Analysis of Current Situation for Stress Prevention and Curriculum for Stress Prevention Activities of Road Transport Drivers and SME

Ivan Kolarov  
Higher School of Transport (Bulgaria)  
ikolarov@vtu.bg

Abstract

Prevention of work stress is among the priorities of the European Commission as stated in the Health and Safety policy published in March 2002. The case of the road transport drivers (freights and passengers) is worthy to be considered separately, since their work accidents might affect not only their own health but also other people’s - road traffic participants, service personnel, etc.

Aim of this paper is to analyze existing activities for stress prevention and to justify curriculum for e-learning on stress prevention activities of road transport drivers and SME.

The following general areas for training in road transport are defined on the base elaborations of European Foundation for the Improvement of Living and Working Conditions and the World Health Organization:

- General information about stress;
- Improving the organization of work: Hours, development and respect of work plan and good practices, good communication, appropriate implementation of new technology;
- Improving the work environment: physical working conditions, workplace layout, comfort and security;
- Checking the status of employees: encouraging regular exercise, proper diet and sleep, relaxation techniques and active leisure, medical and other interventions when necessary, treatment, report status of employees involved in critical incidents or post-traumatic stress at the workplace;
- Activities for prevention of violence;
- Specific training for drivers and managers.

On the base these areas is created methodological dossier for elaboration of training e-platform for road transport sector and the stress factors affecting drivers and workers from SME. It is planed the platform to be organized in the modules: What is stress? Causes of stress (stress related hazards); Effects of stress (individual and organizational); Stress risk assessment; Stress management; Prevention of work stress; Examples on Physical and Physiological exercises and techniques.

The platform is in process of creation.