Health and Wellness of Commercial Motor Vehicle Drivers in Canada

Dr. Alexander Crizzle
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Acknowledgements

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Stakeholder Committee
Owner-Operator’s Business of Canada  
Trucking Human Services Canada  
Ontario and Canada Motorcoach  
Motor Carrier Passenger Council  
Alberta Motor Transport Association  
Trucking Safety Council of BC  
Private Motor Truck Council  
Canadian Trucking Alliance  
Yukon Gov: Transport Services Branch  
Infrastructure Health and Safety
Introduction

• One million CMV drivers and 90K bus 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

• Health and Well-Being of CMV Drivers
  – Shift from focus on collision prevention to H&W: Increased recognition that driver H&W affects performance (including collision)
Background

• 2011 Human Factors Report (Dr. Pierre Thiffault)
  – 3 phases
    • Human factors and crashes
    • Being addressed government and organizational initiatives
    • Gap analysis (44 items)
Background

- Transport Canada 2014
  - Literature review
    - Summarize risk factors in Canadian CMV drivers
    - Summarize programs/interventions to improve health of CMV drivers
  - Recommendations for next steps
    - Stakeholder Advisory Committee
    - Research Advisory Committee

- Transport Canada 2015
  - Stakeholder consultations
    - (online focus group)
  - Environmental Scan
    - (surveys & programs)
  - Develop Proposal for a National Study
Literature Review

• Databases (2000-2014; English only)
  – MEDLINE (PubMed)
  – CINAHL
  – PsycINFO
  – Scopus

• Grey Literature
  – TRID/Canadian Research Index
  – Conference Proceedings
CMV drivers: Risk Factors

High risk group
– Long work hours (14+ hours per day)
  • Lack of sleep
– Excessive noise
– Vibration
– Prolonged sitting
– Unhealthy lifestyles
  • Tobacco use, poor diet, lack of exercise,

Result
– ↑ CVD rates (stroke)
  • Hypertension, obesity
– ↑ Diabetes
– ↑ Sleep Apnea (45-70%)
– ↑ Musculoskeletal injuries
  • Falls (25%)
– Psychological issues
  • Stress
– ↑ Accidents
– ↑ Worker’s compensation claims
– ↑ Health Care Costs
Interventions

• Few interventions have shown effects on risk factors
  – Self-report
  – Large sized companies
  – On workers compensation claims/health care costs
Canadian Context

• Most studies conducted in the US
  – Few in Ontario on health and wellness
  – Little information on bus drivers

  Need information on CMV drivers (short versus long-haul versus bus drivers)
H&W of CMV Drivers
(Project #2)

January - March, 2015

- Based on recommendations of 1st report
- Establish a research advisory committee
- Establish a stakeholder advisory committee
- Conduct an environmental scan to identify:
  - Existing resources and databases
  - Existing H&W programs & services in Canada
- Develop a proposal for a national study
Phase 1: Stakeholder Advisory Consultation

Phase 2: Environmental Scan: H&W programs, Surveys, etc.

Phase 3: Proposal for National Study

Research Advisory Consultation

Key Informants

Figure 1. Project flow diagram
Discussion with stakeholders

- Owner-Operator’s Business of Canada
- Trucking Human Services Canada
- Ontario and Canada Motorcoach
- Motor Carrier Passenger Council
- Alberta Motor Transport Association
- Trucking Safety Council of BC
- Private Motor Truck Council
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- Infrastructure Health and Safety
Questions Asked

• Is there a shortage of truck drivers?
• Is there a shortage in the bus & transit sectors?
• How do you define a truck driver?
• Are you aware of other initiatives aimed at truck and bus drivers?
• Are challenges different between the US and Canada?
• Are issues different for bus vs. truck drivers?
What we learned from stakeholders

Health issues in drivers
  o Differ across the sectors (stress in transit and bus, chronic disease risks and sleep/fatigue in truck)
  o High priority to study long haul truck and bus drivers

Driver Retention
  o Major issue in all sectors
  o Working conditions and low pay
  o Long-haul has major issues (long hours, away from home, etc...)
What we have heard from stakeholders

Canadian drivers have some unique challenges

- Highways (more two-lane, divided)
- Rest stops & re-fuelling stops
- Geography and weather
What we have heard from stakeholders

- Need to improve awareness of H&W
- Need to have solutions that have ROI
- Address driver retention issues
  - Attracting new drivers (including women) & retaining experienced older drivers re: shortage
- Ask drivers themselves about issues
Environmental Scan

• 58 organizations (45% in Ontario)
  – 38% truck
  – 21% bus/motorcoach
  – 41% academic, gov’t, unions or industry

• 16 H&W programs; 60% towards truck drivers
Discussion

• Highly vulnerable group
• Must develop strategies to retain and recruit drivers
• Must address health and wellness issues in CMV drivers (truck and bus)
Questions or Comments?
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