



North American Fatigue
Management Program

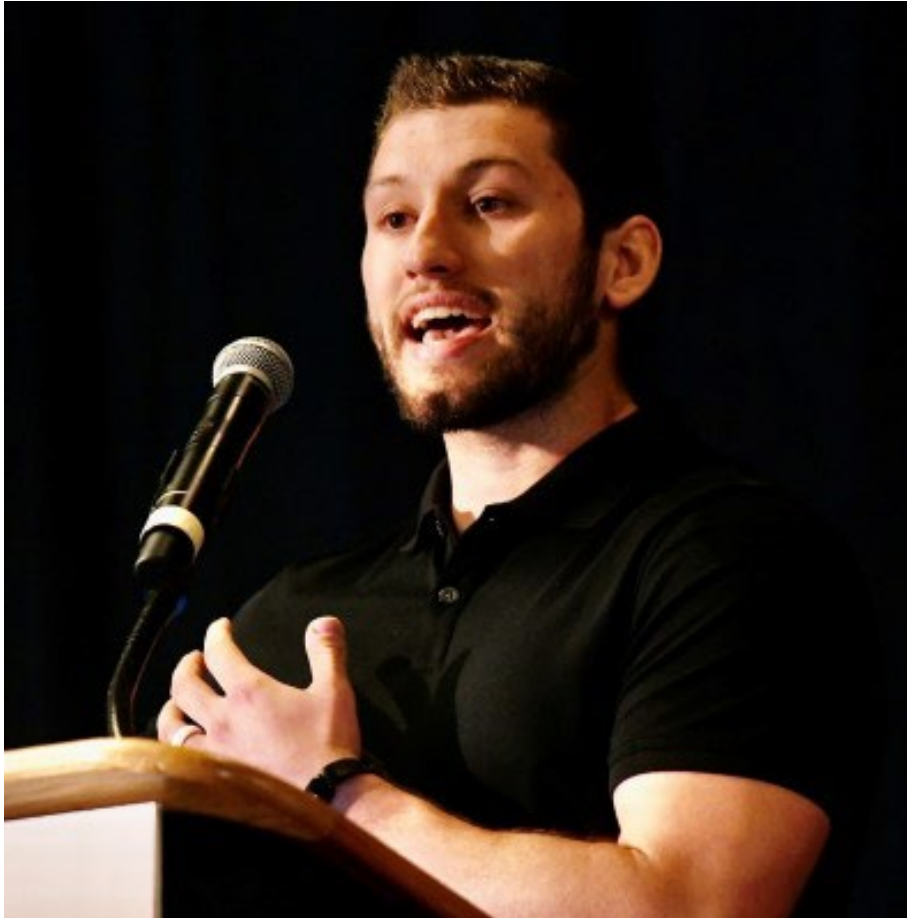
Exercise NAFMP Driver Series

January 18, 2023

These presentation slides available in the live chat shortly

Recording & slides will be available by Friday at
nafmp.org/webinars/

Featured Speaker



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&

Host

**Trucking Fitness Radio &
Merging Lanes Podcast**



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1. Purpose and Effects of Exercise
2. Types of Exercises
3. When to Exercise
4. Best Practices
5. Sample Exercises
6. Recommendations
7. What's Next
8. Questions

Reminders, Please



- Consult your medical provider before following any lifestyle recommendations or if you feel any discomfort
- You are responsible for any consequences of following any recommendations provided
- Be aware and try to eliminate the stigma associated sometimes with sleeping, metabolic diseases, substance abuse and mental health
- Do not allow any recommendations cause you to worry or become obsessed with a toxic wellness culture

New Year's Exercise Resolution & Purpose Poll



- Was getting more exercise one of your 2023 New Year's resolutions?
 - Yes
 - No
- The primary goal of exercise is to lose weight
 - True
 - Myth

Where Does Body Weight Come From?



1. Liquids
2. Bones
3. Muscles
4. Subcutaneous Fat
5. Visceral Fat

What Exercise Does

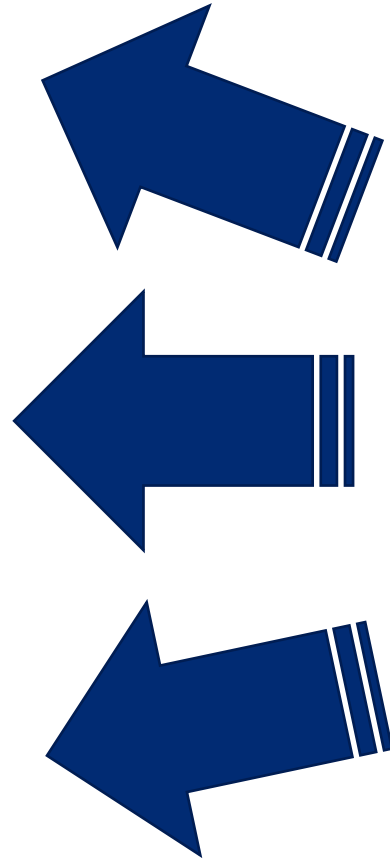


- Enhances alertness
- Promotes better sleep
- Lowers stress
- One of five keys to wellness
 - Sleep, Relationships, Mindfulness, Nutrition, Exercise

Exercise Affects All Body Systems



- Messaging
 - Nervous
 - Endocrine
 - Immune
 - Reproductive
- Plumbing
 - Respiratory
 - Cardiovascular
 - Digestive
 - Urinary
- Support
 - Skeletal
 - Muscular
 - Integumentary



Exercise

Types of Exercise



1. Cardiopulmonary

Recommended: Interval

2. Resistance

Recommended: Failure

3. Stretching & Balancing

Recommended: Yoga

Exercise Before Sleep Poll



- Exercising right before going to sleep is not recommended
 - Always true
 - Always false
 - Depends on the type of exercise

When to Exercise While on the Road



- Cardiopulmonary and resistance
 - Anytime except 4 hours before bedtime
- Stretching & balancing
 - Anytime, especially before bedtime if not intense
- Walking
 - Anytime, not intensely before bedtime

Warm-up & Stretch Poll



- While on the road, drivers should
 - Always warm-up
 - Skip the warm-up to do as much of the actual exercise as possible
 - Evaluate whether the warm-up is necessary depending on time of day
- Stretching After Every Exercise
 - Is good to do but is not necessary
 - Is the key to recovery and maintenance

Exercise Best Practices



- Breathe; blow your nose before & after
- Maintain Spine Alignment
- Keep Shoulders Down & Back
- Hydrate All Day
- Warm-Up Before
- Stretch Afterwards
- Recovery Day(s)
- Muscle Sore vs Discomfort/Pain/Injury
- Quality (Proper Form) vs Quantity (Overdoing it)
- Intervals

Sample Exercise Poll



- Housekeeping chores are good cardiovascular exercises
 - True
 - False
- Dancing is a fun exercise but has little health benefits
 - True
 - False
- Gym weights are required to do meaningful resistance training
 - True
 - False

Sample Warm-Up



- Squat and hug
- Arms up and calf raise
- Little squat and raise/cross arm
- Arm circles with knee raises
- Any **light** cardio
- Any **mimicking** resistance

Sample Cardiovascular Exercises



- March with high knees
 - Add cross Jab, upper cut, hook
- Run
 - High knees
 - Kick back
- Walk sides with arm raises
- Jumping Jacks

Sample Resistance Exercises



- Squat
 - Add lunges
 - Forward
 - Side
 - Back
 - Hold each side for faster failure
- Push-up
 - Modified
- Burpee
 - Squat + Plank + Push-up + Jump + Clap at the top
- Hip raise/hold
 - Legs extended
 - Raise from heels and shoulders

Sample Stretching



- Forward bow to decompress spine
- Sit on legs feet flat, massage sole of feet with hand knuckles
- Sit on toes with arm stretch & deep breathing
- Low lunge stretch
- Pigeon stretch
- Plank rotating sides
- Downward dog with back kick
- Half tortoise stretch
- Standing Separate leg stretch

Balancing Exercises



- Cross legged squat
- One leg slow run stretch
- Quad/shoulders/back stretch
- Standing head to knee

NAFMP Exercise Recommendations



- 10-minute walks twice or more per day
- Work out more vigorously on weekends
- Take exercise equipment with you on trips
- Keep a record of your exercise
- Set daily and weekly goals
- Find out what you like and do it

What's Next?



Incorporate exercise as one of the five wellness keys in the education component of a comprehensive Fatigue Management Program

Fatigue Management Program (FMP)



1. Safety Culture
2. Fatigue Risk Management System
3. Sleep Disorder Management Program
4. Scheduling Practices
5. Fatigue Management Technologies
6. Education & Training

1. nafmp.org
2. [Implementation Manual](#)
3. [eLearning Platform](#)
4. [Train-the-Trainer: Module 5](#)
5. [PowerPoint Presentations](#)
6. [ROI Calculator](#)
7. [Webinars – Slides/Recording & Future](#)



Exercise Questions [1 of 3]



- Is heart rate increase during exercise the best indicator for drivers to know the exercises will improve health.
- What is the best time of the day to exercise - before or after you drive.
- How much time per day is needed to stay in shape?
- How is it possible that "exercise" can help combat truck driver fatigue when what they may really need is "sleep"?
- Is getting a cardio workout more beneficial than weights or toning exercises?
- How often should drivers exercise per week and is the number standard or based on other factors
- What's the best exercise for asthmatics?
- What type of exercise would be safe for someone with knee problems?
- School bus drivers are constantly pulling the air brake, anything specific to bus drivers to assist/help with preventing injury?
- Interested in safety while doing exercise and the potential for workplace injury
- To avoid personal injury(personally I had a back injury), what should be the most effective way to stay fit as an OTR Trucker

Exercise Questions [2 of 3]



- What are good exercise tips/types of exercise specifically for on the job? Or types of exercises that can be done on the road?
- Looking for specific exercises for local drivers
- Interested to hear advice for short haul LTL drivers that I can share with my apprentices.
- Yoga for drivers. What do you recommend?
- Best home stretches/exercises for truck drivers
- What type of exercise is most important to OTR drivers
- Are there any stretches that can be done while driving and yet stay safe?
- What are some examples of fitness exercises that don't require equipment and can be done while travelling?
- What exercises are recommended for professional drivers
- What type of exercises can be done by drivers while on the road?
- Looking for exercise ideas for snowplow operators (24 hr operation) and for automated refuse collection operators.
- I am looking for ideas to help our drivers get some exercise in

Exercise Questions [3 of 3]



- How can a carrier incorporate exercise for drivers in their everyday run when they may already be pushed for time?
- What exercises can you do at home to control fatigue.
- How should one approach exercising when he is still recovering from long covid and walking fast makes his heart rate elevate?
- How does hydration help with alertness? Can being fit help with extensive focus on the road?
- How can we encourage drivers to exercise. Best practices with success
- Do you have any suggestions to create the mindset to exercise?
- What is best way to message drivers about value of exercise?
- Build up the legs
- I would like any insight on stretches I can do at every stop that sense I'm a local driver and that it won't put me on the spot
- Exercise that can be done on the road
- What are some 1 or 2 minute exercises that our drivers can do while in the driver's seat waiting/idling?
- Could you share some exercises that could be done inside the cab or in the seat while not driving?

NAFMP Questions [1 of 3]



- Did you have a technic for validation fatigue
- Motivational ideas to get drivers to exercise
- I'm hoping to be helpful to the drivers
- How to decide if a driver is sleepy or not?
- What are the best practices for the employer motor carrier to monitor driver fatigue?
- What advice do you have to employers to support driver physical health?
- Who is using this program?
- What are good alternatives to energy drinks?
- Would you have these events in Spanish as well?
- Fatigue Management, day vs night?

NAFMP Questions [2 of 3]



- Will the presentation be relevant across all trucking jobs and not just OTR?
- How do I make a bunch of grown men start looking after themselves!?!?!?
- What are the best prevention for stubborn drivers regarding fatigue driving?
- The safety people and management know the benefits, is there material for them to distribute to the drivers/front line workers?
- What are the most effective ways to get buy-in from company owners and drivers?
- I'm interested if there's a way diet can influence a driver's alertness; particularly on overnight runs.
- Best way to keep from losing focus?
- How do we control what happens during off hours?
- How can we motivate our drivers to exercise
- Techniques to motivate and engage drivers to make exercise and health a priority and lifestyle
- Principles causes of fatigue?

NAFMP Questions [3 of 3]



- Interested to see how this ties into drivers using C-PAPs
- Management plans
- How do you think food influences fatigue? What foods should NEVER be missing in the truck?
- Suggestions for high-protein diet for over-the-road drivers

Regulatory Questions



- Fatigue or Ill drivers are only OOS until no longer fatigued or Ill. Has there ever been a discussion about an additional step
- Does ELD help to combat fatigue issues faced by truck drivers?
- With ELD's wouldn't be beneficial to make the minutes count after 1/2 hour when a driver splits time off ?
- Most doctors recommend exercise of a minimum 30 mins daily. Would this time exercising be considered a “break”
- Safe roadside rest areas for drivers and availability. When will more be available for the drivers for breaks and rest areas?

Any Other Questions?



Thank you!

Next NAFMP Course



North American Fatigue Management Program

Train the Trainer Virtual Course

Wednesday, Feb. 15, 2023

10:30 a.m. to 6:30 p.m. EST

This course is for motor carrier instructors who conduct or expect to conduct fatigue management training for commercial motor vehicle (CMV) drivers and their families.

This one-day NAFMP course will cover NAFMP Module 5 (Train the Trainer) and additional updated content. This course will include instruction, presentations, quizzes, individually assigned presentations, prior NAFMP coursework and a post-exam.

The deadline for registration is Wednesday, Feb. 1.

[Register for the NAFMP Train the Trainer Virtual Course.](#)

Please complete anonymous survey on this session at the end of the webinar

The image features a large, white, stylized logo for CVSA (Commercial Vehicle Safety Alliance) centered over a blue-tinted background. The background shows the front of a large truck with 'HEIL' on the top and 'Peterbilt' on the grille. Two police officers in uniform are standing to the right of the truck, one looking at a clipboard. The entire scene is overlaid with a semi-transparent blue filter.

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