

## Fatigue in Association with Road Crashes Among Healthcare Workers in Malaysia

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**Abstract :** Fatigue is a common health problem among healthcare workers, ranging from ambulance drivers to specialist doctors. In Malaysia, majority of healthcare workers prefer to commute to work by their own vehicle compared to public transport. Thus, exposed to risk on the road while commuting to work. The aim of the study is to find out the effects of fatigue on road crashes among healthcare workers while they commute to work. The research conducted using the semi-quantitative approach based on self-reported questionnaires. In total, five hundred and fifty-one healthcare workers from selected five hospitals were involved in this study. Results showed significant differences between crash involvement, travelling distance and time to and from work among healthcare workers. Most of the participants (37%) reported that causes of road crashes were due to fatigue, sleepiness and microsleep while driving to and back from work. In addition, there were significant differences between fatigue and road crashes and near misses. This research suggests that the hospitals' management may need to review their staffs' job scopes and workloads to overcome the fatigue problems and, consider their feedback when designing work schedules and investigate staff commuting distance from home to workplace and vice-versa.

**Keywords :** fatigue, healthcare, road crashes, near misses, Malaysia

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