



OVERVIEW

Managing the effects of fatigue in the long distance trucking industry

There are over 36,600 truck drivers in NSW, and an important part in ensuring they come home safely is providing everyone involved in the long distance trucking industry with the right information.

Workplace injuries in the road freight transport injuries have risen from 4.3 injuries per 1000 employees in February 2008 to 5.5 in November 2009, resulting in more than 3,800 claims being made by workers at a cost of approximately \$72.3 million.

The WorkCover NSW *Long Distance Truck Driver Fatigue Kit* has been developed to provide guidance on managing the risks of fatigue of truck drivers involved in the transport of freight over long distance.

Fatigue indicators include:

- feelings of sleepiness
- extended sleep during days off
- a greater tendency to fall asleep while at work
- more frequent naps during leisure hours
- not feeling refreshed after sleep
- repeatedly drifting in and out of traffic lanes
- increased errors and loss of concentration at work
- missing gear changes and turn offs.

Where fatigue may affect a driver's ability to work safely it must be identified, assessed and eliminated or controlled like other hazards in the workplace. Employers, employees and those involved in the supply chain have a role to ensure risks associated with fatigue are eliminated or appropriately controlled.

This information kit provides practical advice on how to avoid drivers becoming fatigued, managing the effects of fatigue, as well as advice on how to develop a Driver Fatigue Management Plan (DFMP).

The Long Distance Truck Driver Fatigue Kit will help employers, drivers, head carriers and consignors/consignees to meet their basic responsibilities under the *Occupational Health and Safety Amendment (Long Distance Truck Driver Fatigue) Regulation 2005* (the Regulation).

KEY TERMS

Activities of a person include anything done or omitted to be done by the person, anything done or omitted to be done under the terms of a contract to which the person is a party, anything done or omitted to be done by the person's employee or agent in the course of his or her employment or agency and anything done or omitted to be done in accordance with a work practice over which the person has control.

Carrier means a person who in the course of the person's business (including a business carried on under a franchise or other arrangement) transports freight for another person by means of a motor vehicle.

Combination means a group of vehicles consisting of a motor vehicle connected to one or more vehicles.

Consignee means a person to whom a consignment of freight is to be delivered, being a person who carries on business of which a substantial part is prescribed business.

Consignor means a person from whom a consignment of freight is to be delivered, being a person who carries on business of which a substantial part is prescribed business.

Contract includes a series of contracts.

Driver fatigue management plan means a plan that sets out how the person required to prepare the plan will meet its obligations under the *Occupational Health and Safety Act 2000* and the *Occupational Health and Safety Regulation 2001* in relation to any risk associated with the fatigue of drivers that transport freight long distance.

Freight includes goods, materials, livestock or any other things, but does not include persons.

GVM has the same meaning as in the *Road Transport (Vehicle Registration) Act 1997*.

Head carrier means a carrier other than a self-employed carrier.

Heavy truck means:

- a. a motor vehicle with a GVM over 4.5 tonnes, or
- b. a motor vehicle forming part of a combination if the total of the GVMs of the vehicles in the combination is over 4.5 tonnes.

Motor vehicle means a vehicle that is built to be propelled by a motor that forms part of the vehicle.

Prescribed business means business that falls within one or more of the following Divisions recognised in the *Australian and New Zealand Standard Industrial Classification (ANZSIC), 1993 edition* (Australian Bureau of Statistics publication, Catalogue No WC01292.0):

- a. Agriculture, Forestry and Fishing (Division A),
- b. Mining (Division B),
- c. Manufacturing (Division C),
- d. Construction (Division E),
- e. Wholesale Trade (Division F),
- f. Retail Trade (Division G),
- g. Accommodation, Cafes and Restaurants (Division H),
- h. Transport and Storage (Division I),
- i. Communication Services (Division J),
- j. Property and Business Services (Division L),
- k. Cultural and Recreational Services (Division P).

Self-employed carrier means:

- a. a partnership that carries on business as a carrier, being a business in which any heavy truck used for the transport of freight is driven only by a partner of the business, or
- b. a body corporate that carries on business as a carrier, being a business in which any heavy truck used for the transport of freight is driven only by:
 - i. a director of the body corporate or a member of the family of a director of the body corporate, or
 - ii. a person who, together with the members of his or her family, has a controlling interest in the body corporate, or
 - iii. a member of the family of a person who, together with the members of his or her family, has a controlling interest in the body corporate, or
- c. an individual who carries on business as a carrier, being a business in which any heavy truck used for the transport of freight is driven only by the individual.

Transport freight long distance means transport freight by means of a heavy truck (whether by means of a single journey or a series of journeys) more than 500 kilometres, including any part of the journey or journeys where no freight is transported because the heavy truck is being driven to collect freight or to return to base after transporting freight.

Disclaimer

This publication may contain occupational health and safety and workers compensation information. It may include some of your obligations under the various legislations that WorkCover NSW administers. To ensure you comply with your legal obligations you must refer to the appropriate legislation.

Information on the latest laws can be checked by visiting the NSW legislation website (www.legislation.nsw.gov.au).

This publication does not represent a comprehensive statement of the law as it applies to particular problems or to individuals or as a substitute for legal advice. You should seek independent legal advice if you need assistance on the application of the law to your situation.

©WorkCover NSW



Catalogue No. WC02784 WorkCover Publications Hotline 1300 799 003

WorkCover NSW 92–100 Donnison Street Gosford NSW 2250

Locked Bag 2906 Lisarow NSW 2252 WorkCover Assistance Service 13 10 50

Website www.workcover.nsw.gov.au

ISBN 978 1 74218 615 3 ©Copyright WorkCover NSW 0510