



Driver fatigue



UNECE

Road Traffic

Safety



Union Internationale des Chauffeurs Routiers

History of UICR

- Founded in 1957 by Spanish, French and Algerian Drivers
- Focus on helping one another along the road



Union Internationale des Chauffeurs Routiers

UICR today

- coordinate and represent the interests of professional drivers
- improving driver safety
- improving traffic safety
- work-related education



Union Internationale des Chauffeurs Routiers

UICR organisation

- Registered in Liechtenstein (EEA)
- Head office in Switzerland



Union Internationale des Chauffeurs Routiers

UICR events

- World Championship
- Road transport company of the year
- Hero of the road

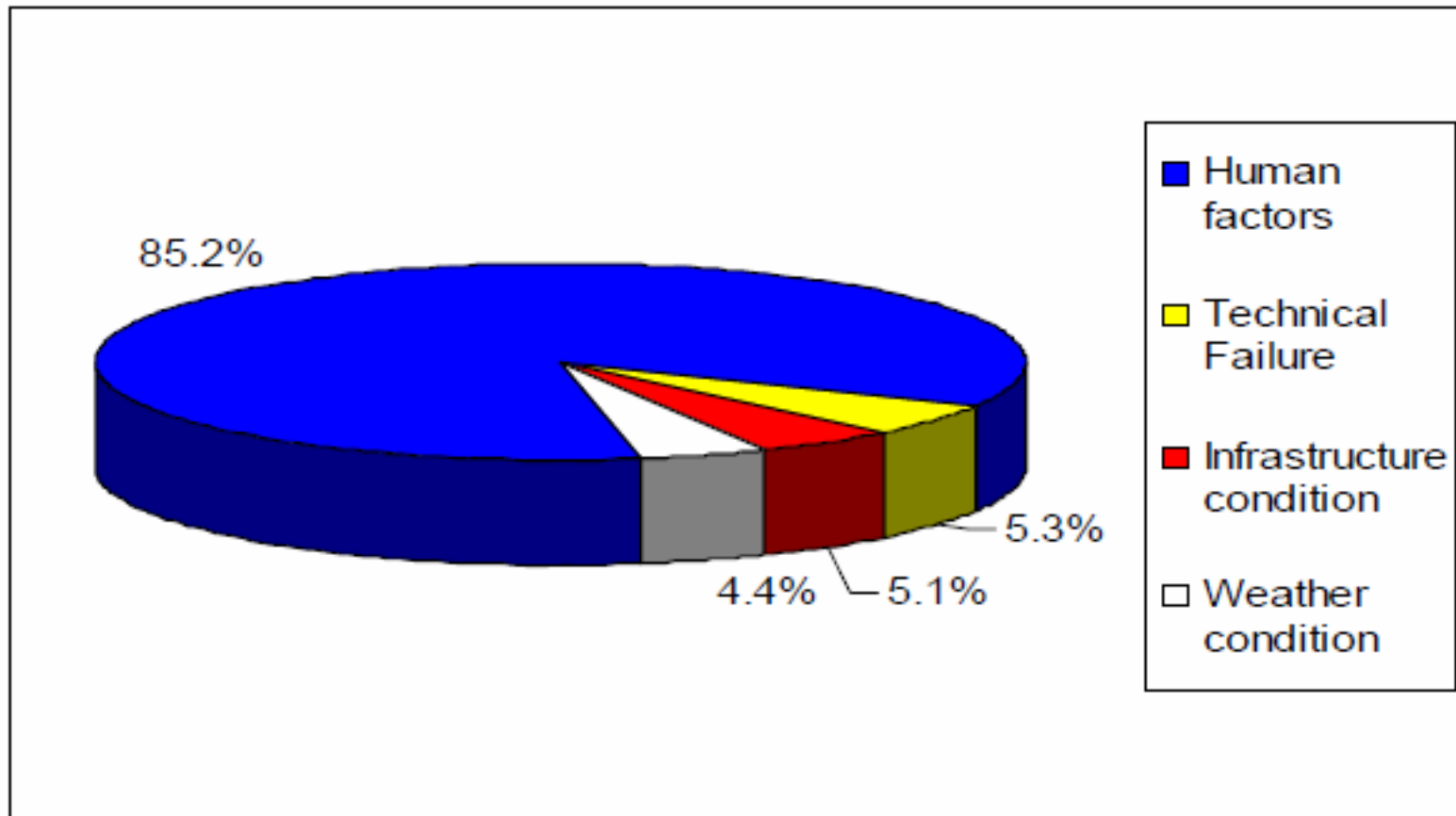


Union Internationale des Chauffeurs Routiers

Driver fatigue – a real problem



ETAC study 2007 by IRU



Graph: Main cause for all road users



Reality

- Late action
- Inattention
- Insufficient distance
- Non adapted speed

Fatigue?

Reasons for fatigue

- Shortage of drivers
- Working poor
- Tacho manipulations
- Fear
- Health
- Just in time production
- Lifestyle



and many more.....



Shortage of Drivers

- A global problem
- Therefore drivers have to work longer hours
- Balance between education cost and earning potential
- Pay level doesn't attract young professionals
- Working hours don't attract young professionals
- Professional drivers leave as soon as a better opportunity comes up



Working poor

- A lot of drivers take on a second job
- People with a job take on a driving job on the side



Tachograph manipulations

- Not a sport, it is forced on drivers by third party
- High percentage of drivers are in debt
- Drivers fear to lose their job
- Drivers don't have the knowledge and courage to defend themselves



Fear

- Protection of load
- Protection of Life
- Fear of loosing the license
- Fear of loosing the job



Health - Eating habits

- Oversized, high calorie portions
- Life along the highway is more expensive
- Daily allowance don't allow fresh and healthy foods
- Drivers don't have the knowledge of how to eat to stay awake
- Drivers use stimulant drugs



Health - Fitness

- Driver sits for hours
- Long and irregular working hours don't give much time for fitness training
- Driver spends his rest time in a chair again



Health - general

- An above average percentage of drivers are smokers
- Self medication
- Keep on driving, when driving isn't safe anymore



Just in time production

- Just in time production for higher return on investment
- Enormous stress factor for the driver
- Stress leads to fatigue



Lifestyle

- Each person develops their own lifestyle
- Professionals with little education and low salaries tend to develop a lifestyle not beneficial to health
- Family stress



UICR requirement

- Not to lower CPC and periodic training directive EC/59/2003
- Include stress and health factors in professional training
- Include the employer in the responsibility of keeping working and rest time regulations
- Enforcement of working hours
- Mandatory safety technology
- Prevention programs



Union Internationale des Chauffeurs Routiers

Thank you



Ralph Meyer

UICR

www.uicr.org