

WHAT IS NEEDED TO ADDRESS PSYCHOSOCIAL HAZARDS IN ROAD TRANSPORT? USING IMPLEMENTATION SCIENCE TO UNDERSTAND THE GAPS

THE PROBLEM

High rates of **mental health issues** and **work-related stress** in road transport.

- Common hazards:
 - Long and unpredictable hours
 - Social isolation
 - Pressure to meet unrealistic delivery times
 - Low levels of control over working conditions



BARRIERS IDENTIFIED

1. **Fragmented responsibility** between employers, regulators, and clients.
2. **Lack of infrastructure** to support mental health programs.
3. **Limited worker input** in solution design.
4. **Reactive** rather than preventative approaches.



WHAT'S MISSING?

- **Strategy:** Lack of coordinated, industry-wide response
- **Policy:** Weak regulatory enforcement of mental health protections
- **Practice:** Programs often not tailored to workers' real-world needs
- **Evaluation:** Little follow-through on long-term effectiveness



RECOMMENDATIONS

- **Co-design with workers:** Include driver voices in solutions.
- **Leadership commitment:** Industry leaders must visibly support initiatives.
- **Multi-level action:** Combine workplace, policy, and systemic changes.
- **Evaluate & adapt:** Measure what works and revise continuously.



CALL TO ACTION

To **create lasting change**, we need:

- Investment in evidence-based, scalable programs
- A stronger regulatory framework
- National coordination

