Keeping Australia’s truck drivers moving

Truck drivers have played a critical role during the pandemic to keep vital supplies moving across Australia. Two new reports from Monash University’s Driving Health Study highlight the large and disproportionate health crisis facing Australian truck drivers, who account for 1 in 33 Australian men.

Key findings within the reports:

Almost 1,400 drivers from across Australia took part in the survey.

- 1 in 5 drivers aged < 35 years report severe psychological distress.
- Compared to 1 in 9 Australian men the same age.
- Over half of drivers are categorised as obese, compared to the national average of 32.5%.
- More than 1/3 of drivers reported pain lasting >12 months.
- Long-haul drivers are more likely to be obese or experience pain for 12+ months.
- Compared to short-haul drivers who are more likely to have severe psychological distress.
- Over half of drivers reported their general health as good to excellent.
- Most drivers rated their work ability as good to excellent.

The most common medical conditions are:

- Back problems 34.5%
- High blood pressure 25.8%
- Mental health problems 19.4%

Drivers with 3+ health conditions = Increased odds of experiencing a crash.

Comcare is collaborating with Driving Health project partners to explore appropriate interventions to support the physical and mental health of drivers.

For more findings, view reports 6 and 7 on the Driving Health website.