

Resilience on the Road

Supporting Lone Workers in the Transport Industry

Caroline Hartley, Public Health Practitioner, NHS Grampian

Background & Challenges

As the 5th largest employment sector in the UK and with up to 98% of all goods transported by road, it is essential that workers in this industry are not only well, but are equipped with the skills and knowledge that will allow them to make informed choices when it comes to their health and wellbeing. And yet, drivers face significant challenges due to the nature of their work. These include the physical aspects of the job such as loading and unloading (often in adverse weather conditions) and handling dangerous substances. Time constraints and lack of control over schedules, the solitary nature of the job and periods away from home can take their toll on family life.

“Big, slow and in the way...”



Aim

Driver health is vital when it comes to worker wellbeing and to providing the population with access to everything from fresh food to other essential goods. The aim of this project was to develop a tailored approach to improve the health and wellbeing of drivers.

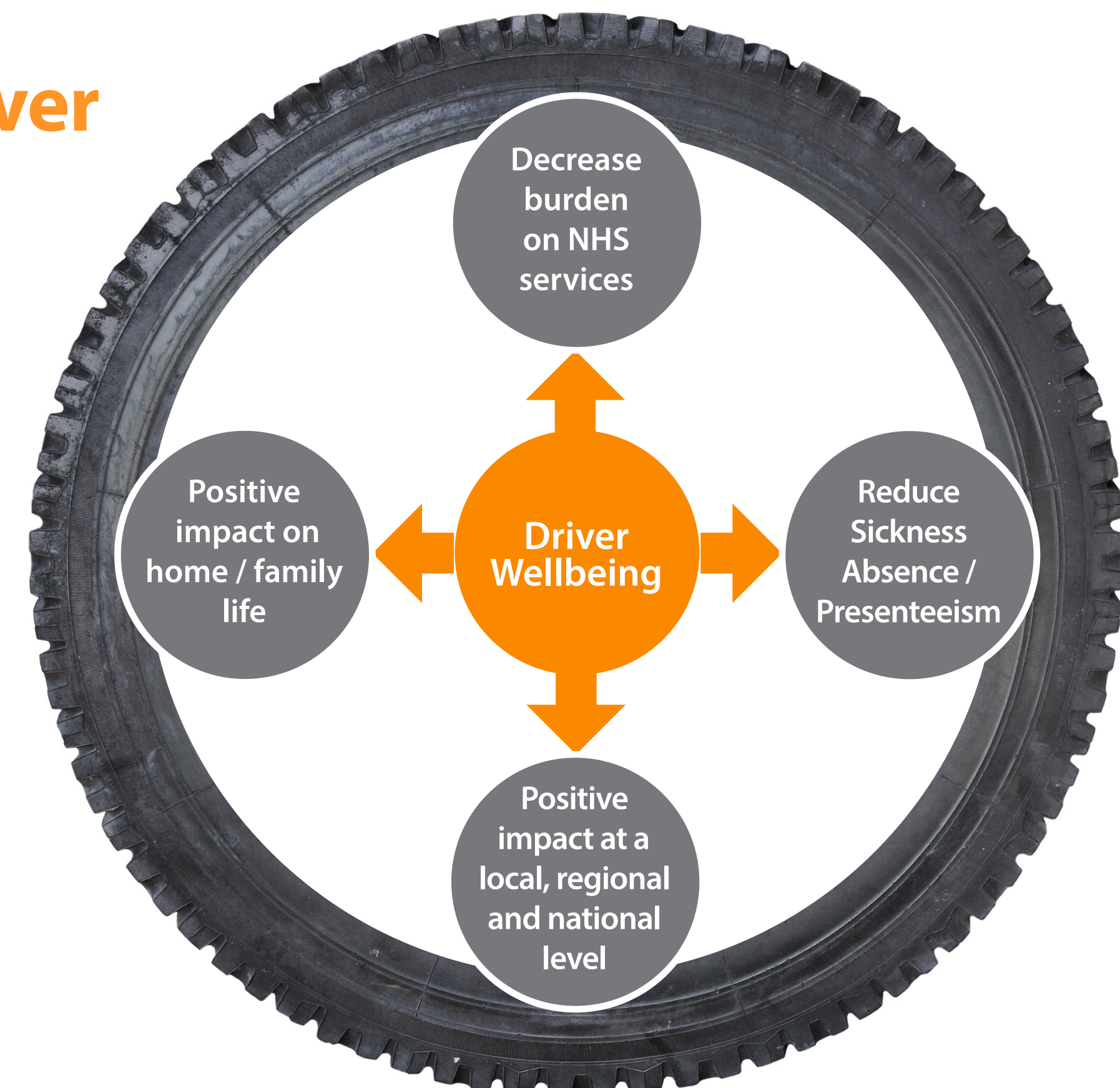


Ian Cummings one the local drivers with Dyce Carriers Ltd

Methodology

We approached a local transport company who agreed to collaborative working to improve the health and wellbeing of their workforce. It was agreed that focus groups would be the most effective way of engaging with the drivers and so three focus groups were set up; themes from which reflected existing data from across the UK and the EU. We created an Action Plan for the organisation which included piloting a mental health and resilience workshop. In order to promote the work to a wider audience we contacted the Road Haulage Association (RHA) who were keen to become involved.

Benefits of Driver Health & Wellbeing



Outcomes

We were invited to pilot our mental health and resilience workshop as part of driver Certificate of Professional Compliance (CPC) training in collaboration with the RHA.

Delivered two workshops in November 2018.

There has been interest from other NHS boards in Scotland who are looking to develop similar ways of working with this industry and have been in talks with the RHA.

Our local company are still working on their Action Plan and have implemented interventions at their local base and in other bases across Scotland.

References

European Agency for Safety and Health at Work (2007)
www.rha.uk.net

“One third of self-reported sickness in land transport is due to stress, anxiety and depression.”

