

## عنوان مقاله:

Managing Heavy Vehicle Drivers' Fatigue: A Critical Review of the Literature and Safe System Interventions

## محل انتشار:

ژورنال مهندسی ژئوتکنیک و حمل و نقل، دوره 3، شماره 1 (سال: 1396)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

According to the Australian Work Health and Safety Strategy ۲۰۱۲-۲۰۲۲, the prevention of road transport accidents has been identified as a national priority, and efforts have been made by national regulators to prevent heavy vehicle-related workplace incidents and accidents. In recent years, much attention has been given to heavy vehicle drivers' fatigue management. Increasing evidence suggests that long working hours negatively influence heavy vehicle drivers' physiology, health, and safety. However, there is little empirical research in the heavy vehicle transport sector in Australia to identify the influence of working hours management on drivers' fatigue and consequently, on the risk of crashes and injuries. There is no national legislation regulating the number of hours or kilometres travelled by heavy vehicle drivers. Consequently, it is almost impossible to define a standard number of hours or kilometres for heavy vehicle drivers in a safety management system. This paper reviews the existing studies concerning safe system interventions such as tachographs in relation to fatigue caused by long working hours. This paper also reviews the literature to identify the influence of frequency of rest breaks on the reduction of work-related road transport accidents involving heavy vehicles. A framework from existing studies is presented to manage heavy vehicle drivers' fatigue, which may result in the reduction of injuries and fatalities involving heavy vehicles.

## کلمات کلیدی:

Heavy vehicle; Fatigue; Tachographs

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<https://civilica.com/doc/1840947>

