

Slides & Recording



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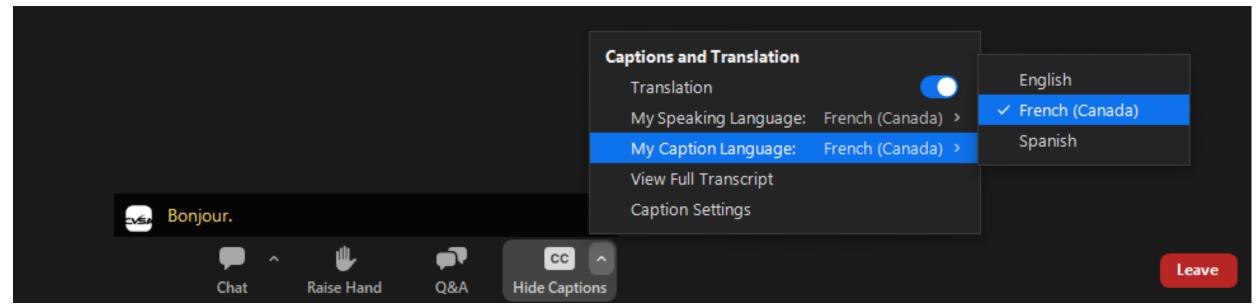
Recording will be available afterwards at

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Zoom Automated Captions Available



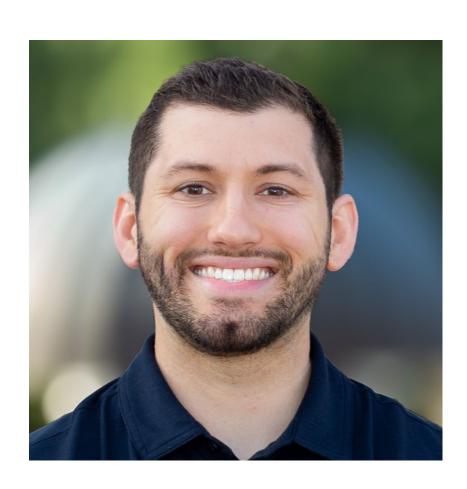
Use the Captions and Translation function at the bottom of your Zoom panel to enable automated English captions or translation in French or Spanish





Featured Speaker





Dr. Mark Manera

President & Chief Health Officer

Project 61

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Host





Rodolfo Giacoman

Fatigue Management Specialist

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Overview



- 1. Fatigue Management and Vendor Solutions
- 2. Project 61 Presentation
- 3. Questions

Disclaimer



 Neither CVSA nor the NAFMP endorses or recommends any specific product or service

 The claims and system specifications of vendors have not been validated by CVSA or the NAFMP

Solutions are a key component of a Fatigue Management Program

Fatigue Management Program



- ➤ Safety Culture
 - 1) Education
 - 2) Training
 - Continuous communications Including partnerships
- ➤ Fatigue Risk Management System
 - Operations
 - 2) Identify risks with processes and controls
 - > Predictive, proactive, reactive
 - Sound scheduling & routing practices, sleep disorders management program, and fatigue detection technologies
 - 3) Risk assessment
 - 4) Measures and countermeasures
 - 5) Evaluation

nafmp.org Free Resources



- Tools
 - FMP Template
 - Implementation Manual
 - ROI Calculator
- Courses
 - eLearning Platform
 - PowerPoints with and without audio
 - For carrier's executives, safety managers, dispatchers, instructors, drivers, driver's families, shippers & receivers
- Webinars, Info Sessions & Articles
 - Gallery
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- Podcast
 - The NAFMP Pod
 - Available from eight platforms
- Events
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Project 61 Presentation





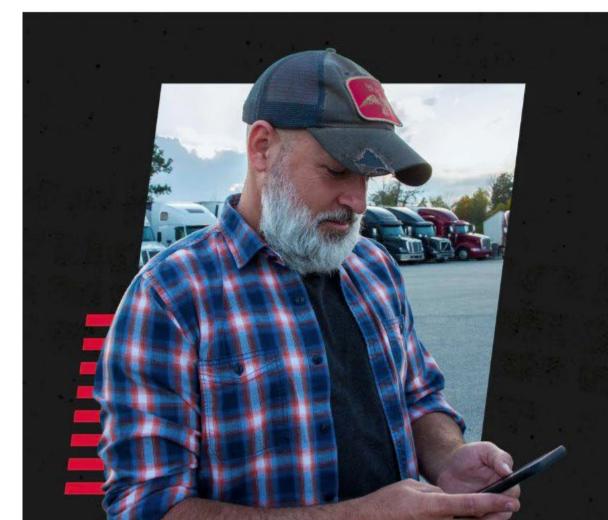
GET THE APP V

61-DAY STEP CHALLENGE

SUPPORT OUR CAUSE >

RESOURCES ~

DONATE NOW



TRUCK DRIVERS ARE DYING AT AN AVERAGE AGE OF 61.

They deserve longer, healthier lives, and we're here to help make that possible.

DONATE NOW

SUPPORT OUR CAUSE



REWRITING THE FUTURE OF DRIVER HEALTH

Presented by: Dr. Mark Manera

Email: mark@project-61.org



THE AVERAGE LIFE EXPECTANCY OF A TRUCK DRIVER







Dramatic video shows dump truck plowing into NJ home after driver suffers medical emergency

The frightening incident shows the driver suffer a seizure and the truck drifting off course



By Michael Dorgan · Fox News

Published May 21, 2025 2:46pm EDT

MARSHALL COUNTY

Truck driver suffers medical emergency, crashes off US 30

By: Tim Wolak

Posted: Jun 16, 2025 1:35 PM EDT

CDLLIFE

Semi truck driver dies after suffering medical emergency on SR-520

By KIRO 7 News Staff

August 08, 2025 at 8:57 am PDT

Trucker undergoes surgery after heart attack leads to hazmat spill wreck











THE STATE OF DRIVER HEALTH



of truck drivers are obese



Highest rates of obesity & diabetes



Higher rates of depression compared to office workers

PROJECT 61



TRUCK DRIVERS ARE DYING AT AN AVERAGE AGE OF 61.







EVERYONE IS IMPACTED

OUR DRIVERS



TRUCKING COMPANIES

INSURANCE

INDUSTRY VENDORS

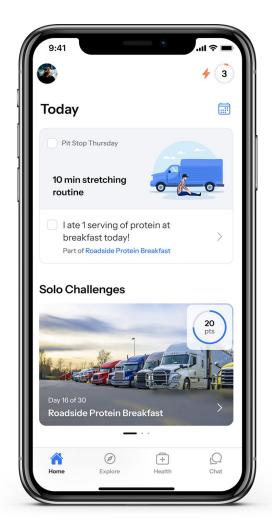
Offshift

"Offshift has really opened my eyes to what can be done in the truck!"
- Kevin C., Member



"I've lost 10.1lbs since joining and my whole family is getting into it. We're eating healthier, going on walks together, and making time to be active as a family!" - Aaron M, member





THE #1 PROBLEM DRIVERS FACE ON A

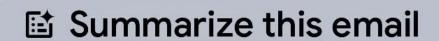
Table 3: Driver-Identified Problems Experienced Daily

Problem	Women		Men	
	Rank	Percent	Rank	Percent
No / Limited Access to Exercise Facilities	1	42.2%	2	30.2%
No / Limited Access to Safe Parking	2	41.1%	1	30.9%
No / Limited Access to Restroom Facilities	3	39.1%	4	23.1%
Concern over Personal Safety	4	30.2%	3	28.7%
Negative Stereotypes	5	28.5%	6	18.2%
No / Limited Mental Health Resources	6	25.2%	8	16.2%
Company or dispatchers do not give enough time for breaks (meals, restroom, showers) while on the road	7	22.8%	7	16.8%
Excessive Detention Time at Customer Facilities	8	20.4%	5	21.8%
Too Much Time Away from Home	9	20.3%	9	14.6%
Limited Advancement Opportunities	10	18.1%	10	12.1%
Harassment or Discrimination	11	17.6%	11	8.8%
Lack of Childcare	12	11.3%	12	4.9%



(no subject) External Inbox







I'm a truck driver otr and my health is going down hill and fast please help.

THE TRUCKER HEALTH PLEDGE

Truck drivers are dying at an average age of 61.

They belong to one of the most vital - yet unhealthiest - professions in America.

I refuse to accept this as normal.

I pledge to be part of the movement that's making trucking a healthier, safer industry across North America.

I proudly stand with Project 61 to change lives - one mile, one driver, one company at a time.

For Our Drivers.































PROJECT 60

SIGN THE PLEDGE



www.project-61.org/pledge

PROJECT 61 ACQUIRES OFFSHIFT TO LAUNCH FIRST-EVER FREE, INDUSTRY-WIDE HEALTH PLATFORM FOR TRUCK DRIVERS

PRESS RELEASES

Bold move aims to raise truck drivers' 61-year life expectancy and boost their health and well-being

CARMEL, IN – 7/31/25 - Project 61, the 501(c)(3) nonprofit tackling the trucking industry's driver health crisis, has acquired Offshift - the leading digital health platform built exclusively for truck drivers. The acquisition marks a major leap forward in Project 61's mission to give every truck driver the chance to live a longer,

NEWSLETTER

Jeremy

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Get stories, tips, and updates straight to your inbox.

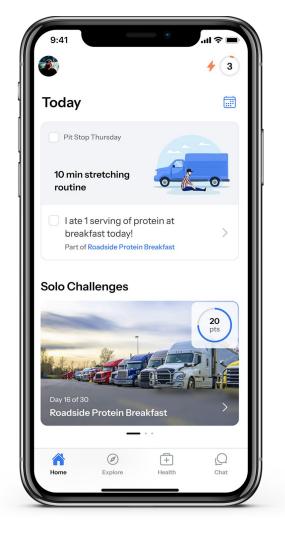
Reymer

First name Last name

A DRIVER HEALTH APP BUILT FOR LIFE ON THE ROAD

Project 61's mobile app helps drivers and their families take small, meaningful steps toward better health, with the support of a growing community.

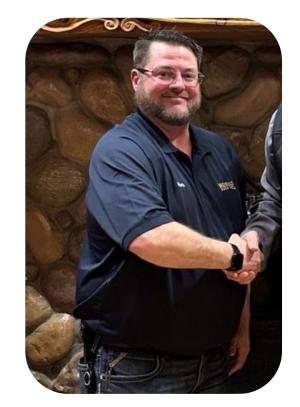
- Daily movement routines and reminders
- Nutrition and sleep tips designed for CDL drivers
- Peer encouragement and team accountability
- Easy onboarding and accessible for spouses, too



While driving OTR, Mark lost 135lbs and 10" off his with Project 61!

Results:

- 01 390lbs → 255lbs
- 02 46" waist → 36" waist
- Ompleted +1000 nutrition habits
- 04 Averaging +7k steps per day



As an OTR team, Steve and Gina both lost weight and train for a 50 mile march with Project 61!





Joe reversed his diabetes while getting off Ozemp & blood pressure medication with Project 61!

"This is the only program I have ever had interest in and actually stuck with. Project 61 is getting this old man moving and eating healthier!" - Joe M_{-}





LET'S REWRITE THE FUTURE OF DRIVER HEALTH TOGETHER





THANK YOU!

ANY QUESTIONS?



Additional Questions?



Email additional questions to

Rodolfo.Giacoman@CVSA.org

Recording will be available at

nafmp.org/webinars

Feedback



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

Thank you!

