Applied Ergonomics
Volume 39, Issue 5, September 2008, Pages 623-629

Driver fatigue during extended rail operations

Sarah M. Jay, Drew Dawson, Sally A. Ferguson, Nicole Lamond

Show more

https://doi.org/10.1016/j.apergo.2008.01.011

Abstract

Objectives

Relay is an effective mode of freight transportation within Australia. Relay requires two crews to drive the train continuously from one specified destination to another and return with crews working in alternating shifts. The aim of the current investigation was to assess fatigue levels during extended relay operations.

Methods

Nine drivers participated and data were collected from 16 four-day trips. Fatigue was assessed objectively and subjectively prior to and following each trip and before and after each 8 h shift.

Results

Analyses revealed a trend for elevated fatigue at the end of each shift. Designated 8 h rest periods appeared sufficient to reduce fatigue to levels recorded prior to departure and

prevent accumulation of fatigue across the trip.

Conclusions

Drivers seemed to cope well with the 8 h rotating sleep/wake regime. While fatigue did not observably accumulate, it is possible that operational measures may better reflect fatigue experienced over the course of each trip.

Previous Next

Keywords

Train drivers; Fatigue; Rail

Recommended articles Citing articles (0)

View full text