The work dynamics of professional drivers of Brazilian cargo transportation and the potential risk factors for road safety and worker health

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INTRODUCTION
The factors that contribute to the occurrence of a transport accident can be categorized into: human, road-environmental, vehicular, institutional and socioeconomic. Based on this principle, the present study, in a prevention perspective, sought to recover the worker's reality, socioeconomic perspective, and its potential impacts on driver's health and road safety.

OBJECTIVE
To characterize the work dynamics of professional drivers of Brazilian cargo transportation and to identify the potential risk factors for road safety and worker health.

METHODS
This study adopted as a method the literature review using as techniques the steps defined by Soni and Kodali applied to scientific articles and the snowball technique covering scientific articles, institutional documents and legislations related to public policies that regulate the activities of professional drivers and programs governmental organizations related to road safety and worker health surveillance in the Brazilian context. The institutional data were constituted by physical documents made available exclusively for the study, collected in official sites of open consultation or requested to government bodies with the help of the Law of Access to Information. The historical series defined was from 2007 to 2017. The related languages for the research were Portuguese, Spanish and English. The inclusion criterion adopted was "peer reviewed journals", in the case of scientific articles, and related to road safety and worker health surveillance, in the case of institutional documents and legislation.

RESULTS
The results showed similarities in the work dynamics of professional drivers of cargo transportation. In the Brazilian context, the professionals who have an employment relationship with carriers, experience a better job situation than the autonomous colleagues, propitiated by the technological increments of the vehicles, transport logistics strategies and even laws that regulate the profession. Technological advent has required of professional drivers new skills for vehicular driving causing some professionals to become obsolete for the job market. Long periods away from home, absence of family ties, adverse ergonomic conditions and pressure for productivity may contribute to risk factors for worker health or risk behaviors to road safety such as: inadequate feeding, sedentary lifestyle, musculoskeletal system overload, psychoactive drugs, alcoholic beverages, unprotected sex and little time for rest.

Vulnerability to cargo thefts, fragility in work relationships, shifts in activities or reversal of the biological clock, as well as types of cargo under the responsibility of professional drivers, are considered to be factors of insalubrity and precariousness of the work, being able to favor the manifestation of stress frames. It is also highlighted as threats to the health of professional drivers the high consumption of caffeine and energy drinks, low water intake, long hours overloading organs and the habit of driving with open windows and sunroof exposing the driver to exogenous agents. In Brazil, the social security reform process, which will increase the time for workers' retirement, is also highlighted, reverberating also in the work dynamics of the subjects of this study, considering the conditions inherent to the life cycle.

Professional drivers can make short or long journeys, and can present different work dynamics. Professional drivers can concomitantly travel on highways and urban roads and in the Brazilian context the increase of cargo thefts in the vicinity of the municipalities has been observed, being a risk factor and suggesting the incorporation of public safety and its relation with labor dynamics as a variable of analyzes.

The present study integrates the thesis titled Methodology of evaluation of governmental programs directed to the road transport in development University of Brasilia - UnB, for this reason, in addition to the literature review the findings were complemented by means of field observation in the context of coordinated actions by the Federal Highway Police (PRF), which deal with occupational health and road safety surveillance for professional drivers.

CONCLUSIONS
Although studies carried out in other countries have revealed similarities with the work dynamics and risk factors inherent to Brazilian professional drivers of cargo transportation, it is necessary to equalize the realities, contexts, labor relations and respective legislation, otherwise it may jeopardize the analysis of the phenomena studied.

KEY WORDS
Truck drivers, road transport, road safety, occupational health, traffic education