



COVER SHEET OF THE ASSIGNMENT

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Doctor of Business Administration

"I certify this work is the result of my own investigations, except where otherwise stated. All references have been duly cited"

A handwritten signature in black ink, appearing to be 'NG FUNG YU'.

Signed

NG FUNG YU

HKBM7000

Approaches to Research and Academic Communication

Research Proposal

**Research on the Relationship between Sleep Quality of Professional
Drivers and Occupational Safety and Health**

NG FUNG YU



06 September 2021

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1. Executive Summary

Professional driving requires prolonged sitting in the driver's seat, long working hours, day and night reversal, Etc., which cause physical and psychological stress. Driving fatigue may affect the driver's attention and judgment when driving and cause accidents. Lack of sleep is more likely to affect driving behaviors and road safety indirectly.

The purpose of this study is to draw the attention of professional drivers to the relationship between sleep quality and occupational safety and health. Secondly, to make employers pay attention to employees' health problems and understand the adverse effects of excessive working hours of professional drivers on long-term performance. Finally, I hope that It caused the government to face the seriousness of driving fatigue to road safety and legislate laws governing the working hours management system and fatigue control of professional drivers to protect the lives of the public.

This research will be divided into two stages. The research objects are mainly professional drivers, including public transport buses, franchised buses, taxis, minibuses, container trucks, trucks and private school minibuses. In the first stage, a questionnaire survey will be used to learn more about the personal and professional information of professional drivers, including sleep quality, sleep hours, health status, living habits, work conditions, the importance of occupational safety, driving attitudes and violations of traffic rules or Accidents and other information; as well as demands and suggestions on occupational safety and health, Etc. In the second stage, the experimental group and the control group will track their health status. They need to record their daily physical and emotional states, such as blood pressure, heartbeat frequency, emotional response, social attitude, work arrangements and work performance on the day, Etc., for one-month Data for analysis. Finally, predict the results, analyze the working hours of professional drivers in Hong Kong and its impact, and put forward relevant policy recommendations.

2. Introduction

Fatigue is a psychological and physiological signal transmitted by the body. It is a natural response of the human body. It often makes individuals feel uncomfortable. It is a common phenomenon common to urban people today.

Fatigue is divided into short-term fatigue and long-term fatigue. Short-term fatigue is caused by insufficient rest after excessive activity. It is generally not recommended that fatigued people engage in concentrated activities, such as driving and other tasks. Long-term fatigue is caused by continuous mental stress, poor living habits; poor sleep quality and insufficient sleep time; abuse of drugs or alcohol, physical and mental illnesses, such as chronic liver disease, autoimmune disease, depression, Etc. Therefore, to ultimately improve fatigue, The first must have enough rest and establish a good lifestyle.

However, the degree of fatigue experienced by everyone is different, so not everyone will experience fatigue in life. For example, if everyone performs the same job, it will not cause fatigue for some people. On the contrary, it may be easy for some people to feel tired. However, some experts pointed out that it is difficult for ordinary people to realize themselves over-fatigued. On the contrary, people around them can easily detect who is over-fatigued.

Sleep is the primary method to provide adequate rest, and it is also an essential physiological need for people. The quality of sleep directly affects our physical, psychological, and social state and overall performance. It will affect our work efficiency or may cause life safety at any time if we do not sleep well.

3. Background of Industry

According to the 2021 "Quarterly Statistical Report of the Comprehensive Household Survey", the Statistics Department pointed out that the average working time per week of Hong Kong people is 44 hours, and the working time of some individual industries reaches the median of 48 hours per week. In a survey of the "Work-Life Balance City 2020" published by the US mobile phone security technology company KISI, Hong Kong is the most overworked city in the world. In 2018, the investment bank UBS research report stated that Hong Kong people's average weekly working hours is the longest in the world, reaching as many as 52 hours. Based on the above information, the long working hours of Hong Kong people continue to show no signs of improvement.

Land transportation is one of the eight industries with excessive working hours. It is an ironclad fact that professional drivers work too long. The average working hours of many professional drivers are as long as 61 hours per month (Comment Editor, 2020).

There are currently about 30,000 public service vehicles in Hong Kong that run on roads every day. Although public service vehicles only account for about 4% of the total number of vehicles on the road, the overall accident rate is as high as 30%. According to the traffic accident statistics of the Transport Department, a total of 15,298 road traffic accidents occurred in 2020, of which 22,063 traffic accidents involved public transport or occupational vehicles¹, resulting in 11,752 casualties (Transport Department, 2020). Driving fatigue may affect the driver's attention and judgment while driving, and cause accidents.

4. Definition of Problems

In the 2019 World Health Organization (WHO) meeting, "Burn-out" was included for the first time in the 11th revised "International Classification of Diseases", and it will take effect in January 2022. For the first time, the World Health Organization has confirmed that overwork is an "Occupational phenomenon", defined as "Chronic fatigue syndrome".

The cause of "chronic fatigue syndrome" is an occupational disease caused by long-term work pressure but failure to resolve the pressure. Symptoms include weakness, lethargy, stress, depression, loss of appetite, and feeling pessimistic about one's occupation. Noticeable symptoms include fatigue, negativity, or cynicism due to poor work performance, and they are more likely to be angry and complain about the work or the people around them.

Driving fatigue not only affects the drivers' health problems, but they are more likely to be affected by stress and emotions while driving, which may affect their concentration and judgment, causing accidents. It can be seen that, in addition to affecting their personal physical and mental health, professional drivers with driving fatigue also maintain the lives of other road users and citizens.

5. Research Questions

To avoid the appearance of driving fatigue, the working hours, work system and sleep quality of professional drivers must be taken seriously to ensure the safety of drivers and the public. Therefore, arousing professional drivers to pay attention to their health problems and making the customers, the government, and the public harm the current professional drivers due to excessive working hours has become an important issue. Many countries have paid attention to issues such as the shift system and working hours management system for professional driving and have formulated relevant laws and regulations to regulate operators and drive to improve driving working conditions. However, Hong Kong does not have relevant measures to improve the working conditions of professional drivers for the time being. Time system and fatigue management issues. Therefore, the purpose of this research is to arouse public attention to the specific life and psychological stress caused by current professional drivers. Insufficient sleep may indirectly affect driving behavior and road safety. So, the research will explore the relationship between professional drivers' sleep quality and work efficiency, driving behavior, and physical and mental health.

6. Research Objectives

Except that according to the Employment Ordinance only regulates the working hours of children under the age of 15 and persons aged 15 or above but under the age of 18 in industrial undertakings, there is currently no law regulating the working hours of ordinary employees in Hong Kong. As far as the transportation industry is concerned, relevant government agencies have only formulated work guidelines applicable to franchised bus captains and green minibuses drivers. However, because the guidelines have no legal effect, employers in the transportation industry mostly cited work efficiency as the reason and did not follow the guidelines' recommendations (Ming Pao, 2012). Therefore, traffic accidents and other negative impacts on life and health caused by professional drivers due to long working hours remain Not eliminated.

The purpose of this research is to collect information about professional drivers' personal and work conditions and conduct empirical analysis through the data to draw professional drivers' attention to the relationship between sleep quality and occupational safety and health; secondly, to make customers pay attention to employees The health problems of professional drivers and their understanding of the negative impact of long-term performance of professional drivers on long-term performance. Finally, it is hoped that the government will face the seriousness of driving fatigue to road safety so that laws and regulations governing the working-hour management system and fatigue control of professional drivers can be enacted. To protect the lives of the public.

7. Review of the Relevant Theories and Literature

7.1 Eight factors that cause fatigue

7.1.1 *Unfixed schedule*

Staying up late or having insomnia is the leading cause of fatigue. According to a survey report of the Chinese University of Hong Kong in 2020, it is found that 7 out of ten citizens have problems with insomnia. Among them, 40% of insomnia is caused by work or school pressure, followed by health problems and family problems (明周文化，2020).

According to the definition of "Diagnostic Statistical Manual of Mental Disorders-Fifth Edition" (DSM-V), three or more symptoms in a week for one month can be regarded as insomnia (DSM-V, 2014):

- i. Difficult to fall asleep, more than 30 minutes after going to bed to fall asleep;
- ii. People who often wake up in the middle of the night and have been awake for more than 30 minutes before falling asleep again or having difficulty falling asleep again;
- iii. Wake up 1 to 2 hours earlier than usual in the morning and have difficulty falling asleep again;
- iv. After waking up, it feels the same as if have not slept before;
- v. Obviously disturbing and affecting daily life, such as low mood, affecting concentration, often dozing off, Etc.

In addition, sleep quality is an essential indicator for judging whether sleep is good or not. Its evaluation has three main categories: easy to fall asleep, complete sleep cycle, and behavior and rest after waking up. Poor sleep quality is more defined as chronic insomnia, which affects the body and

emotions and affects cognitive behaviour and social function (**Parrott, A. C., & Hindmarch, I., 1978**).

7.1.2 Psychological problems

Nowadays, society's fast-paced and high-efficiency requirements often require a lot of physical and mental efforts to meet the challenges. When we face stress, the body responds by activating the interconnected neuroendocrine circuits and then produces a state of balance to adjust to the threats that affect the body's health and mental tension. However, if the harmful external stimulus is too strong or lasts too long, the individual may not be able to cope, the stress response will not enter a balanced state, and the disease may follow (**Agnese Mariotti, 2015**). Psychological problems or depression can cause long-term mental stress, and repeated psychological stimulation and destructive emotions can make people feel tired more easily (**Epel E.S, 2004**).

7.1.3 Side effects of taking medication

Taking drugs, such as antidepressants, sleeping pills, diuretics, certain anti-cold drugs, Etc., will cause people to have the side effects of fatigue and lethargy. Usually, the tiredness will disappear slowly after the drug is stopped (Dr. Armon B. Neel Jr.,2012).

7.1.4 Sedentary, lack of exercise

According to a study published by the WHO, 60% to 85% of people lead a sedentary lifestyle. That will have a severe impact on their future health and will increase all causes of death. Sitting for a long time can double the risk of cardiovascular disease, diabetes, and obesity. It can also increase the risk of lipid disorders, osteoporosis, colon cancer, depression, and anxiety. (**WHO, 2002**). Sitting for a long time and doing less exercise will make the muscles weak and weak, so it will be easier to feel tired, and it will also affect the quality of sleep.

7.1.5 Overview

If we concentrate on something for too long, the flexion function of the eyes will be overused, and if the ciliary muscle is contracted, tightened or spasm for a long time, the body will feel dizzy and numb in the limbs.

7.1.6 Disease problem

Potential disease problems, such as insufficient thyroid secretion or sleep apnea, are prone to fatigue. The thyroid gland controls the metabolism. If the secretion is insufficient, it will slow down the metabolism and make people feel tired; and sleep apnea will make the patient's sleep quality.

7.1.7 Water shortage

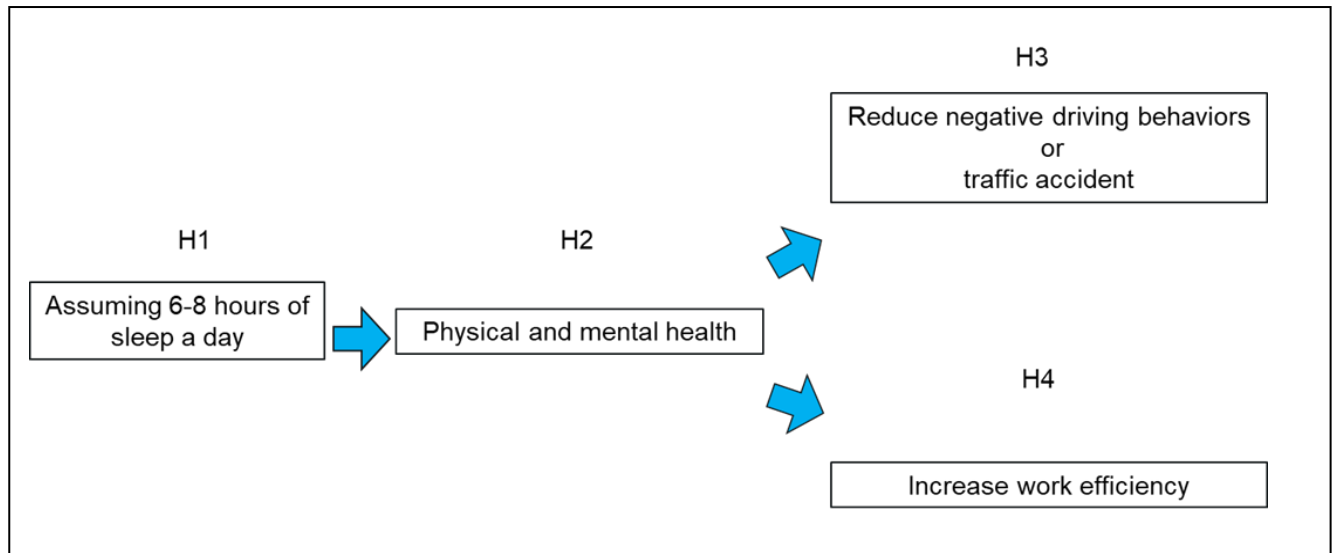
In the case of human lack of water, blood volume will decrease, reducing the efficiency of organs and the circulation rate in the body, resulting in a decrease in physical strength and fatigue.

7.1.8 Nutritional imbalance

To help relieve fatigue, one of the ways is to improve the quality of sleep. It is very important to maintain the balance of the blood sugar level of the body.

8. Hypotheses

Assuming that the subject sleeps 6-8 hours a day, professional drivers are physically and mentally healthy and can reduce the appearance of negative behaviors on the road or reduce traffic accidents and improve work efficiency during work.



9. Operational Definition of Variables

10. Research Method

This research will be divided into two stages. The research objects are mainly professional drivers, including public transport buses, franchised buses, taxis, minibuses, container trucks, trucks and private school minibuses. In the first stage, a questionnaire survey will be used to learn more about the personal and professional information of professional drivers, including sleep quality, sleep hours, health status, living habits, work conditions, the importance of occupational safety, driving attitudes and violations of traffic rules or Accidents and other information; as well as demands and suggestions on occupational safety and health, Etc. In the second stage, the experimental group and the control group will track their health status. They need to record their daily physical and emotional states, such

as blood pressure, heartbeat frequency, emotional response, social attitude, work arrangements and work performance on the day, Etc., for one-month Data for analysis. Finally, predict the results, analyze the working hours of professional drivers in Hong Kong and its impact, and put forward relevant policy recommendations.

The questionnaire includes the following questions:

1. Basic information

Including the respondent's name, date of birth, contact number, mailing address, height, weight, dominant hand, place of origin, education level, marital status, Etc. °Body Mass Index (BMI) can be calculated by using height, weight, Its calculation formula is the body mass index = weight (kg) / height square (meter square) °

2. Working status

Including work history, they were driving history, driving passenger vehicle information and work-related activities, Etc. °In terms of work and driving history, ask the respondent about the passenger transport company currently serving, the year and month of employment, the total number of professional driving years and the total number of driving years, Shift style and experience in shift work, and the number of hours of driving a passenger car per week. In addition, It will also be asked about the average daily rest hours, the frequency of physical exercises and eye movements or entertainment during rest, and the frequency of holding back urine while driving. ; The frequency of carrying heavy objects, bending or twisting, sitting for a long time during work, outside work and during the last job; frequency of traffic jams, and the number of non-professional driving hours per week, Etc.

3. Work experience

Including work pressure and job satisfaction. °Current job.

4. Health

Including physical health checks, subjective symptoms and personal disease history, Etc. Symptoms and diseases to be discussed ° Ask about the occurrence of symptoms of each system in the past year

°

5. Sleep quality

The part of sleep quality discusses the sleep status in the past month, which mainly includes: (1) subjective sleep quality, (2) sleep latency, (3) sleep time, (4) sleep efficiency, (5) sleep disturbance, (6) Daytime function, (7) Seven types of assessment questions such as the use of sleeping pills °

6. Sleepiness

Investigate the frequency of dozing off (not including just feeling tired) in different situations.

7. Snoring

This part of the questionnaire aims to understand the views of self-nasal snoring to screen for sleep apnea.

8. Symptoms of musculoskeletal discomfort

Ask the prevalence rate of musculoskeletal discomfort in various parts of the body? This questionnaire divides the body into the neck, left shoulder, right shoulder, upper back, lower back or waist, left elbow, right elbow, left hand or left wrist, Right hand or right wrist, hip or thigh, left cover, right cover, left foot or left ankle, and right foot or right ankle, Etc. Fourteen parts, ask the respondent in which part of the body they often feel muscles in the past year, Bone soreness or discomfort, and investigate the degree of soreness or discomfort in these parts, the frequency of symptoms and the

impact of symptoms on work and life, the way of symptom treatment, the cause of conscious symptoms, and the relevance to work, Etc. Estimate the prevalence and severity of musculoskeletal injuries.

9. Lifestyle

Including the use of various mental stimulating substances (tobacco, alcohol, tea, coffee, refreshing beverages, Etc.), the use years, frequency and quantity of the substance types, and medication habits, exercise habits, and sleep quality Etc. ° And according to individual, The frequency of exercise is divided into "unusual exercise" (no or less than one exercise per week on average), "moderate exercise" (exercise 1-2 times a week) and "regular exercise" (exercise weekly) 3 times or more) wait for three groups.

11.Expected Findings

1. According to research, driving skills will decrease after driving for more than two hours, so long driving time is often the leading cause of driving fatigue.
2. Insufficient sleep or lack of good quality sleep is often the leading cause of driving fatigue.
3. In the rest time before driving, if they engage in focused activities, such as playing video games and other leisure activities that can easily cause mental fatigue or engage in excessively intense sports, physical or psychological fatigue may affect their driving behaviour.
4. If the driver needs to engage in additional work to control various non-essential equipment while driving, he will often feel fatigued due to the increase in workload °
5. When the driver is sick × taking drugs or drinking alcohol, the reaction of the brain × eyes and muscles will decrease, which will increase the driver's perception reaction time.

6. If the driver is exposed to excessive heat and excessive noise in the vehicle's internal environment, driving fatigue is more likely to occur, and the visually monotonous external environment is also the leading cause of driving fatigue.
7. For some occupations, frequent irregular working hours or frequent driving at night are more likely to cause driving fatigue.

12. Managerial / Practical Implications

Give employees a half-hour break every day. Implement no overtime workroom. Strengthen driving training to reduce the occurrence of bad driving behaviors of employee drivers. Get off work hard to ensure that no one sends emails or requests after work, and management supports this policy. Through effective publicity and promotion, employees and the public's awareness of occupational safety and health can be enhanced.

Through regular physical examinations, professional drivers can clearly understand their health and reduce the chance of suffering from various diseases. In order to protect the health of professional drivers and ensure the safety of road users, regular physical examinations are critical. On the one hand, professional drivers can self-assess whether their health is suitable for driving. At the same time, they can be aware of their physical problems and be vigilant to adjust and prevent their daily life and eating habits and reduce their risk of serious diseases.

13. Limitations

Most professional drivers have long-term sleep irregularities and lack sleep due to excessive working hours. If the owner fails to face the government's seriousness and is not legislate to regulate it, driving fatigue is unavoidable. In addition, due to environmental factors at work, professional drivers have been sitting in sitting positions for long periods, reducing their metabolism and activity, and failing to improve the long-term sedentary situation. Some professional drivers use their vacations to supplement sleep, but because they disrupt the body's biological clock, they feel tired as they sleep,

and their mental condition has not improved. Driving alone for an extended period will limit social interactions, causing long-term psychological problems or depression and mental stress. Repeated psychological stimulation and destructive emotions will make the driver feel tired more easily. These restrictions have failed to make practical improvements due to working conditions.

Due to the nature of the work and the environment, such as the need to drive for a long time, traffic jams, or the lack of a toilet, professional drivers are more likely to experience inconvenience in toileting and irregular eating at work than at work other employees.

14. Conclusion

How to stay awake while driving and reduce accidents due to fatigue is a topic that professional driving must be concerned it. To put it simply, having enough sleep is the most basic, that is, getting enough sleep before a long drive to work. Regular life and work routines, reduce the number of shifts, try to drive in the most awake hours, abide by the working hour's regulations, and do not work overtime arbitrarily.

It is essential to arrange a break for long-distance driving. At least every two hours must have a rest period. Getting out of the vehicle and taking a walk during the rest period, or moving the body in various ways, can not only increase vitality and enhance alertness and relieve fatigue. If drivers start to feel sleepy, do not hold on or wait for the drowsiness to disappear. Should immediately find a safe place or stop at a rest stop in the service area and take a nap. If possible, it is best not to sleep in the driver's seat and find a more comfortable place to take a nap.

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try to drive in the most awake hours, abide by the working hour's regulations, and do not work overtime arbitrarily.

Can eat some food to stay awake while driving, but avoid eating a lot because this can make people feel sleepy, especially during lunch hours. Eat watery foods or drink caffeine-containing beverages to help stay awake, but the effect is limited. Studies have shown that after drinking a caffeine-containing beverage, taking a nap for 20 minutes can help refresh the body in the short term.

Keeping fresh air in the vehicle makes it easier to keep people awake. Talking to people and listening to music helps maintain alertness, but it is only a short-term solution. The best solution to fatigue is to stop and take a nap. Be sure to avoid taking drugs as much as possible before driving, especially drugs that can easily cause drowsiness, such as some antihistamine drugs, anti-faint pills for travel, sleeping pills, cold and cold medicines, and painkillers.

Fatigue is a significant occupational safety and health issue for the transportation industry. Among the most noticeable problem is the fatigue caused by excessive working hours of drivers. The fatigue caused by overtime work directly affects the safety of transportation driving. It is not only one of the main reasons for road accidents but also has a bearing on road safety. Therefore, the driver's driving hours and fatigue management issues need to be paid attention to, and any harm caused by them should be evaluated and controlled like other workplaces. At present, many advanced countries have researched related long-distance passenger transportation driver's working hours management systems and fatigue control issues, formulated relevant laws and regulations to regulate the industry and labour, improve the working conditions of driving labour, and promote healthy working conditions of driving labour. The protection of labour alone protects the safety of the general public.

Keeping fresh air in the vehicle makes it easier to keep people awake. Talking to people and listening to music helps maintain alertness, but it is only a short-term solution. The best solution to fatigue is to stop and take a nap. Be sure to avoid taking drugs as much as possible before driving, especially drugs that can easily cause drowsiness, such as some antihistamine drugs, anti-faint pills for travel, sleeping pills, cold and cold medicines, and painkillers.

Driving for a long time, driving at night, or driving without enough sleep, the driver may feel tired and drowsy and then get into a car accident. Employers and employees should jointly negotiate and formulate an ideal working hours schedule so that professional drivers have enough rest and sleep time to reduce occupational health problems. Caused by long-term driving and encourage professional drivers to participate in appropriate stretching exercises during short breaks, the appropriate amount of exercise is conducive to good health.

For drivers who need to take drugs for a long time, employers should make appropriate arrangements when staffing and the government should further legislate to strengthen the regulation of professional driver uniforms that require physical examinations to ensure that they are in good health.

Professional drivers are forced to sit and drive for a long time due to the nature of their work and the environment, coupled with uneven road surfaces, which can cause substantial body vibrations. Publicity and health talks should be strengthened to make drivers pay attention to sitting posture to protect the spine's health.

In terms of work safety training, professional drivers who have had traffic accidents due to driving should receive regular safety training to enhance their understanding of route conditions and speed safety awareness to protect the safety of road users and the public. Finally, professional drivers are required to focus and stay awake while driving. The most basic thing is to have enough sleep time and good sleep quality.

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