

Shift Work, Fatigue and Cardiovascular Risk Factors Among Maine's Logging Workforce

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EXTENDED ABSTRACT

1. Background and Objective(s)

Logging is one of the most hazardous industries in the United States (US), despite many workplace safety improvements made in the last decades. Currently, little is known about regional trends in health conditions of logging workers, especially in the Northeast. To address this, we have undertaken a large health and safety study targeting Maine logging workers.

2. Methods

We enrolled participants between March 2018 and May 2019 using a variety of methods including telephone, postal mail, and in-person recruitment. Loggers took part in a longitudinal cohort study involving a series of seven quarterly surveys and an in-person health assessment. This abstract reports on a results from these surveys and physical measures data captured through the health assessment.

3. Results

Out of 1,738 loggers contacted, 393 enrolled in the study. Three hundred twenty-five (325) are included in the initial survey analyses, 246 mechanized loggers, and 79 conventional. On average mechanized loggers worked longer days (11.8 hours vs. 9.7 hours) and had longer commutes from home to the woodlot (72.6 minutes. vs. 40.7 minutes) than conventional loggers. Mechanized loggers were more likely than conventional loggers to begin their workday before 6:00 AM. Preliminary analysis of health screening data (sub-cohort of 81 loggers) identified several factors that require addition exploration: average body mass index (BMI) of 30.6, Mallampati scores of class 3 or 4 in 24%, along with average blood pressure of 138/83.

4. Conclusions

These factors contribute to a need to work with the logging community on cardiovascular risk and factors contributing to sleep quality. The ultimate goal is to make the industry a safer and healthier profession for the current workforce, as well as the workforce of the future.

PROCEEDINGS

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**COUNCIL
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ENGINEERING**



FORMEC
Oregon, USA 2021

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ISBN: 979-8-9855282-0-6

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