



Pain and Aussie truck drivers

"...you've got your suspension in your seat and even though it's a soft blow, it's a constant blow... the seat takes the impact, but it still puts pressure on the body." Driver

Key Findings



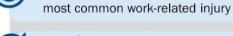
2 in 3 truck drivers reported pain



Chronic pain reported by **44%** of drivers (>3months)

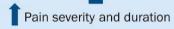


Musculoskeletal conditions





Chronic conditions





Injured truck drivers receive significantly more prescriptions for painkillers than other workers

Supporting Drivers

Move a little and often

Every time you stop, get out of the cab, stretch, and walk around the truck

Keep reporting truck issues

Report problems with seating and shocks – don't put up with it

Actively Seek Help

Contact a trained professional to help manage your pain more effectively

"I've just nipped into a doctor interstate. They just say, 'Have you been here before?' 'No' 'Okay, fill this form in' . There is no issue." Driver

For support speak with your GP/ health professional. Complete findings can be found on <u>drivinghealth.net</u>

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