TITLE: Team Truck Drivers: A Vulnerable Working Population

AUTHOR(S): Jarred Rimby, Kelsey Parker, Layla Mansfield, Peter Johnson, Steven A. Shea, Miguel Marino, Fangfang Wang, Jason Malach-Fuller, Rachel Springer, & Ryan Olson

PRESENTER(S): Jarred Rimby

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.

PRIMARY CONTACT INFORMATION:
rimby@ohsu.edu, Oregon Health and Science University - Oregon Institute of Occupational Health Sciences