



MONASH
University



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 most common work-related injury



↑ Chronic conditions
=
↑ Pain severity and duration



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 drivinghealth.net

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