

Registration and Pre-Health Check



Today

- Introductions
- Programme Outline
- Fatigue presentation
- Nutrition module
- Goal Setting
- Teams



History of LTSC & FFTR

In 2008...the LTSC commissioned TERNZ to evaluate the health and fitness of log-truck drivers.

- Are an older and aging demographic
- Suffer from poor health, obesity, work/life balance issues and family problems
- Get less sleep than is optimal, leading to tiredness and sleepiness while working
- Experience repetitive strain injuries

FFTR develop to improve the lives of log truck drivers



Background

- Health problems & leaving the industry
- Key areas identified
 - Obesity
 - Cardiovascular events
 - Workplace injuries
 - Work / life balance
- Fit for the Road focus is on lifestyle changes



Programme Outline

Pre Health Check



Nutrition



Module 1

Physical
Activity



Module 2

Sleep apnea pre-screen

Fatigue &
Work life
Balance



Module 3

Heart
Health



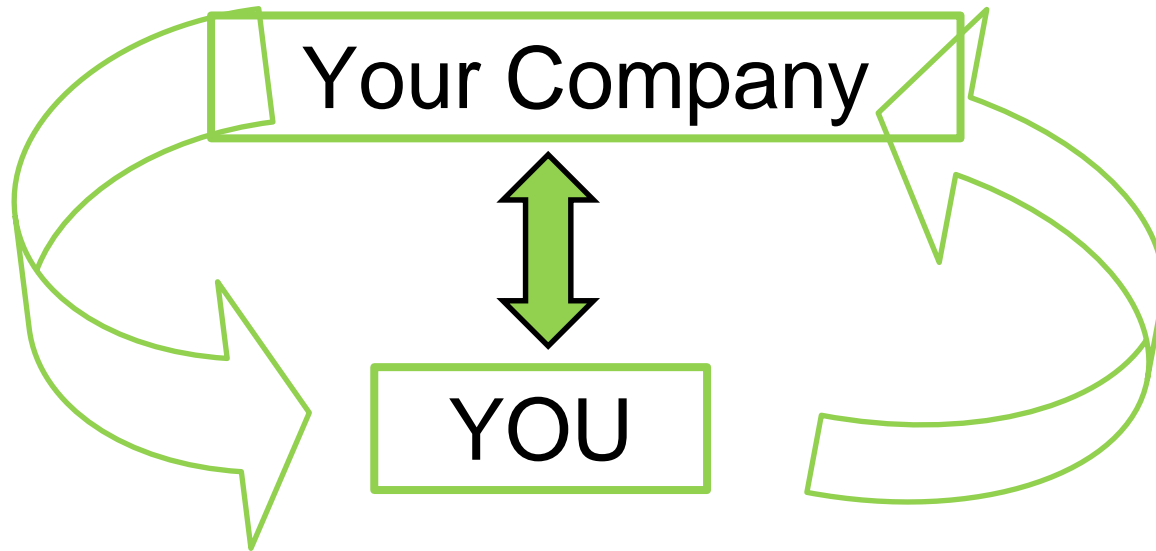
Module 4

Post Health Check & Final Celebration

Challenges



Communication & Support



Pre & Post Health Checks

- Why?
 - Track progress & set yourself goals
 - Screening for risk factors
 - To see if the programme makes a difference
- What needs to be done?
 - Height
 - Weight
 - Blood Pressure
- Lifestyle Questionnaire



Goal Setting

- Why set them?
- Examples
 - I want to mow the lawns this weekend
 - I want to walk / run 5km by a specific/achievable date
 - I want to get my 5 + a day 5 days a week
- SMART goal setting
 - **S**pecific **M**easurable **A**chievable **R**elevant **T**imebound



SLEEP APNEA

LTSC is committed to the Health and Wellbeing of its members and the drivers within the Log Transport Sector.

This commitment has touched on various areas of health and wellbeing through different programs it has run such as Fit for the Road.

An area of concern for all drivers, the general public and all industries for that matter is Sleep Apnea.

See Video - <http://logtruck.co.nz/resources/sleep-apnea/>

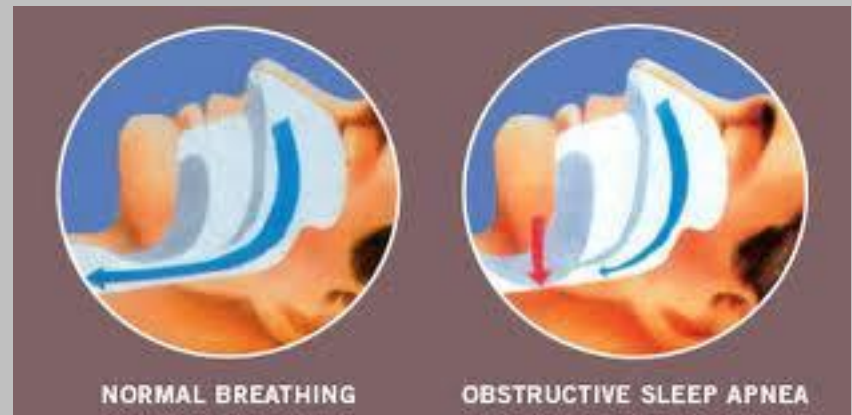


Fit for Duty

Managing Sleep Health

What is... Obstructive Sleep Apnea?

- Normally during sleep, the airway is kept open by the muscles that control the tongue and soft palate
- Relaxing of the muscles, the airway becomes completely blocked, preventing breathing



Why do we care?

4,500 people died or were injured on NZ roads as a result of fatigue

- 2002-2006, approximately \$1.6 billion
- 25% of commercial vehicles are involved in a collision each year
- Underlying sleep disorders need to be diagnosed by a sleep physician



Drivers with Sleep Apnea?

2 to 15 times more frequent motor vehicle accidents compared to unaffected drivers

- Transportation industry higher than normal rate of Obstructive Sleep Apnea (OSA)
- Increased incidence of these diabetes, cardiovascular disease and hypertension
- Threefold risk of occupational accidents



Get in touch

If you have any questions about feeling fatigued or possible sleep disorders, please do not hesitate to get in touch with us earlier.



Fit for Duty

Managing Sleep Health

Nutrition Module



Nutrition Module



First Challenge- Food Dairy

- It will show you what you eat
- Can show you improvements you need to make
- Keeps you on track to reach your goals
- Complete & return



Food Dairy Instructions

- Choose 3 consecutive day over the next two weeks
 - 1 day MUST be a weekend
- Write down everything you eat and drink including the amounts
- Complete and return to the office





Any Questions?



Before you leave

- ✓ Complete your health check
- ✓ Fill in your goal setting sheet (keep this for yourself)
- ✓ Hand in to US
 - Lifestyle questionnaire
 - Health assessment sheet
 - Check cell phone number is correct
- ✓ Get some food