

ARE YOU TRUCKING ALONG OKAY?

There are more than **26,000** truck drivers in New Zealand

MANY FACTORS UNIQUE TO THE TRANSPORTATION INDUSTRY CAN IMPACT A DRIVER'S MENTAL HEALTH:

- Isolated in a truck cab
- Away from family and friends
- Pressure to deliver on time
- Challenging traffic conditions
- Shift work outside of normal circadian rhythm
- Inadequate restful sleep
- Poor access to healthy meal options
- Lack of physical activity

Only 10% of truck drivers seek treatment for mental health

According to a 2019 Australian survey.

Symptoms of impaired mental health include difficulties with attention, fatigue, concentration, motivation, decision-making, visuo-motor control and psychomotor reaction times.

Fatigue was a contributing factor for 5% of truck drivers involved in fatal crashes

2014-2016 in New Zealand.

Diverted attention was a contributing factor for 4 of truck drivers involved in fatal and serious injury crashes

2014-2016 in New Zealand

3% percent of all truck drivers involved in fatal crashes were affected by drugs/ alcohol

2016-2018 in New Zealand

If you or your colleague are running out of fuel, visit mentalhealth.org.nz to get support. Free call or text 1737 any time to speak with a trained counsellor.