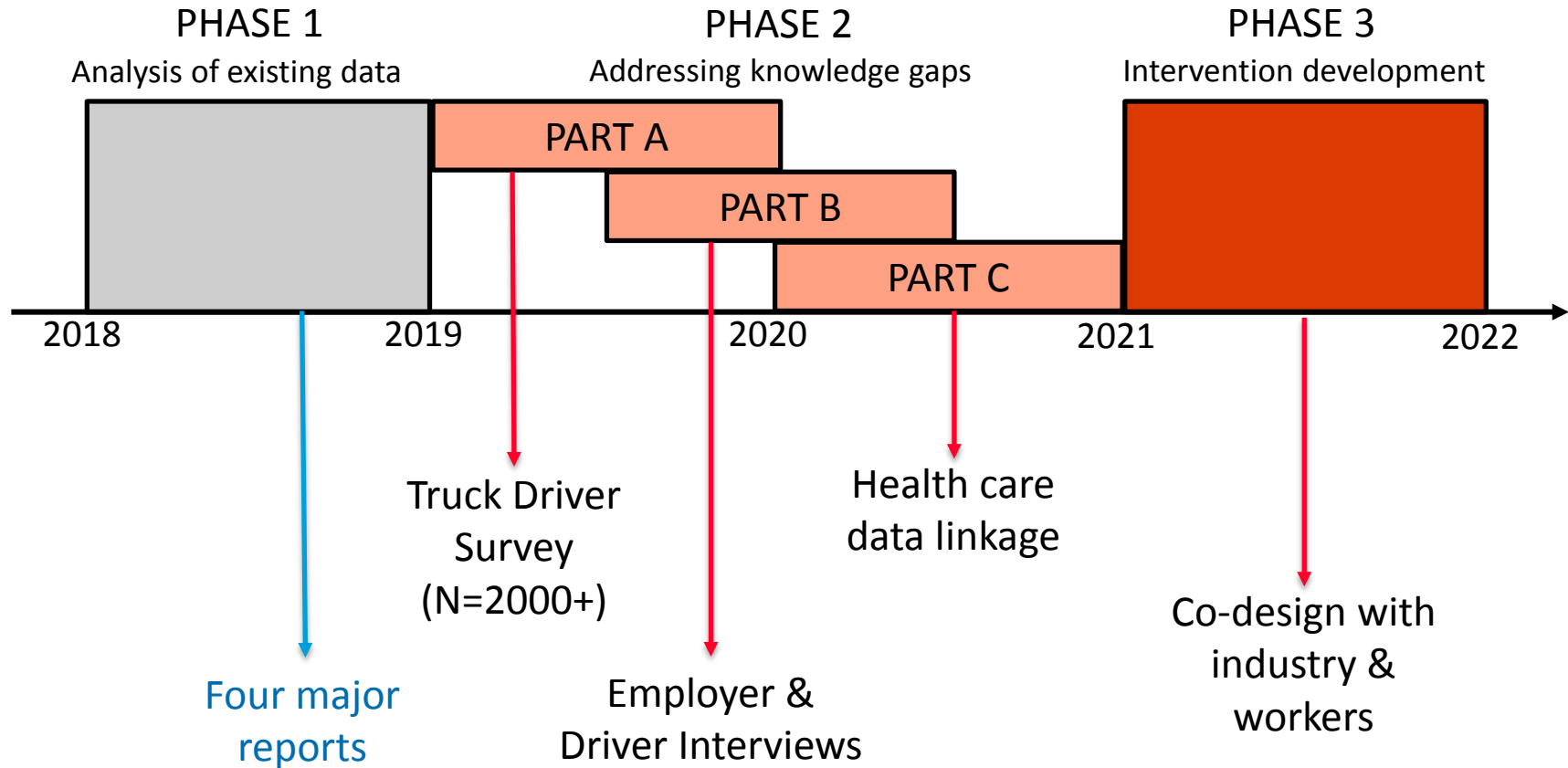
SAFETY

DRIVING OUTCOMES

STUDY OBJECTIVES

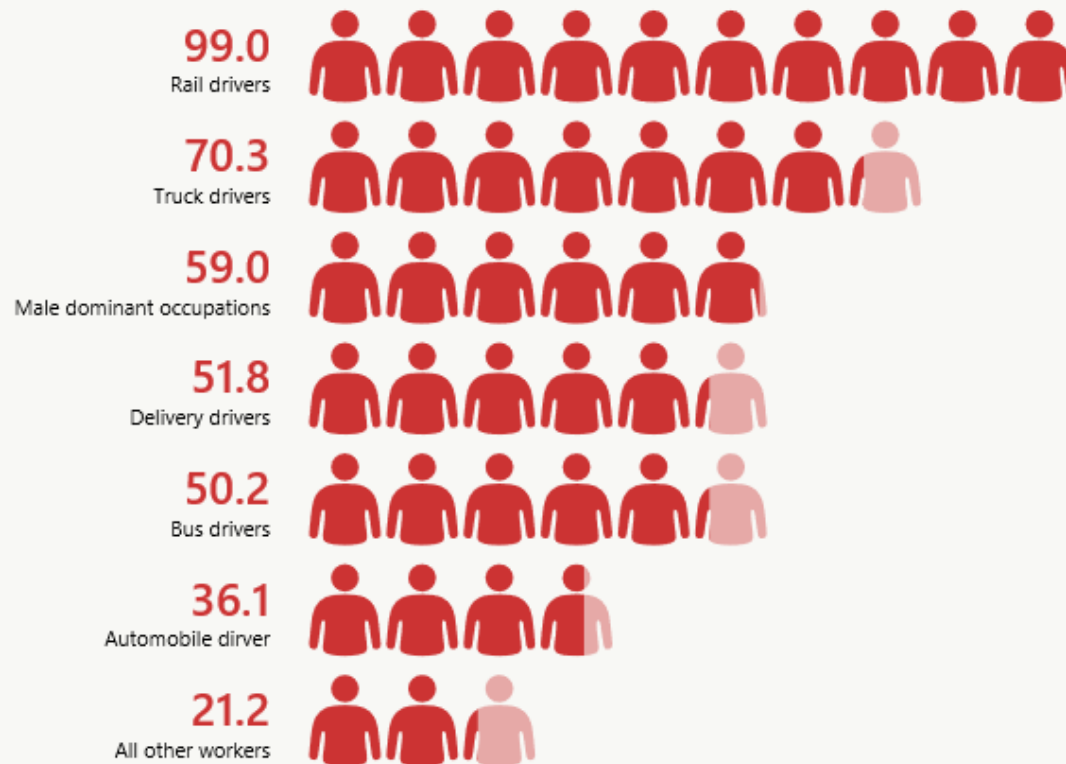
- Characterise the physical and mental health of Australian truck drivers, and identify the major areas of concern;
- Identify the work, personal, social, environmental and regulatory factors that improve and impair health including factors that are amenable to modification; and
- Collaborate with transport industry and government stakeholders to co-design health-focused intervention strategies, programs, policies and services.

TIMELINE



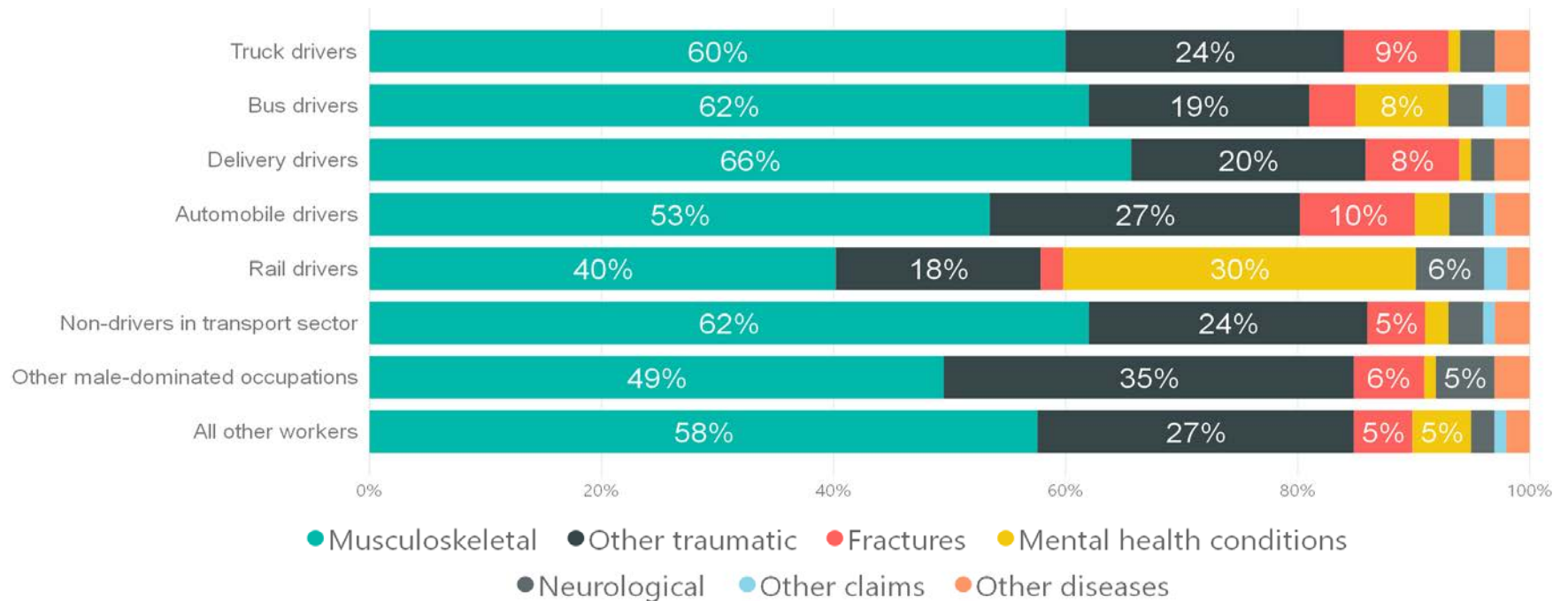
FINDINGS SO FAR – Report #1

National rate of work related injury per 1000 workers per year



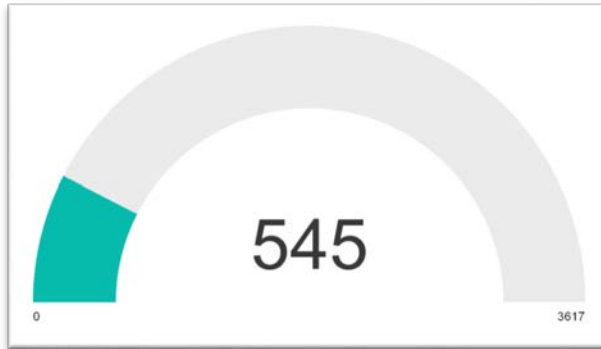
FINDINGS SO FAR – Report #1

Nature of work-related injury and disease by occupation



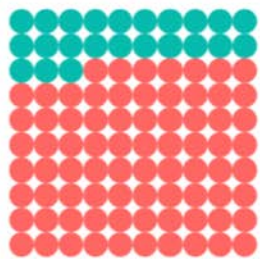
FINDINGS SO FAR – Report #2

Truck drivers fatalities at work between 2004 and 2015

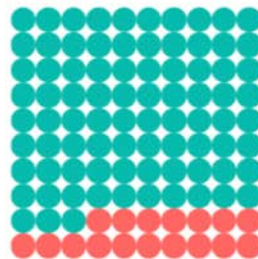


x13

Truck drivers had a 13 fold higher risk of dying at work than other Australian workers.



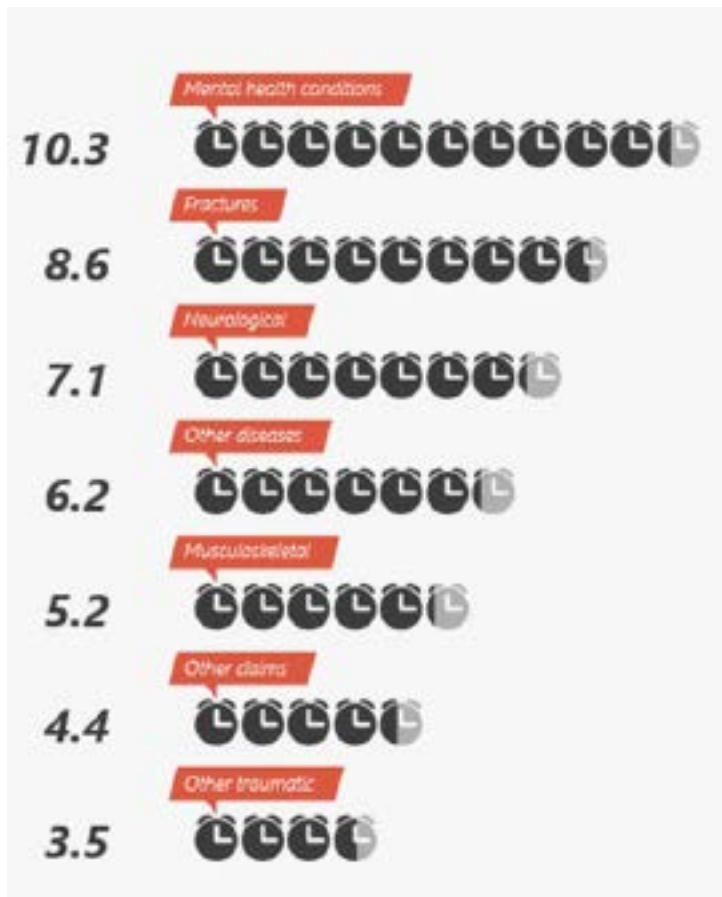
compensated work-related
fatal injuries were caused by
vehicle incidents



total non-fatal burden of
disability was caused by
vehicle incidents

FINDINGS SO FAR – Report #2

Weeks time loss by type of injury



Productive working time loss between 2004 and 2015

1,071,230

Weeks

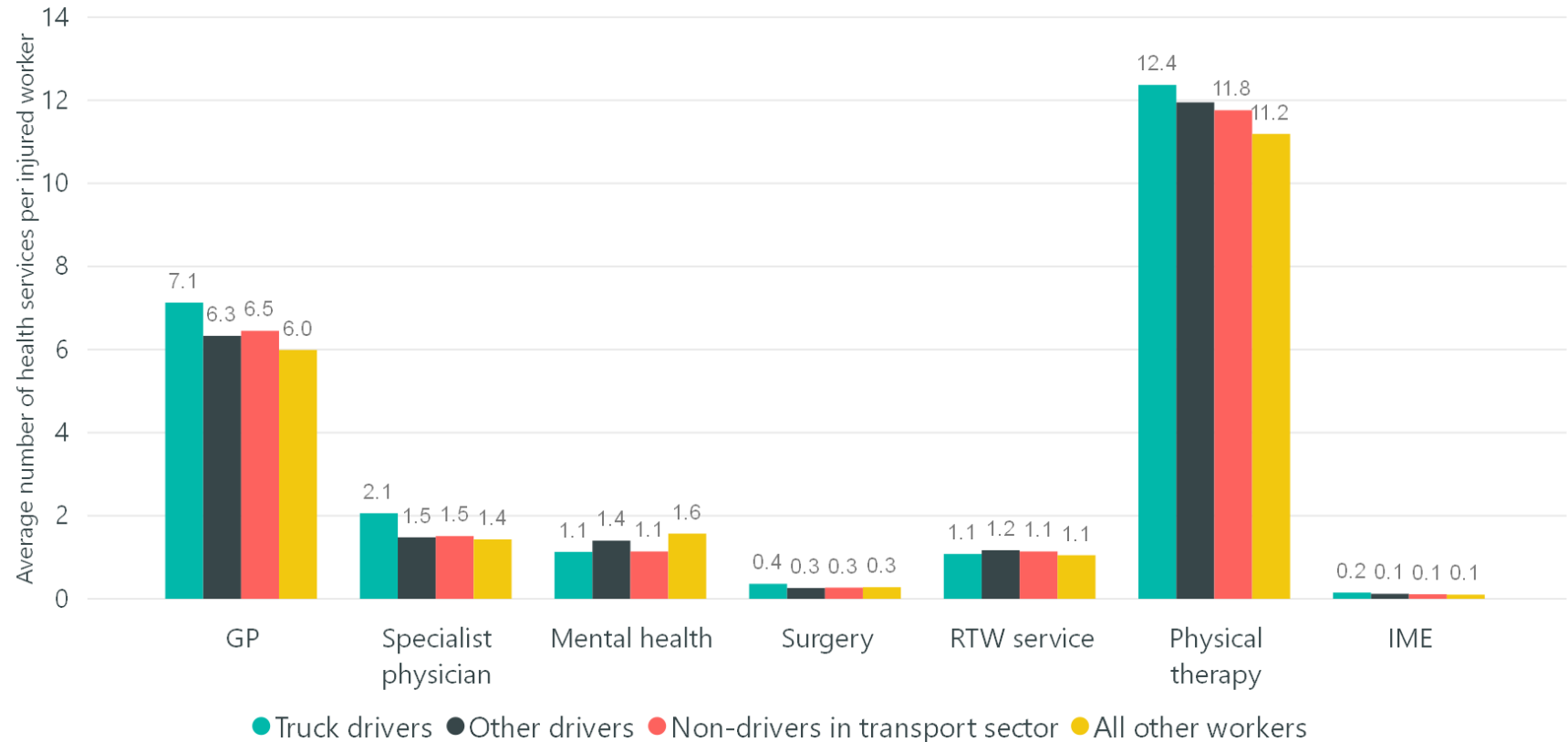
OR

22,317

Years

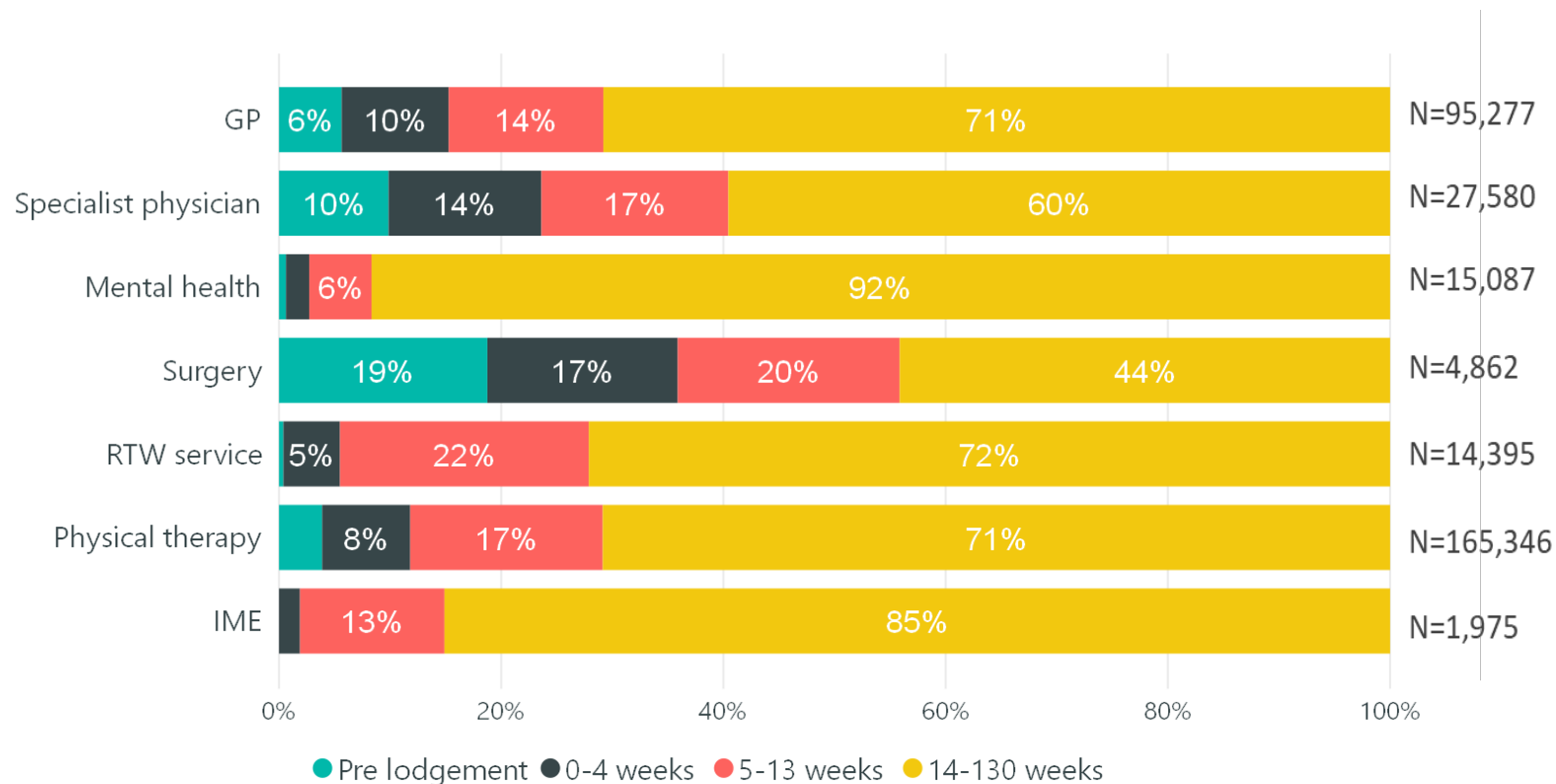
FINDINGS SO FAR – Report #3

Nature of health care in truck drivers with work injury and disease



FINDINGS SO FAR – Report #3

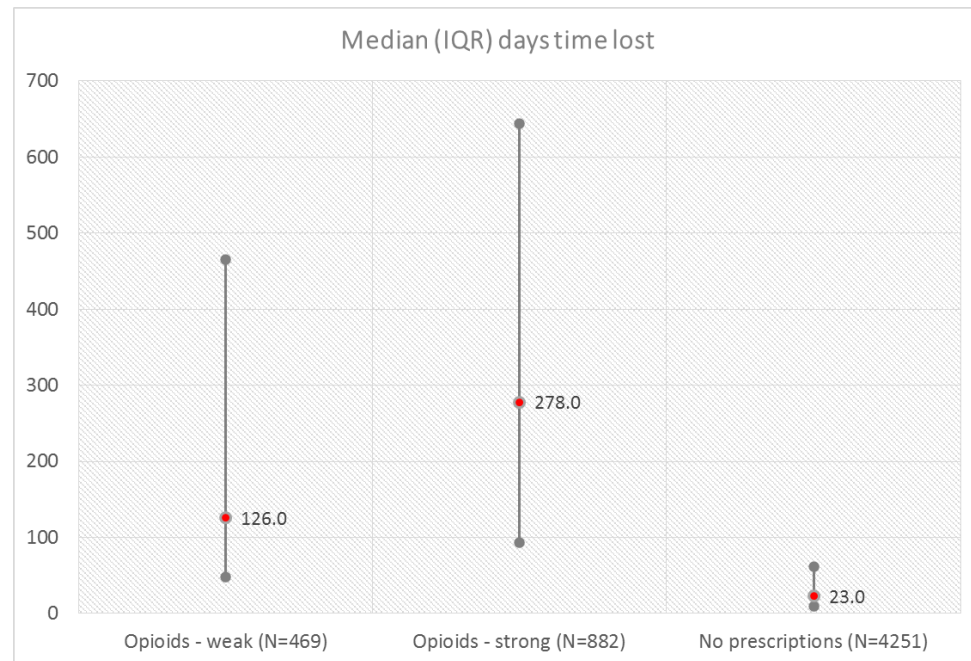
Timing of health care delivery in truck drivers with work injury and disease



FINDINGS SO FAR – Report #4

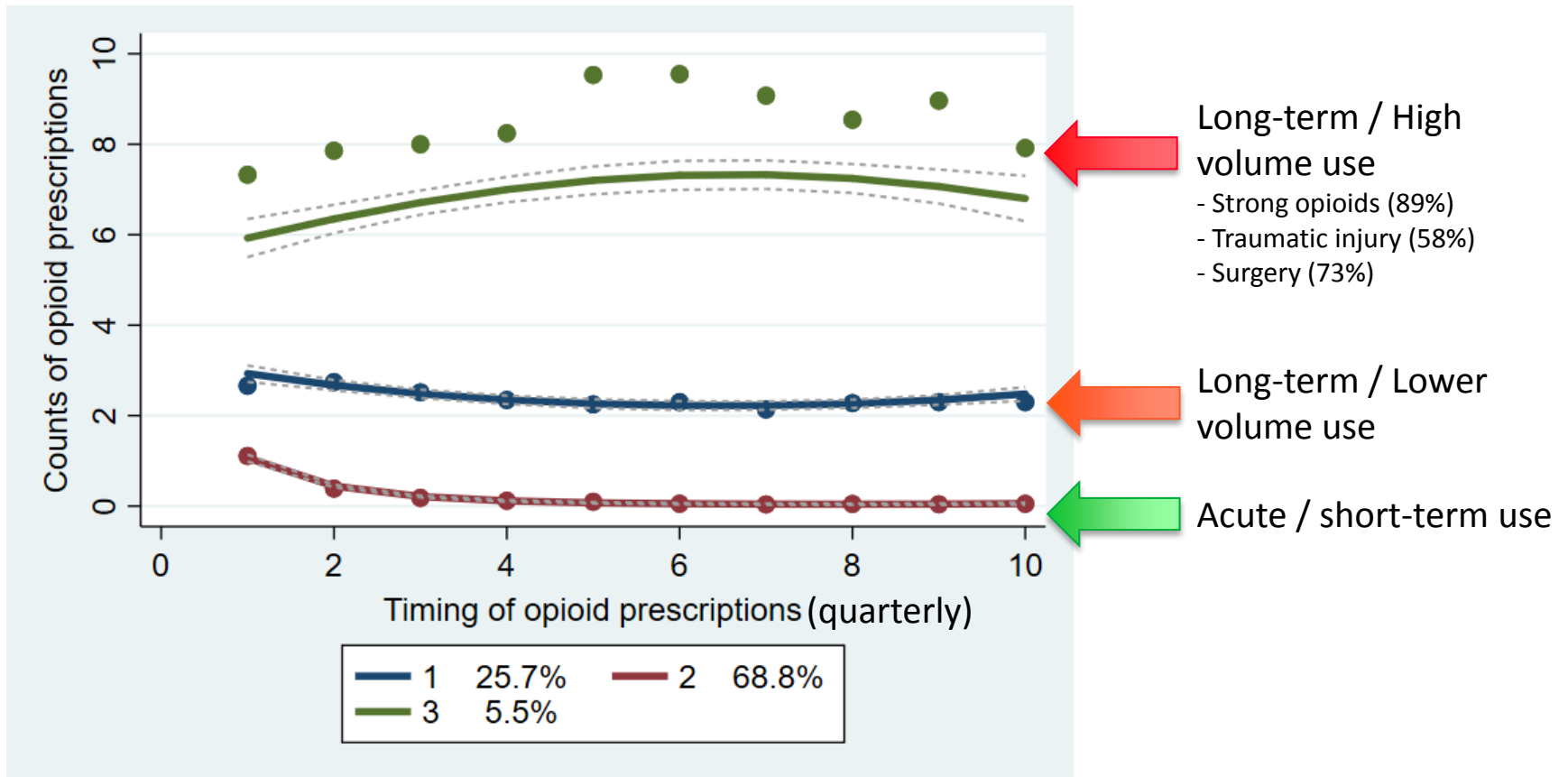
Medicine use in truck drivers with work injury and disease

Type of Medicine	N	%
Anti-depressants	423	7.5%
Anti-anxiety / sedatives	374	6.6%
Anti-psychotics	82	1.4%
Opioids - weak	469	8.3%
Opioids - strong	882	15.6%
None of the above	4251	75.0%
Total	5667	100.0%



FINDINGS SO FAR – Report #4

Pattern of opioid use in truck drivers with work injury and disease



SOME UNANSWERED QUESTIONS

- What is the prevalence of chronic disease and mental illness in truck drivers?
- What is the impact of these conditions on safety and driving performance?
- What work, personal, regulatory and social factors are the most important predictors of health status?
- What interventions are most likely to improve health?

TRUCK DRIVER HEALTH SURVEY

- Planning for May 2019
- Aiming for ~2000 drivers nationally
- We are seeking support with:
 1. Promoting the survey to drivers & their employers
 2. Helping to understand the findings
- Please get in touch:
 - www.drivinghealth.net

THANK-YOU

Study website

www.drivinghealth.net