

PTSD

from the train driver's
point of view

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)

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 another person to undertake the final act of terminating life

(No worker expects to kill another person at work)

but how realistic is this possibility ?

* approximately

150

successful suicide incidents on the
Australian Railway Network
(annually)

* <http://tracksafefoundation.com.au/>

900

* estimated

additional failed or aborted suicide
attempts
(annually)

* <http://tracksafefoundation.com.au/>

about

58

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

* approximately

69

level crossing collisions on the
Australian Railway Network
(annually)

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

anger

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?”

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 ? “

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.*