Registration and Pre-Health Check

FIT for the ROAD

LOG TRANSPORT SAFETY COUNCIL
Today

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

Physical Activity

Fatigue & Work life Balance

Sleep apnea pre-screen

Module 1

Module 2

Module 3

Module 4

Post Health Check & Final Celebration
Challenges
Communication & Support

Your Company

YOU
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
  - **Specific** Measurable Achievable Relevant Timebound
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/
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.
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