PTSD

from the train driver's point of view

BARRY WALDING Training and Safety Consultant - 1435 Consulting

a consideration the effects of stressors on train drivers

(and others close to them)

why are train drivers stressed ?

work environment is unfriendly

enhanced exposure to risks to their safety

significant exposure to abnormal stressors

their work environment

24 hour / 7 days operation

isolated (frequently solitary)

noisy and subject to vibration

primarily sedentary activity

their work colleagues

a predominately older male workforce *

low rate of high school completion *

expectation of self reliance & high performance

* this is slowly changing

their work environment

it's a big, widespread Network

44,000 route kilometres

23,500 level crossings

(1 per 1,870 metres)

http://tracksafefoundation.com.au

their work environment

one significant and unique attribute (not common in any other transport medium)

assisted suicide (rail-assisted suicide)

the driver

a film by TIM RUSSELL and MICHAEL WARK

https://vimeo.com/165425567 Password: thedriver

rail-assisted suicide directly engages <u>another person</u> to undertake the final act of terminating life

(No worker expects to kill another person at work)

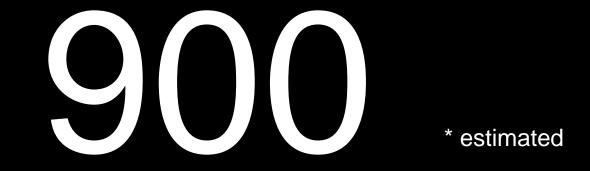
but how realistic is this possibility ?

* approximately



successful suicide incidents on the Australian Railway Network (annually)

* http://tracksafefoundation.com.au/



additional failed or aborted suicide attempts (annually)

* http://tracksafefoundation.com.au/



hours between each successful suicide incident

rail level crossing collisions

train collisions with road vehicles

train collisions with pedestrians

(at a public level crossing)

actually less common than rail suicides

https://www.onrsr.com.au

* approximately



level crossing collisions on the Australian Railway Network (annually)

* www.carrsq.qut.edu.au/publications/corporate/level_crossing_fs

who is the victim ?

the driver

a worker just going about their normal day at work

what are the effects ?

post trauma effects fear guilt isolation helplessness loss of confidence

who else is a victim ?

the driver's

families

relationships

workmates

peers and managers supporter or contributor ?

"You couldn't be seen to be weak with your workmates they'd tell you "

"Well, (so and so), he's had 7 prangs, and he's all right so what's wrong with you?"

http://www.theage.com.au/victoria/the-train-drivers-torment-20120604-1zrxp.html

the driver's perspective

"who of you really has any idea of what actually goes on in a train drivers mind after he has seen that look in a persons eyes just before they die?"

https://mtmmemes.wordpress.com/2015/07/28/metros-answer-to-post-traumatic-stress-amongst-traindrivers/

a train driver

not a soldier

not a law enforcement officer

what do we know of their world ?

the driver's perspective

..... you keep walking back, and then you see something

the torchlight leads you to a bloody mess

... you want to look away, but you can't

... and the vision that confronts you, becomes part of you.

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