

Managing Truck Drivers' Fatigue: A Critical Review of the Literature and Recommended Remedies

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Abstract : In recent years, much attention has been given to truck drivers' fatigue management. Long working hours negatively influence truck drivers' physiology, health, and safety. However, there is little empirical research in the heavy vehicle transport sector in Australia to identify the influence of working hours' management on drivers' fatigue and consequently, on the risk of crashes and injuries. There is no national legislation regulating the number of hours or kilometres travelled by truck drivers. Consequently, it is almost impossible to define a standard number of hours or kilometres for truck drivers in a safety management system. This paper reviews the existing studies concerning safe system interventions such as tachographs in relation to fatigue caused by long working hours. This paper also reviews the literature to identify the influence of frequency of rest breaks on the reduction of work-related road transport accidents involving trucks. A framework is presented to manage truck drivers' fatigue, which may result in the reduction of injuries and fatalities involving heavy vehicles.

Keywords : fatigue, time management, trucks, traffic safety

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