

Comparative Study of Fatigue and Drowsiness in the Night-Time Passenger Transportation Industry in Japan

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Abstract : In this research, a questionnaire survey was conducted to measure nap, drowsiness and fatigue of drivers who work long shifts, to discuss about the work environment and health conditions for taxi and bus drivers who work at night time. The questionnaire sheet used for this research was organized into the following categories: tension/tiredness, drowsiness while driving, and the nap situation during night-time work. The number of taxi drivers was 127 and the number of bus drivers was 40. Concerning the results of a comparison of nap hours of taxi and bus drivers, the taxi drivers' nap hours are overwhelmingly shorter, and also the frequency of drivers who feel drowsiness is higher. The burden on bus drivers does not change because of the system of a two-driver rotation shift. In particular, the working environment of the taxi driver may lead to greater fatigue accumulation than the bus driver's environment.

Keywords : bus and taxi, drowsiness, fatigue, nap

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