09 BEHAVIOUR BASED SAFETY REDUCES RISK FOR NZ TRUCK DRIVERS

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Background Previous truck safety research has been conducted overseas, in environments unlike NZ. In hundreds of workplace applications, Behaviour Based Safety (BBS) has decreased hazardous behaviours; yet BBS is largely untested with lone workers (ie, truck drivers). Still, the US Transportation Research Board determined that BBS 'had potential' for use within the transport industry.

Aims/Objectives/Purpose Our BBS programme is an applied psychological strategy that was designed for, and with the assistance of, NZ truck drivers. Our aim was to create a behavioural 'shift' to help reduce truck crashes, road fatalities, and injuries to truck drivers and other road users.

Methods We used key BBS techniques—including employee input, safety checklists, and positive feedback. Five driver groups (n=75) provided a multiple baseline, time-series design. The drivers completed short, simple, safety self-reports periodically during their workweeks.

Results/Outcomes Driver responses and alert ratings revealed decreased at-risk behaviours and improved 'per safe' scores. We found ownership (buy-in) and completion of programme varied between driver subgroups. Further planned investigation includes relationships between alert ratings/driver behaviours; fatigue levels/shift drivers; and group/individual differences.

Significance/Contribution to the Field Almost everything is delivered by truck in NZ and so we need to reduce the risks inherent to driving. Our safety programme offers a low-cost, worker-friendly strategy that can help reduce truck crashes, injuries, and other associated harm; additionally, it can easily be adapted to suit other professions.