

# **Health & Wellness of CMV Drivers and Highway Safety**

**Truck & Bus Safety Task Force  
Outline Draft Chapter for Circular  
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# Topics for Inclusion / Exclusion in the Chapter

- OSH incidence of driver injuries & death
- Surveillance of diseases, illnesses, job injuries
- Criteria for qualifying CDL holders to drive
- Do health conscious lifestyles make drivers safer
- Diet, nutrition, physical fitness, stress alleviation
- Irregular and extended work schedules
- Sleep deprivation, sleep maladies and alertness
- Do long latent period health consequences affect driving safety while employed, before retiring?

# Sleep Apnea and Driving Safety

- UPENN study (Pack et al.) found CDL holders with apnea: 17+ % mild, 5.8% moderate, & 4.7% severe apnea
- Apnea increases w/age and obesity
- Higher prevalence of apnea results in shorter duration of sleep
- Decrements in performance w/ severe apnea & those sleeping less than 6 hrs
- Ongoing study of crash risk by severity of apnea

# Cardiovascular Disease Advisory Panel & CMV Driver Medical Exams

- CVD has powerful impact on health & safety of CMV drivers
- CVD is a progressive disease
- FMCSA convened CVD Advisory Panel
- Goal to give examiners CVD guidance determining risk, diagnoses, & treatment
- Clinics don't readily have drivers' blood lab results (Cholesterol & HDL) to diagnose

# Qualifying CMV Drivers with Insulin-Treated Diabetes Mellitus to Operate

- FMCSA reviewed research, state exemption programs, expert panel inputs
- Diabetes & its adverse effects can be successfully controlled and monitored
- Sept. '03 FMCSA began accepting applications for 2-yr diabetic exemptions
- Involves screening, mgmt protocol, monitoring and review
- Tight control of diabetes and health promotion

# CMV Driver Wellness Programs

- Gettin-in-Gear Wellness, Health & Fitness Program by FMCSA / NPTC / ATRI
- Core wellness program developed, tested
- Priority concerns: smoking, obesity, hypertension, lack of exercise, diet, nutrition, lack of family time, psychological stresses
- Train-the-trainer G.I.G. program implemented by FMCSA & ATRI in 2002

# Driver Fatigue Research & Modeling

- Numerous studies done in past decade
- Cross-link to Human Factors Chapter Coverage of Driver Fatigue & Performance
- Goal is implementation of what we know now
- Education & outreach on Driver Alertness, Fatigue & Countermeasures continues
- Modest research efforts on fatigue still continue for short range future
- E.g.: on-road testing of alertness monitors, develop detection algorithms, etc.

# Additional Health & Wellness Research Requirements Identified

- Improving Medical Exam Certification Process
- Effects on driving safety of taking chemical substances & medications (prescribed or not); e.g. dietary pills, performance enhancers, energy boosters, stimulants, hypnotics (sleeping pills), antihistamines, etc.
- Respiratory ailments; prescription and non-prescription medications for respiratory ailments
- Health consequences of shiftwork & fatigue
- Does establishing wellness consciousness / adopting a healthy lifestyle produce more attentive, safe drivers?