

TITLE: Team Truck Drivers: A Vulnerable Working Population

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: This presentation aims to reach researchers and practitioners who develop and evaluate public health programs.

ABSTRACT: Purpose:

Commercial team truck drivers have difficulty maintaining regular sleep schedules and experience exposure to whole body vibrations. Sedentary work and sleep challenges place team drivers at-risk for fatigue-related crashes, chronic disease, and early mortality. Health risks associated with team driving, necessitate research developing effective sleep interventions. This presentation reviews evidence identifying team truck drivers as a vulnerable working population, and describes the Tech4Rest study evaluating engineering and behavioral interventions to improve team drivers' wellbeing.

Procedures:

Team drivers (n=8, additional enrollment ongoing) participated in the Tech4Rest pilot evaluating benefits of an experimental Lattoflex mattress relative to a standard mattress. Participants completed self-report sleep-health surveys and provided 10 days of actigraphic sleep data at 2 timepoints. Additional drivers participated in qualitative interviews on sleep challenges and integration of physical activity into work routines (n=6, additional recruitment ongoing).

Results:

Drivers (n=8) in the pilot study self-reported 6.5 (SD=1.22) daily hours of sleep. 63% of survey respondents were unable to define any typical range for on-the-road bed/wake times. Qualitatively, drivers described 3-5 hours of continuous sleep as exceptional.

Conclusions:

Data collection continues, but preliminary results demonstrate team driving health hazards and the need for innovative interventions protecting the sleep of team drivers.

OBJECTIVE(S): Demonstrate the need for the development of and research on health interventions for team truck drivers.

Identify the factors that burden the health and wellness of team truck drivers.

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