

Long-haul truck drivers in Ontario: A qualitative study of their experiences with Trucking, Health and Safety

Jennifer Johnson, MD, CCFP, M.Cl.Sc.(Family Medicine) Candidate
Evelyn Vingilis, PhD, C. Psych, Amanda Terry, PhD
Department of Family Medicine, Western University

1



2

Long Haul Truck Drivers in Canada

- most common occupation for men
- Long haul truck drivers are a vulnerable group
- compared to the general working population, they carry a disproportionate burden of risk for:
 1. injury
 2. chronic diseases like diabetes and heart disease
 3. death

3

Known health risks of Long Haul truck drivers



4

Themes-Preliminary Results

1. Health Problems are ignored and hidden from health care providers
2. LHTDs aware/worry about danger to self and others
3. Government Policies affect ability of LHTDs to manage their fatigue
4. Feel Unappreciated/Disrespected
5. Disruption in code of conduct/Truck Drivers more isolated

"People tailgating, people not letting you in, and I've found that, I've found it more frustrating because the people that are supposed to help you are the other truck drivers and they're not anymore. Umm it seems like everybody is for themselves now, and that's not just car drivers, it's truck drivers, it's everybody. It's just not the same as it was."

5



Thank you

Questions?

6