

Occurrence Factors of Sleepiness of Freight Train Drivers

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In order to prevent accidents caused by sleepiness of freight train drivers, we investigated the occurrence factors of sleepiness. We selected 1,810 drivers with questionnaire investigation and 8 drivers with psycho-physiological load investigation for this study. Consequently, the importance of four factors namely: “duty condition,” “physical condition,” “lapse of time and time of day” and “operational condition” was pointed out as the occurrence factors of sleepiness. The present study has confirmed that 62% of the causes of duty for driver or train of sleepiness were two items of the “midnight and early morning” and “shortness of rest time,” and that the grade of the fall of a flicker value for drivers of an outward trip was the same as operation of the midnight of a return trip, etc. by low-speed operation.