

SYMPOSIUM 2. BEHAVIOR ANALYSIS IN TRANSPORTATION

Impacting the Health & Safety of hard to reach lone workers in the trucking industry

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3 Simple Rules

ABSTRACT

Typically lone workers get left out of health programs because they are hard to reach. In the SHIFT programme Dr. Olson and his team used mobile technology and game like competition to reach these lone worker. The approach developed by Dr. Olson and his team is tailored to the unique demands and barriers of the trucking industry.

The study was conducted by Dr. Ryan Olson of the Oregon Institute of Occupational Health Sciences and is presented with his permission.

SHIFT = Safety & Health Involvement for Truckers

Details of the program can be found at <https://www.ohsushift.com>

REFERENCE

- 1) Olson, R., Anger, K., Elliot, D. L., Wipfli, B., & Gray, M. (2009). *A new health promotion model for lone workers: Results of the SHIFT pilot study* (Safety & Health Involvement for Truckers). *Journal of Occupational and Environmental Medicine*, 51(11), 1233-1246