

AMTA's Psychosocial Hazards Resource:

A trucking industry association's efforts at improving psychological safety at small- and medium-sized carriers

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Overview

- Background of AMTA
- Responding to the call to action
- Our response
- Our guide
- Contact information



An Overview of AMTA

- Alberta Motor Transport Association (AMTA) is a not-for-profit safety association that represents Alberta's trucking industry
- Founded in 1938
- Advocates for the industry at bureaucratic and legislative levels
- Advances the industry
- Works to improve the safety and compliance of trucking companies in Alberta
- Research and innovation



An Overview of AMTA

- Specific to health and safety, AMTA:
 - Is a COR and SECOR provider
 - Voluntary safety management systems
 - Represents segments of Alberta's trucking industry from a Workers' Compensation Board perspective
 - Creates and provides safety training for industry
 - Includes Member Services department that actively assists carriers in matters related to health and safety



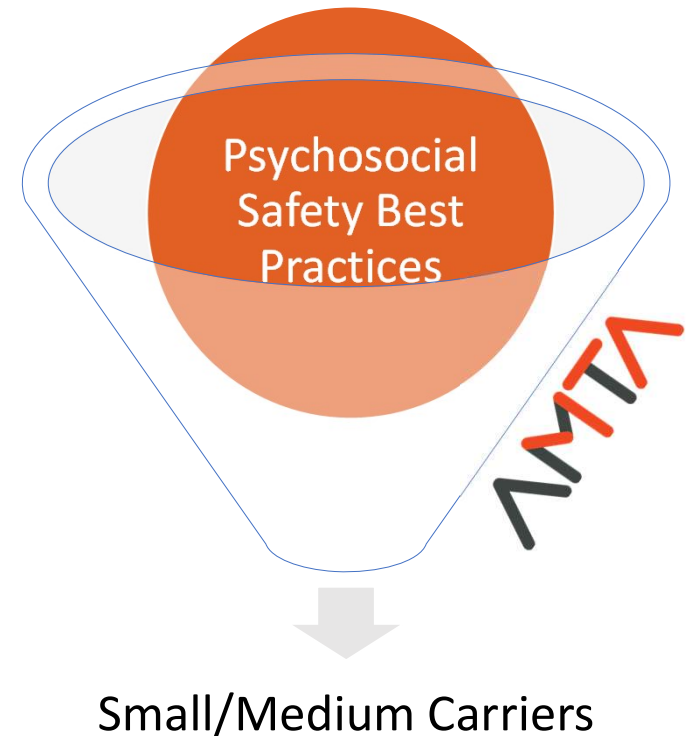
Responding to the Call to Action

- AMTA has collaborated with governments and industry to address health and safety concerns
- Recently, we participated in a project to address psychological safety
- Our task is to apply resources and best practices to the specific environment of our industry



Our Response

- AMTA identified two barriers faced by small- and medium-sized carriers: *information overload* and *resource limitations*
- Much can be done to improve psychological safety; what are good places to start for the smaller carriers that make up ~98% of Alberta's trucking industry?



AMTA's Psychosocial Hazards Guide

- AMTA is currently writing an industry guide on psychosocial hazards in the workplace
- A free resource for the industry
- Internal resource for AMTA to create additional content and awareness
- Initial focus is on small- and medium-sized carriers in Alberta interested in addressing psychosocial hazards



AMTA's Psychosocial Hazards Guide

- AMTA conducted a small (n=55) survey of carriers across Alberta to “check the pulse” of our industry in terms of psychological safety knowledge
- Focus was on small carriers; starting point for possible future work

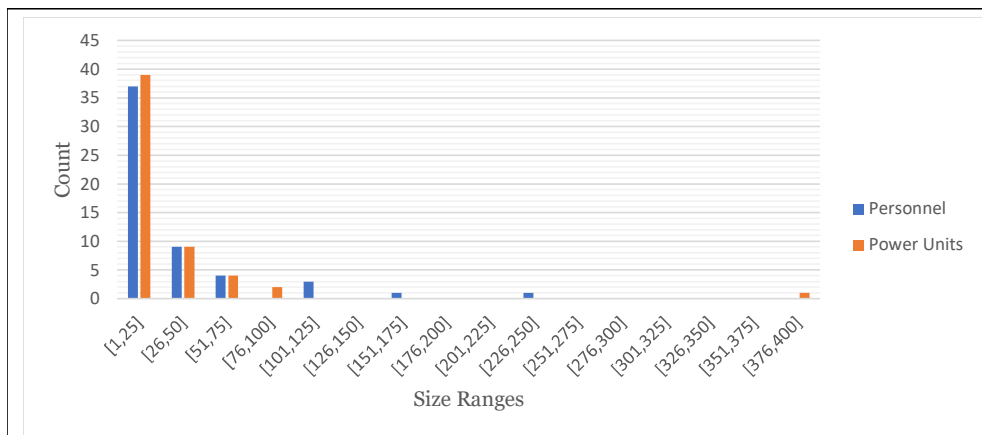


Figure 2 – Histogram showing the distribution of carriers in terms of their size based upon both the number of personnel and the number of power units and/or straight trucks under the direction of the carrier.

AMTA's Psychosocial Hazards Guide

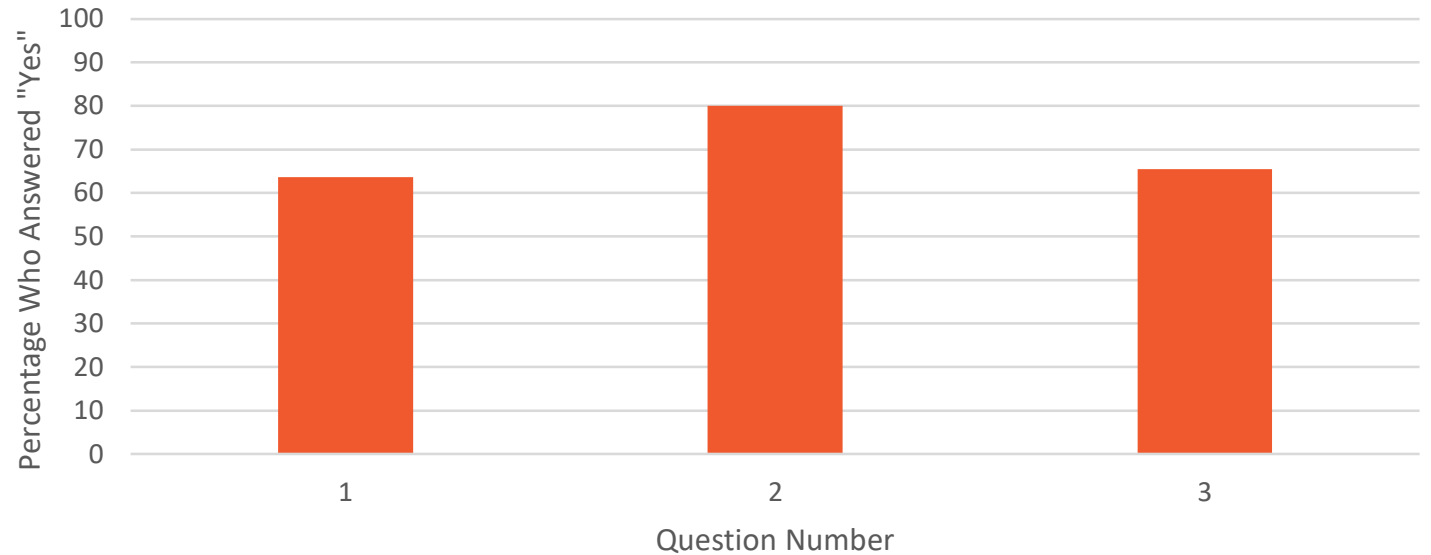


Figure 1 – Percentage of carrier respondents who answered “yes” to the three survey questions. Questions 1, 2, and 3 received a response of “yes” for 63.6 %, 80.0 %, and 65.5 % of carriers, respectively.

AMTA's Psychosocial Hazards Guide

- Listed best practices for small- and medium-sized carriers based upon the following criteria:
 1. Tried and True
 2. Feasibility
 3. Applicability
- Enlisted the help of external contributors



AMTA's Psychosocial Hazards Guide

- List of best practices:
 1. Psychosocial Hazard Assessments
 2. Post-Incident Debriefs and Mental Health First Aid
 3. EAPs and EFAPs
 4. Unconscious Bias Awareness Training
 5. Fatigue Management
 6. Active Listening Training
 7. Using Existing Resources
 8. Addressing Pay Structures
 9. Policies and Procedures
 10. Addressing Hazards from Working Alone



Presenter's Contact Information

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- Please reach out for questions, comments, and feedback

