

ASECAP – ROAD SAFETY WEBINAR

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Study on the health and driving behaviours of lorry drivers

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Study on the health and driving behaviours of lorry drivers

- A study conducted by an interdisciplinary team of researchers
 - Patricia Delhomme, Université Gustave Eiffel
Pr Loïc Josseran, Hôpital de Garches - Université
Versailles Saint-Quentin-en-Yvelines
- A field study
 - 515 drivers of 17 different nationalities, of whom 50%
were French
- An awareness-raising campaign in partnership with
the Carcept Prev Foundation - 1/06
 - At three rest areas in the VINCI Autoroutes network
 - Prevention messages from the study
 - Various workshops with sleep specialists,
nutritionists, relaxation therapists, sports
therapists



Study on the health and driving behaviours of lorry drivers

■ Main lessons

- Lorry drivers have plenty of experience
- A real risk of accident due to lack of attention and sleep
 - 1 in 2 has ever ridden on rumble strips through distraction, drowsiness, or wanting to be guided
- Awareness of the risk for road crews on motorways
 - 1st risk factor identified : when there is another lorry passing them while they are trying to change lanes to avoid a crew vehicle on the side of the road
- Professionals who know they could do more to be healthy...
 - 73% of them therefore carry extra weight
 - Less than one third of lorry drivers say they make sure to exercise
 - Above average tobacco consumption

Accident risks and behaviours

LORRY DRIVERS

Among those drivers who **nearly had an accident** in the last year

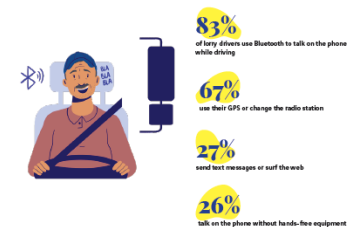


Source: Lorry driver health and behavioural study, Université Gustave Eiffel and Université de Versailles Saint-Quentin-en-Yvelines, Raymond Poincaré de Garches public hospital

Inattention behind the wheel

LORRY DRIVERS

Drivers that are **very connected to distractors** while driving



Source: Lorry driver health and behavioural study, Université Gustave Eiffel and Université de Versailles Saint-Quentin-en-Yvelines, Raymond Poincaré de Garches public hospital - 2021

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