

# “Fit for the road” Log truck driver health and wellbeing

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0886 LOGTRUCK TRUCK MC 84  
MCCARTHY TRANSPORT

0886 LOGTRUCK MC 67  
MCCARTHY TRANSPORT

MCCARTHY TRANSPORT





CHH 4831

Williams & Wishler

ROTORUA

KENWORTH

L. KENWORTH



**Work** (including prep and commuting)  
(14 hours)

**Sleep**  
(7-8 hours?)

**Life:** exercise,  
eating recreation,  
chores, family,  
community  
(2-3 hours!!!?)

Log Transport Safety Council



Log Transport Safety Council

# The health and fitness of log truck drivers

An evaluation of the industry and recommendations for action



Hamish Mackie, TERNZ ltd  
22/02/2008

What are the health and fitness problems facing log truck drivers?

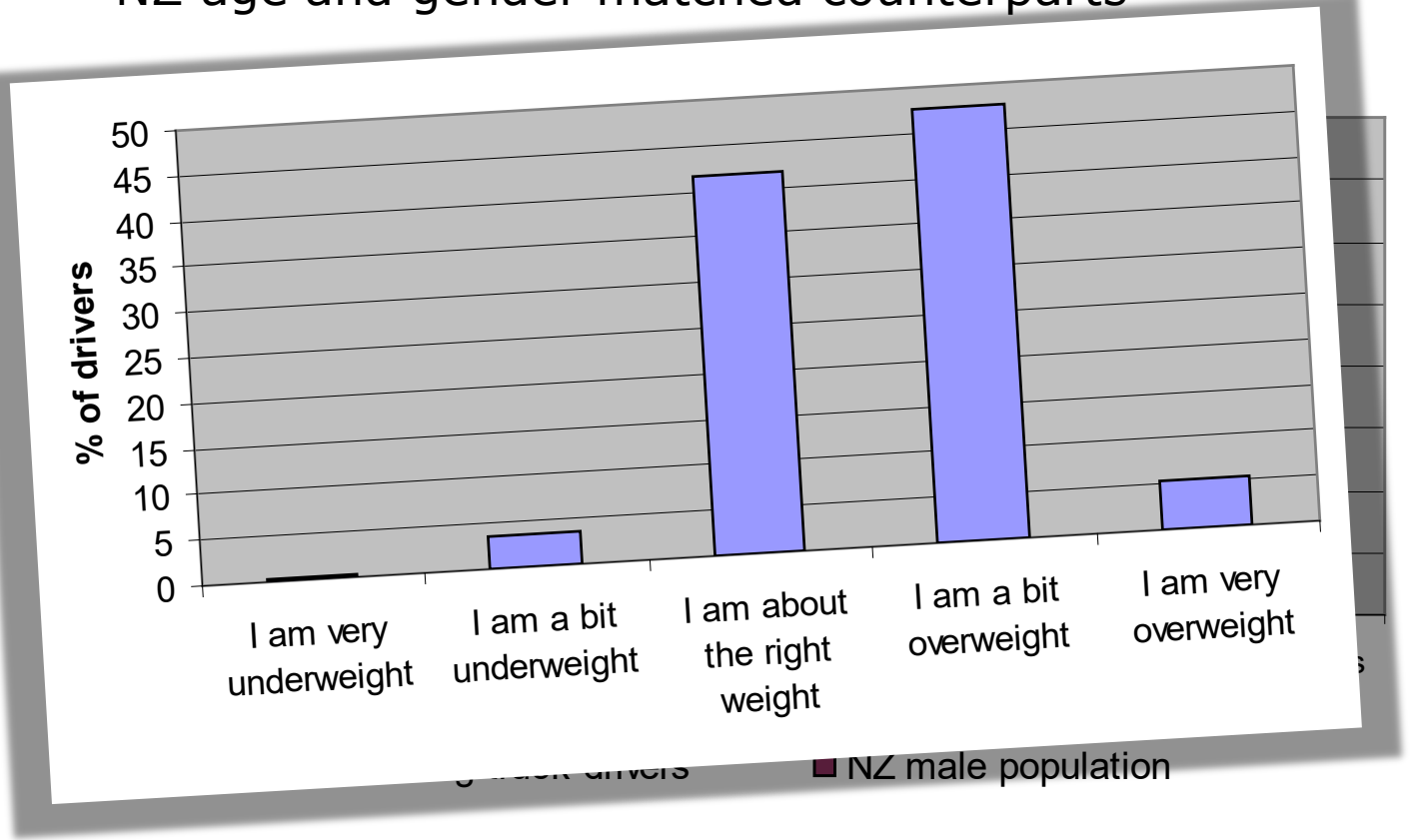
How significant are these problems?

What can we do about it?

# Obesity



More Log truck drivers are obese compared with their NZ age and gender matched counterparts





# Obesity



Why are more log truck drivers obese?

Relatively sedentary occupation

Limited opportunity

“Out of all the jobs this would be the hardest to maintain a fitness level. You don't jump out of your truck and go run six kilometres after a 14 hour day, you crawl home, have tea, say goodnight and off you go to bed” Waikato times 21/04/07



# Recommendations



- **Obesity, hearing, driver work/life balance** and **workplace injuries** are key areas that need to be tackled

Unrealistic that driver can tackle these alone

Multi-level interventions needed?:

- **driver centred:** behaviour change
- **operator centred:** working conditions, opportunities for exercise etc.
- **industry centred:** Industry systems, multi-industry agreements
- **Government centred:** Policy, regulations, incentives





# the GUTS of fit for the road

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12 month programme starting in October 2008.

The goal was to improve log truck driver's Nutrition, Exercise and Work/life Balance.

Participants volunteered from the log transport industry located throughout NZ.

# Bush Wireless Communication



www.logtruck.co.nz

The screenshot shows the homepage of the Log Truck website. At the top, there is a navigation bar with the following items: "LOG TRANSPORT SAFETY COUNCIL" (with a logo), "Home" (highlighted in yellow), "News", "Safety", "NZ Forestry", "Transport", "Gallery", and "Contact". To the right of the navigation bar, the text "Safety by Design" is visible. Below the navigation bar, there is a "Main Menu" section with a list of links: "Home", "News", "Safety", "NZ Forestry", "Transport", "Gallery", and "Contact". To the right of the "Main Menu" is a large image of a blue log truck driving on a road. Below the "Main Menu" is a "Resources" section with a list of links: "Forum" and "Links". Below the "Resources" section is a "Home" section with the text "Welcome to Log Truck".

0800FFTR

Monthly information packs



# Challenges.....



Health Checks Food Diaries





**Success Stories.....**





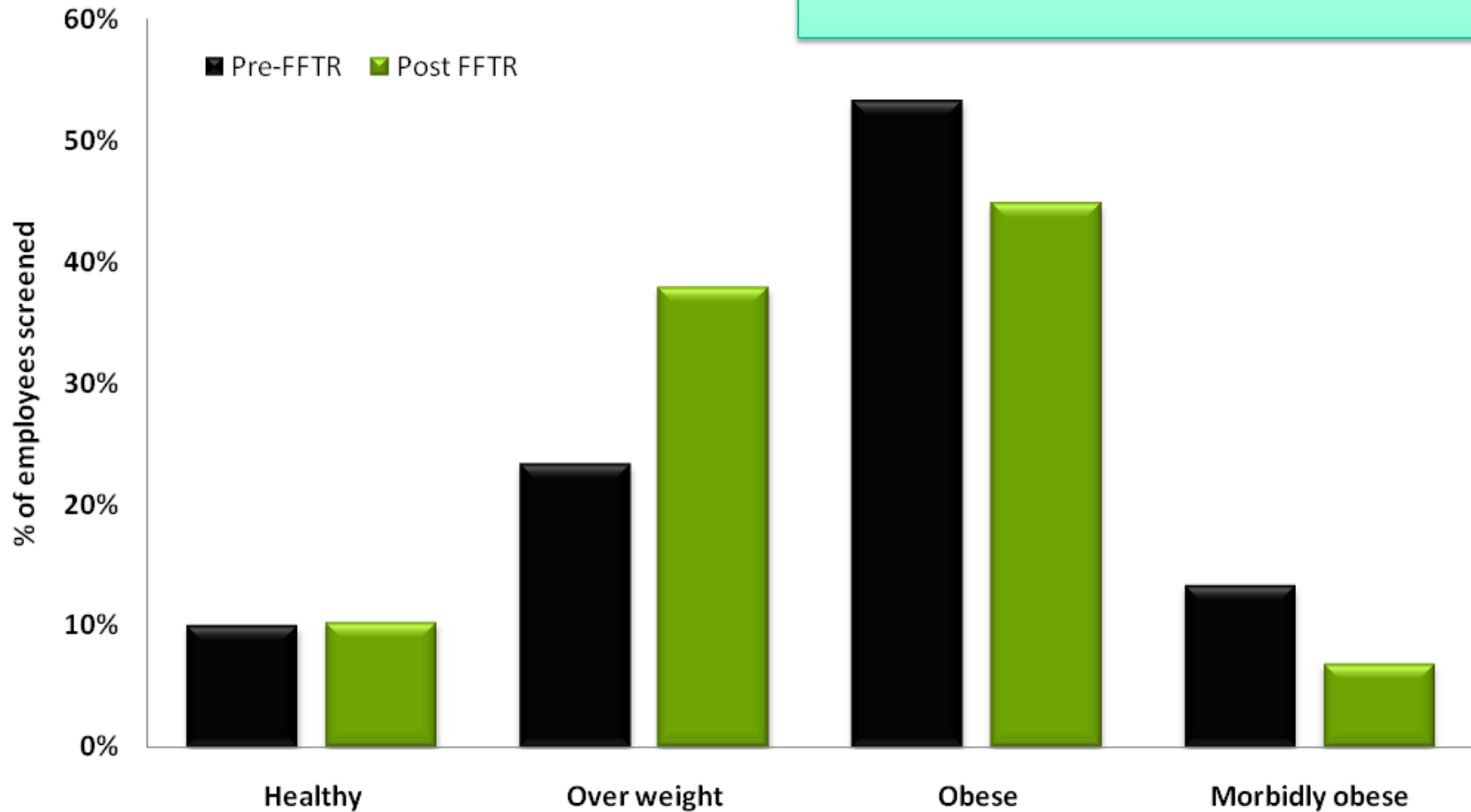




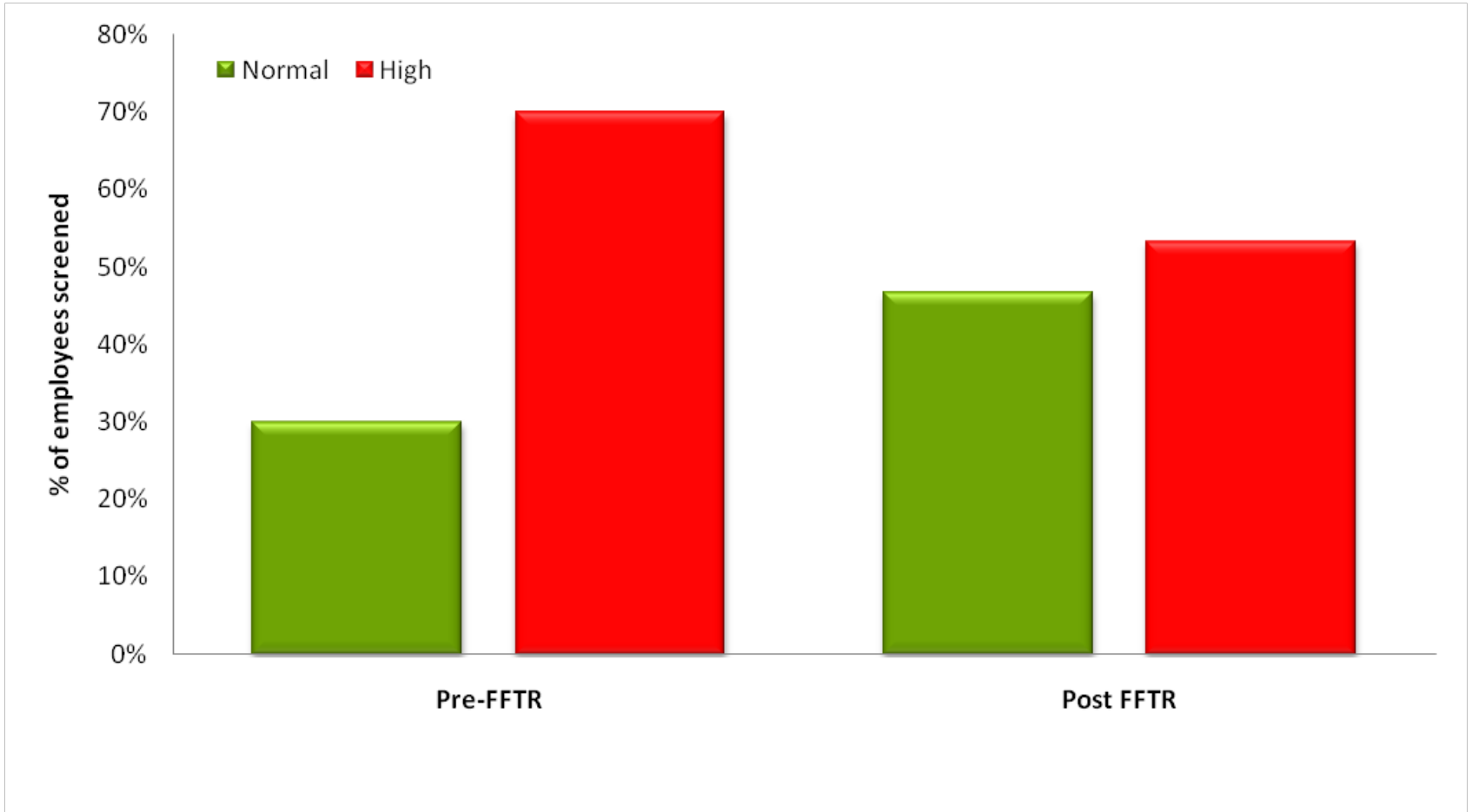
Programme  
effectiveness

# BMI (Weight)

- Over 90kg weight lost
- 2 participants lost > 16kg each

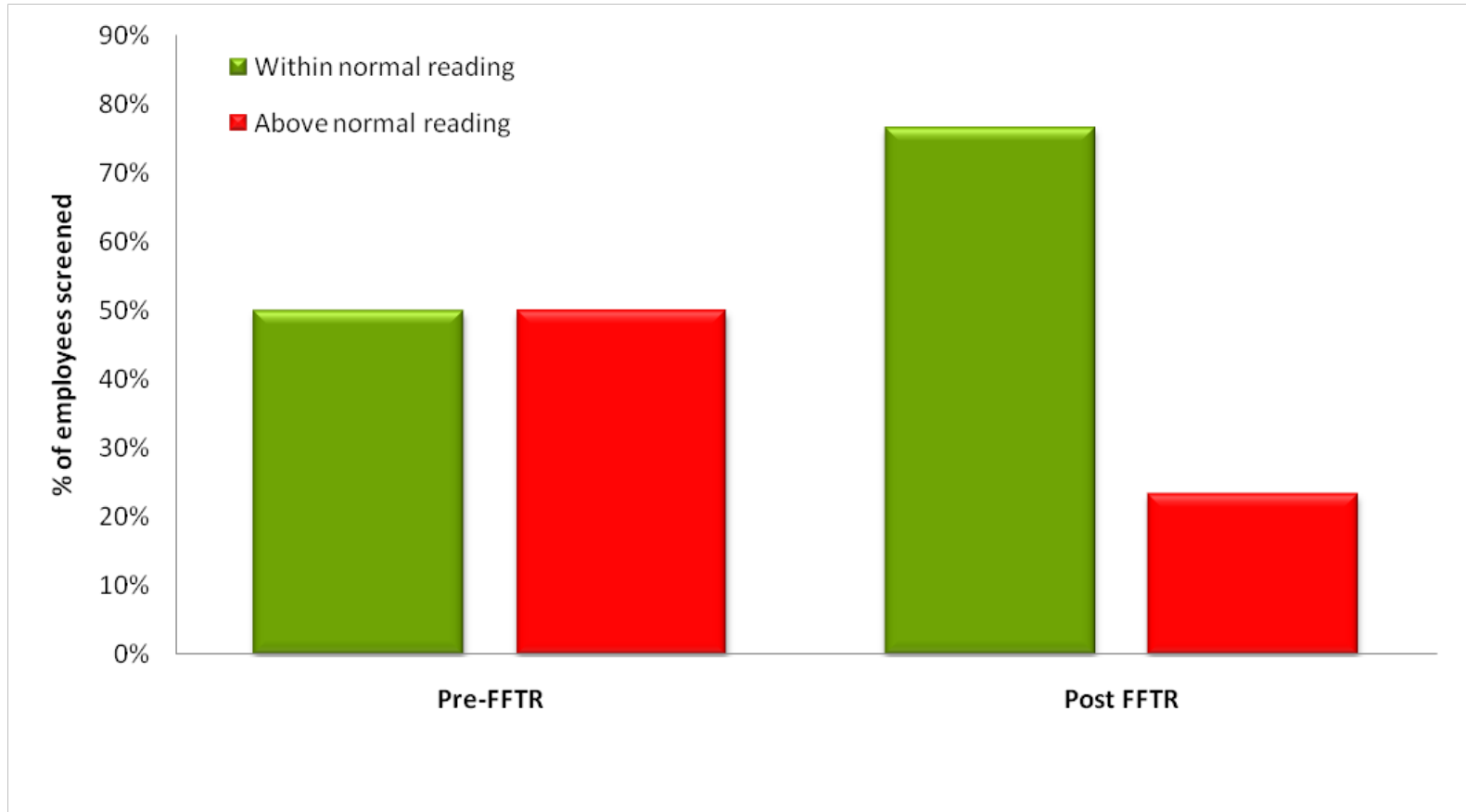


# Total blood Cholesterol





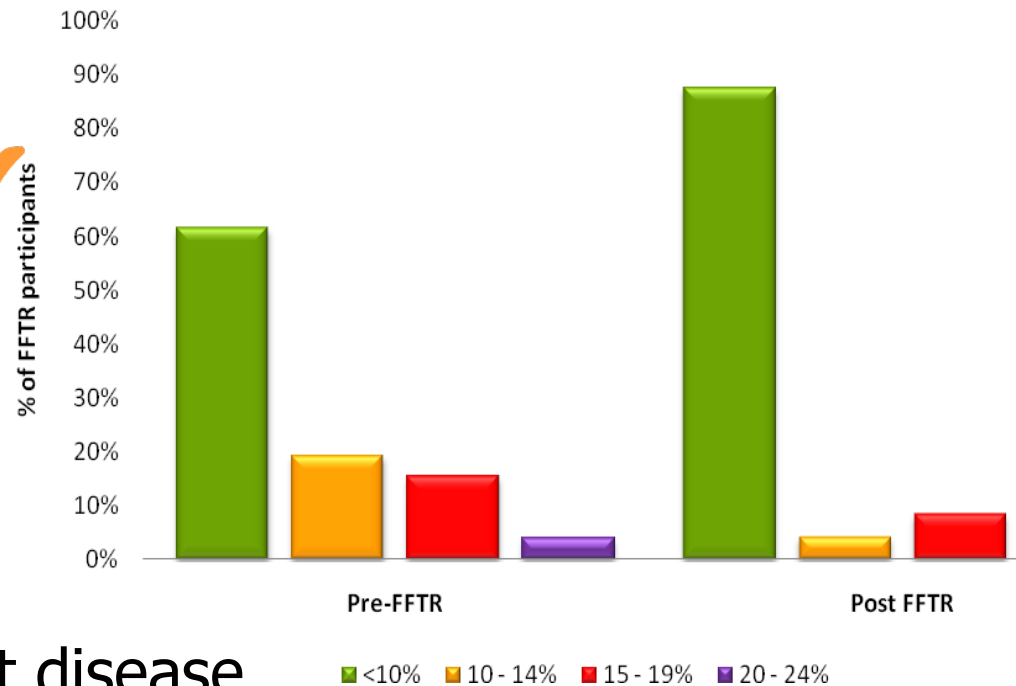
# Blood Pressure



# Cardiovascular Risk

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- Smoking
- Overweight/obesity ✓
- High cholesterol ✓
- Hypertension ✓
- Stress ✓
- Physical activity
- Family history of heart disease
- Personal history of heart disease



# Participation and Health Changes

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- Low = less than 40% participation in FFTR programme
- Mod = between 40% and 60% participation
- High = greater than 60% participation

## ***Participants classified as 'low participators' did not:***

- Lose as much weight as those classified as either moderate or high participators
- Reduce their total cholesterol as much as those classified as either moderate or high participators
- Reduce their CV risk as much as moderate or high participators



# Nutrition

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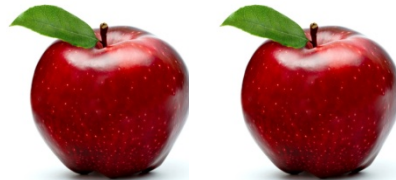
Poor



**Pre:**  
33%

**Post:**  
17%

Moderate



33%

17%

Good



33%

67%



What's next?



# What's next?



- Second FFTR programme
  - Leaner
  - more focussed
  - Series of regional initiatives
  - Working more closely with management

# What's next?



- Driver sleep project
  - Weekday and weekend sleep habits
  - Tired on Monday?
  - Sleep diary plus 'actigraph watch'





Thank you

