



# Occupational health and safety risks in Canadian long-haul truck drivers

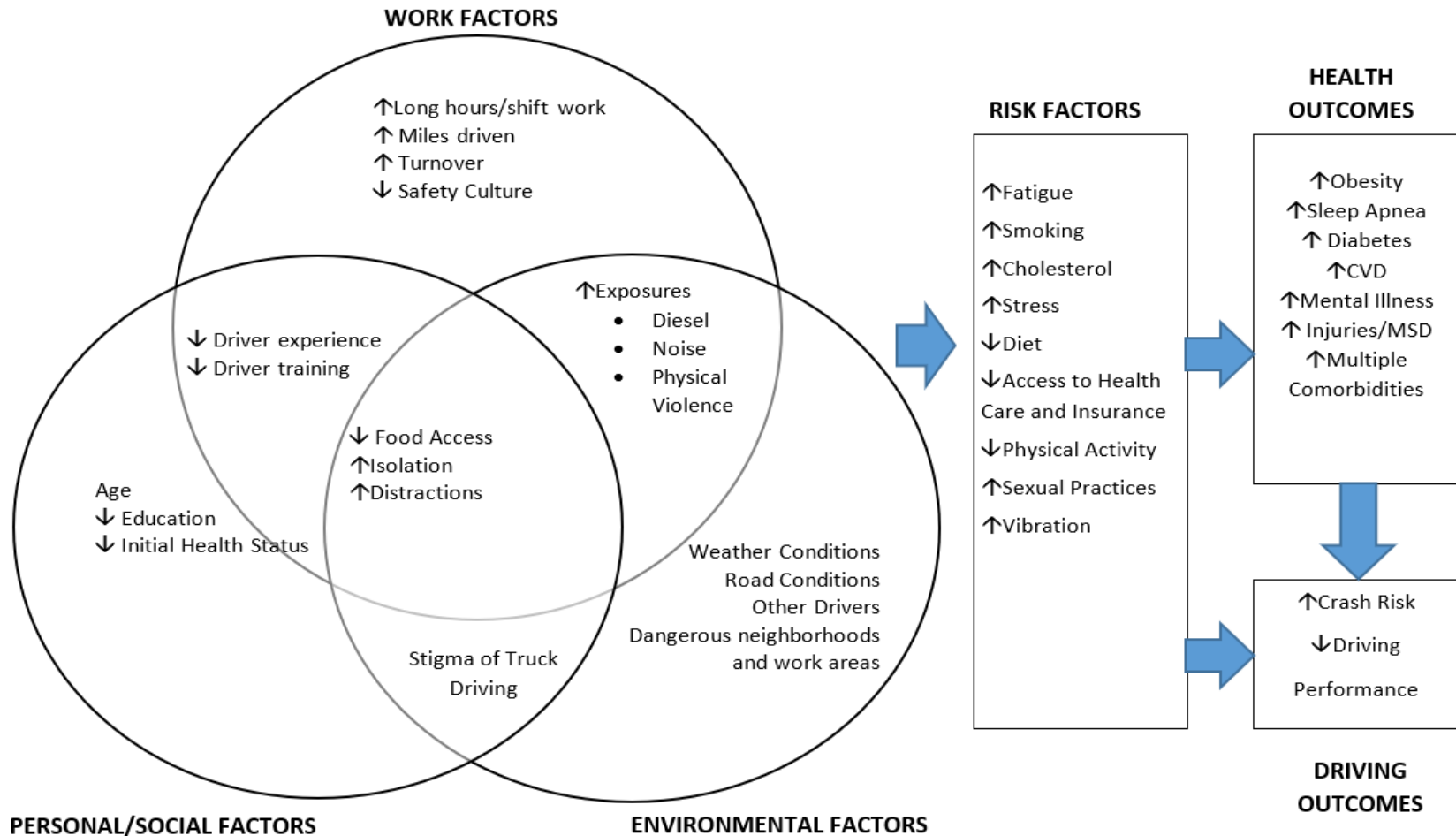
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# Introduction

- ▶ One million CMV drivers in Canada (Statistics Canada 2014)
- ▶ **Conference Board of Canada (2013)**
  - ▶ Currently ~300,000 truck drivers in Canada
  - ▶ Estimate shortage of 25,000-33,000 by 2020

# Interplay of Work, Personal and Environmental Factors on Health and Driver Outcomes



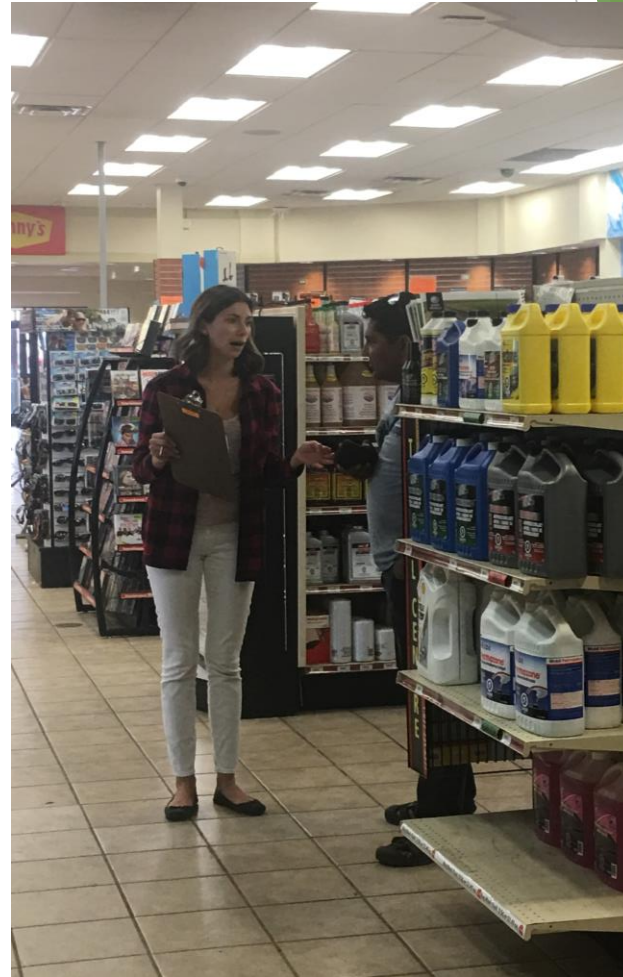
# Purpose of Present Study

- ▶ To collect health and wellness information on long-haul truck drivers
  - ▶ To profile occupational injury and safety in Canadian LHTD
- ▶ Study performed in AB and SK
  - ▶ Survey
  - ▶ Objective health measurements (e.g. blood pressure, BMI, grip strength, bioelectric impedance)
  - ▶ Dietary intake and practices
  - ▶ One on one semi-structured Interview



# Sample Data and Characteristics

- ▶ Data completeness
  - ▶ Survey: 232 respondents
  - ▶ Objective Health Measurements: 216
  - ▶ Interviews: 92
- ▶ Characteristics
  - ▶ Mean Age:  $50.4 \pm 12.3$  (range 23-89)
  - ▶ Gender: 96.5% men
  - ▶ Ethnicity: 70% Caucasian



# Comparison to US study using the same survey

Conditions	OHS (n=204)	NIOSH* (n=1265)
Age (years)	50.4±12.3 (range 23-89)	48 (95% CI, 46-49)
% Men	96.5%	94%
Employment length (years)	22±13.8 (range .5-56)	16 (95% CI, 14-19)
% Company drivers	65.7%	65%
Union drivers	4.6%	3%

\*Chen et al. 2015. NIOSH national survey of long-haul truck drivers: Injury and safety. Accident Anal Prev, 85, 66-72.

# Work Practices

Conditions	OHS (n=204)	NIOSH* (n=1265)
Mean number of hours worked in the last 7 days	57 hours	61 hours
Driving practice on trip: Driving alone	94%	78%
0 days slept at home in the last 30 days	10.8%	18%
Nodding off/falling asleep/ drowsiness	50%	34%
Nodding off/falling asleep/ drowsiness (feeling drowsy almost every day)	28%	7%

\*Chen et al. 2015. NIOSH national survey of long-haul truck drivers: Injury and safety. Accident Anal Prev, 85, 66-72.



# Road Safety Outcomes

Conditions	OHS (n=204)	NIOSH (n=1265)
Compliant with HOS	37%	37%
Seatbelt use	84.6%	94%
Crashed in past year	4.7%	2.6%
Crashed while working as a LHTD	33%	35%
Near miss in past 7 days	35.2%	24%
Citations in past year	9.4%	17%

Chen et al. 2015. NIOSH national survey of long-haul truck drivers: Injury and safety. Accident Anal Prev, 85, 66-72.



# Work Environment

Conditions	OHS (n=204)	NIOSH (n=1265)
Back pain	41.1%	NR
Pain from seat vibration	5.5%	NR
Injuries		
Sprains	47%	59%
Strains	14%	16%
Cuts and bruises	7%	NR
Reasons for Injuries		
Loading/Unloading	47%	NR
Falls	26%	NR
Visited Dr. in past year	10%	7.3%

Chen et al. 2015. NIOSH national survey of long-haul truck drivers: Injury and safety. Accident Anal Prev, 85, 66-72.

# Worker's Claims

Conditions	OHS (n=204)	NIOSH (n=1265)
File WIB Claim	33%	NR
Received payment for:		
lost work days	25%	64%
disability	18.9%	NR
disfigurement	100%	NR

Chen et al. 2015. NIOSH national survey of long-haul truck drivers: Injury and safety. Accident Anal Prev, 85, 66-72.

# Company Climate

Conditions	OHS (n=204)	NIOSH (n=1265)
Safety Programs	78.5%	82%
Safety is a high priority for management	85.2%	85%
Company incentives	43.8%	56%

Chen et al. 2015. NIOSH national survey of long-haul truck drivers: Injury and safety. Accident Anal Prev, 85, 66-72.

# Discussion



Companies appear to have safety programs in place, however, exposure to physical risk factors result in many injuries (e.g. back pain, falls)



Many drivers work long hours and are fatigued

Link to Mood?  
Satisfaction?  
Crashes?



Recommendations:

Adjustments to regulations?  
Need to improve loading/unloading mechanisms

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# Questions or Comments?

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