

Health & Wellness of Commercial Drivers

ANB70-3

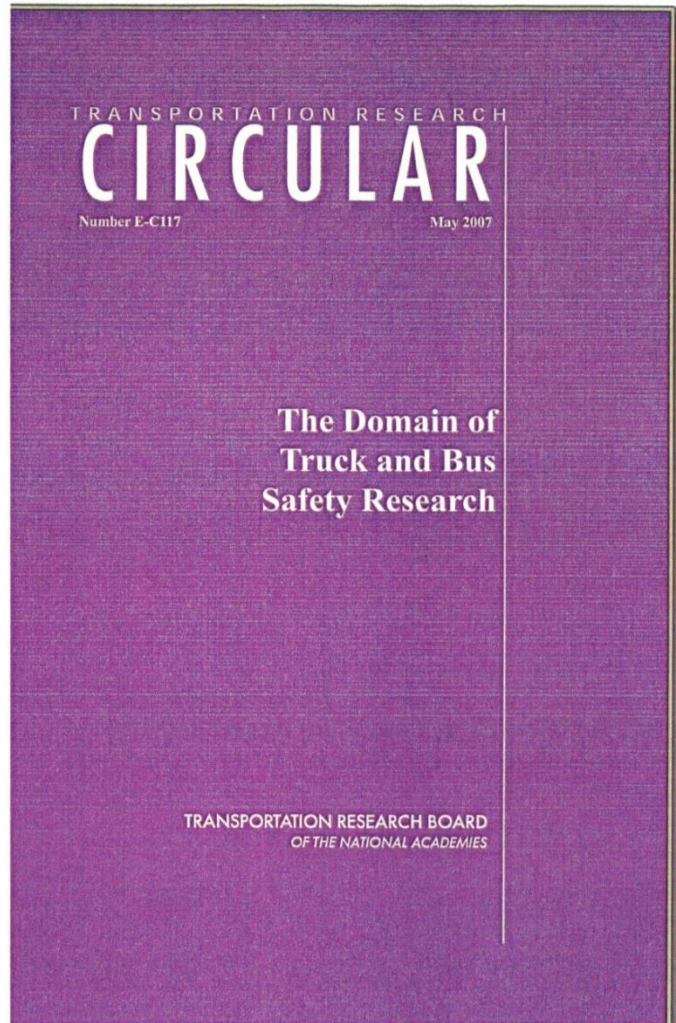
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Purposes of H&W Subcommittee (ANB70-3)

- Raise visibility of importance of Health & Wellness issues within TRB Research & National Safety Advocacy communities
- Promulgate commercial driver health & wellness research findings, highlight research recommendations
- Foster more research on Health & Wellness related to Commercial Truck & Bus Safety Concerns



From whence we came



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Health and Wellness of Commercial Drivers

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This chapter reviews important health and wellness topics pertaining to commercial truck, bus and motorcoach drivers, with discussion focused on those factors that directly affect driving safety. Some driver health issues are addressed in less detail here because they are not so obviously connected to driving safety per se. Numerous health and wellness topics to select from include those as far reaching as

- Epidemiological surveillance of diseases, illnesses, job injuries, and resultant OSHA statistics portraying incidences of commercial vehicle driver injuries and death;
- Proper diet, nutrition, limiting alcohol and tobacco use, maintaining proper weight and physical fitness levels, psychological and physical stress, workload, participating in stress alleviation programs;
- Health and safety consequences of shiftwork, irregular and extended work schedules, missed or broken sleep, circadian rhythm disruption, loss of driver alertness, and driver fatigue;
- Sleep maladies, sleep disorders, chronic partial sleep deprivation, resultant drowsiness, and driver fatigue;
- Whether declining driver fitness and health lead to driving safety risks, e.g., a lack of alertness;
- Whether leading a health-conscious lifestyle makes drivers behaviorally more apt to be safe on the roads; and if so, identifying how to foster healthy lifestyles through general wellness education programs;
- Whether wellness programs advocating healthy lifestyles actually make sizeable differences in driving safety now, while the CMV driver is still employed—or only improve a driver's quality of life and possibly extend life expectancy; and
- Medical checkups and health criteria used to qualify CDL holders to drive CMVs—determining certification and training for medical personnel who certify drivers on CDL physical exams.

It is the intent of this chapter to dwell on health and wellness topics that have a clear link to driving safety. For example, although chronic tobacco smoking may affect one's health, it is not so readily apparent that smoking by itself or its accompanying health consequences directly impact driver safety.

At a conference on truck driver occupational health and safety (Saltzman and Belzer, 2003) it was pointed out that in 2001, truck drivers accounted for more than one-eighth of the fatal occupational injuries (799 of 5,900) in the United States, while CMV drivers only accounted for a relatively small percentage of the total of American workers at risk

R. Knipling (Ed.) May 2007; TRB Circular as an electronic report, available on TRB web site: www.trb.org

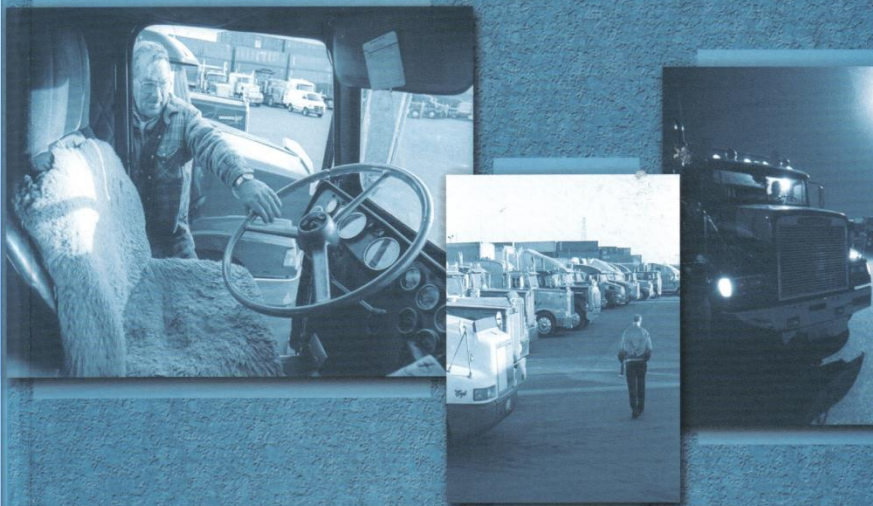
From whence we came



Report Available Fall 2007

Truck Driver Occupational Safety and Health

2003 Conference Report and Selective Literature Review



DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

NIOSH

Truck Driver Occupational Safety and Health 2003 Conference Report and Selective Literature Review*

Gregory M. Saltzman[†] and Michael H. Belzer[‡]

Revised February 8, 2007

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

*The Wayne State University Truck Driver Occupational Safety and Health Conference was held April 24-25, 2003, at the Detroit Metro Airport Doubletree Hotel, Detroit, MI.

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Commercial Truck and Bus Safety

Synthesis 15

Health and Wellness Programs for Commercial Drivers

A Synthesis of Safety Practice

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COMMERCIAL TRUCK AND BUS SAFETY SYNTHESIS PROGRAM

CTBSSP SYNTHESIS 15

Health and Wellness Programs for Commercial Drivers

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May 2007

Subject Areas
Operations and Safety • Freight Transportation

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ANB70-3 Subcommittee Meeting history

- Formation discussions –annual TRB mtg Jan. 2008
- Subcommittee met annually at TRB 2009-2014 (6 times)

A variety of presentations from 2009-2013, including:

- Survey of Long-Haul U.S. Truck Driver Safety & Health, NIOSH, Karl Sieber (2009-2012)
- Truck & Bus Driver Athlete Health & Safety Interactive System, Occupational Athletics, Susan & Ron Shapiro,'10
- Nat'l Occupational Research Agenda (NORA):
Transportation, Warehousing & Utilities (TWU)
Occupational Sector, Focus on Commercial Drivers, 2010



Topics addressed at annual TRB meetings

- Noise levels, whole-body vibration, air quality in cabs of heavy-duty diesel vehicles, Joshua Fu of University of Tennessee, 2010
- Atlanta MARTA's Employee Health and Wellness Programs, Tanya Wiegel, 2011
- Synopsis of symposium on CMV Driver Obesity Issues, at Baltimore Conference, Jennifer Lincoln (NIOSH), 2011
- Overall summary of Int'l Conference on CMV Drivers' Health & Wellness (Baltimore), G. Krueger, 2011



International Conference,
Baltimore, MD, Nov. 2010



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CONFERENCE PROCEEDINGS ON THE WEB 5

Research on the Health and Wellness of Commercial Truck and Bus Drivers

Summary of an International Conference



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CONFERENCE PROCEEDINGS ON THE WEB 5

Research on the Health and Wellness of Commercial Truck and Bus Drivers

Summary of an International Conference

Gerald P. Krueger, Rapporteur

November 8–10, 2010
Baltimore, Maryland

Sponsored by
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June 2012

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Additional speakers at annual TRB meetings

- A dietician's promotion of truck driver health; & the book: "Real Meals on 18 Wheels," Kathryn Clements, 2012
- Impact of fatigue and sleep apnea on CMV driver safety, FMCSA, Benisse Lester, 2012
- Driver Wellness-Industry Panel Discussions, American Bus Association, Norm Littler, 2012
- Effects of psychoactive chemicals on driver health & performance: stimulants, hypnotics, nutritional & other substances. CTBSSP Synthesis 19, G. Krueger, 2012



CTBSSP

SYNTHESIS 19

**Effects of Psychoactive Chemicals
on Commercial Driver Health
and Performance:
Stimulants, Hypnotics,
Nutritional, and Other Supplements**

June 2011

A Synthesis of Safety Practice

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COMMERCIAL TRUCK AND BUS SAFETY SYNTHESIS PROGRAM

CTBSSP SYNTHESIS 19

**Effects of Psychoactive Chemicals
on Commercial Driver Health
and Performance:
Stimulants, Hypnotics,
Nutritional, and Other Supplements**

A Synthesis of Safety Practice

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SUBSCRIBER CATEGORIES

Motor Carriers • Safety and Human Factors

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Topics Presented Jan 2013

- Schneider National Inc.'s Employee H&W Program, Andrea Sequin & Don Osterberg, 2013
- FMCSA Physical Qualifications for Commercial Motor Driving, FMCSA, Pamela Perry, 2013
- National Registry of Certified Medical Examiners, FMCSA, Benisse Lester, 2013
- Truck & Bus Operator H&W subcommittee look-back-&a-look ahead, G. Krueger, 2013



Other activities accomplished or monitored

- H&W Research Needs Statements on TRB web site
- Extensive participation in TRB-FMCSA-NIOSH Int'l Conference-CMV Driver Health & Wellness (Baltimore, 2010)
- Monitored meetings on sleep apnea re. CMV drivers (May '10; Oct '12, etc.) on Amer. Sleep Apnea Assoc., FMCSA et al.
- Participated in NIOSH planning - National Occupational Research Agenda (NORA) Transportation, Warehousing, & Utilities sector (TWU) [2008-2013]
- Participation in Int'l Conference on Fatigue, Boston Mar '09
- Fatigue, Wellness and Sleep Apnea Webinar Sept '09
- Healthy Trucking Association of America (HTAA) annual meetings (March), Atlanta, GA



A look toward the future - ANB70-3

- Continue to monitor/influence FMCSA initiatives on H&W topics, issues, standards, rules
 - Hot topics: registry of health care providers, OSA screening criteria, revision of health standards etc.
- Encourage a follow-up, 2nd International Conference on CMV driver health & wellness
- Push for more H&W research
 - Where, to whom? Who sponsors & funds such research?
- Continue to promulgate H&W research findings
 - Several ANB70-3 members continue to publish reports, articles, e.g. Helmkamp et al. (NIOSH, 2012), Krueger (ASSE, 2013), & others

