



## Session 6: The key to culture

# Tim Stewart

Consultant Occupational Physician  
Chairman, Razor



# Occupational Physician?

- A Doctor first and foremost
- Skilled at Going into the Workplace

# Changing Face of Work

- the industrial revolution transformed work
- innovation,
- increased productivity
- “horse was introduced to the cart” and Stevenson’s “Rocket began the railways”
- “labour less” but “operate machinery”
- Compare a building site in Vietnam with one in Australia

# Game Changers over last 100 years

- Construction
- Agriculture
- Secretarial/Personal Assistant
- Trucking

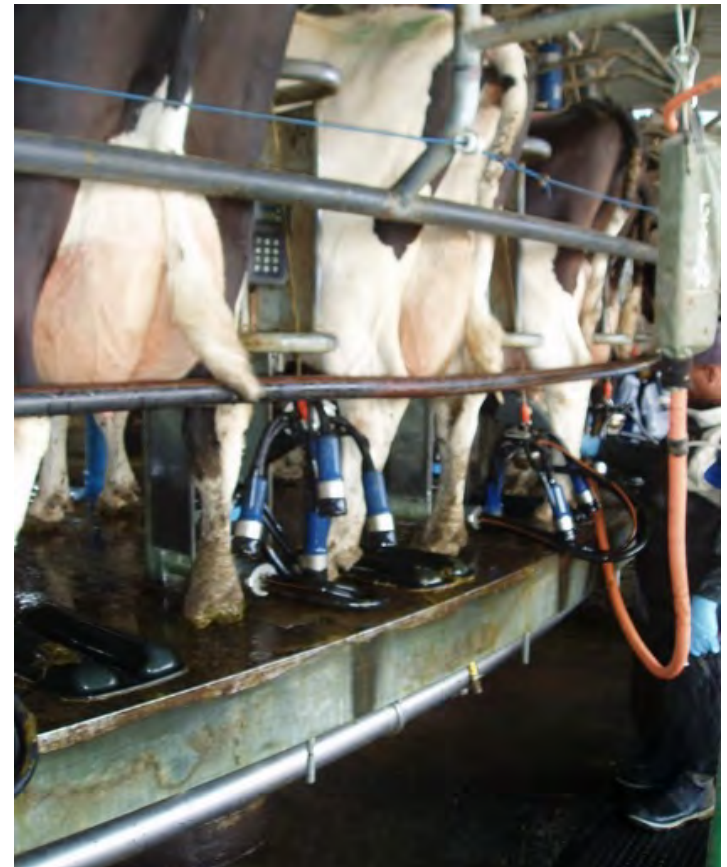
















# Modern Personal Assistant



# Trucking Industry

- Continuous evolution
- More sophisticated vehicles
- Safer vehicles
- Greater automation
- Faster trucks
- More of them, 22% increase since 2005
- Anticipated doubling of vehicle numbers by 2030
- Much media speculation regarding trucks, drivers and fatigue
- Risk Mitigation



**RAZOR**

**INTERNATIONAL**  
**Pty Ltd**

# The Work Hypothesis?

- Physically easier
- Mentally more challenging
- Living Longer
- In trucking what is the most valuable resource?



# Health Facts?

- Taller
- Heavier
- Better nutrition?
- Better educated
- For 8 hours per day gradual decrease in physical activity
- Westerners have become obese
- Asia following our trend

# New Fitness industry

- 2013 :- Australia 3000 Gymnasia or Fitness Centres
- Employing over 17000 people
- 1970's saw weight training introduced
- Nutritionists have also exploded in number
- The “low fat diet”

# Health Facts

- Can't "fatten a thoroughbred"
- Genetic factor
- Reduce the fat, but to compensate
- Add sugar and salt to make it edible
- Coincides with the Obesity Epidemic

# The Trucking Industry

- Cultural Issues
- Got to get the Culture Right
- Smoking analogy
- Taken since 1960's in Australia for the message to really bite
- Changing the Culture demands a concerted effort
- the People i.e. the drivers
- The Owners
- The Customers

# Truck drivers

- Driving longer hours
- Compulsory Rest Breaks / comfort Food
- Modern, 'state of the art' cabs
- Less physical activity
- Machines load the trailer, unload the trailer
- Diseases more prevalent in our society
  1. Heart Disease
  2. Diabetes
  3. Degenerative joint disease

# The Trucking Industry

- Focus on Establishing the facts
- Assess the industry for what it actually is
- Tell the Drivers what they are risking and what they are suffering
- Analysis of work styles
- Implementation of Proactive Prevention

# Findings and Solutions

- Tired all the time
- Grumpy
- Poor sleeping profile
- No exercise
- Anxious/depressed
- Withdrawn
- Isolated
- Obese
- Encourage to hydrate
- Stretching routine
- Walking (Fit Bit)
- Supply nutritious food
- Coach to Drivers
- Teach how to recover
- Proactive Prevention

# Needs

- Planning for retirement
- Not working full time from say 55
- Using intellectual knowledge for training
- a real Team effort
- Quality of life improves
- Successful Ageing
- Improved business