

EDITORIAL

Dear drivers,

As of February 2026, the TRAPHEAC project, a study conducted on Swiss bus drivers, has arrived at a new stage, with **562 bus drivers** participating in the initial survey and **272** answering the first follow-up survey. Regular follow-up makes it possible to **observe the evolution** of the **working and health conditions** of the participants, as well as to examine connections between these two aspects.

In this second newsletter, you'll find a summary of positive and negative changes, and aspects that have remained stable, that have been observed in the past 12 months.

A huge thanks for your commitment and participation!

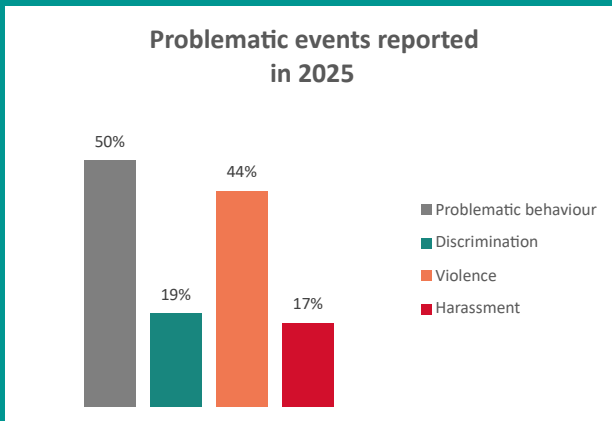
The TRAPHEAC research team

KEY FINDINGS

An analysis of the data, with a comparison between 2024 and 2025, reveals several trends concerning problematic behaviors, physical pain, and overall changes in working conditions.

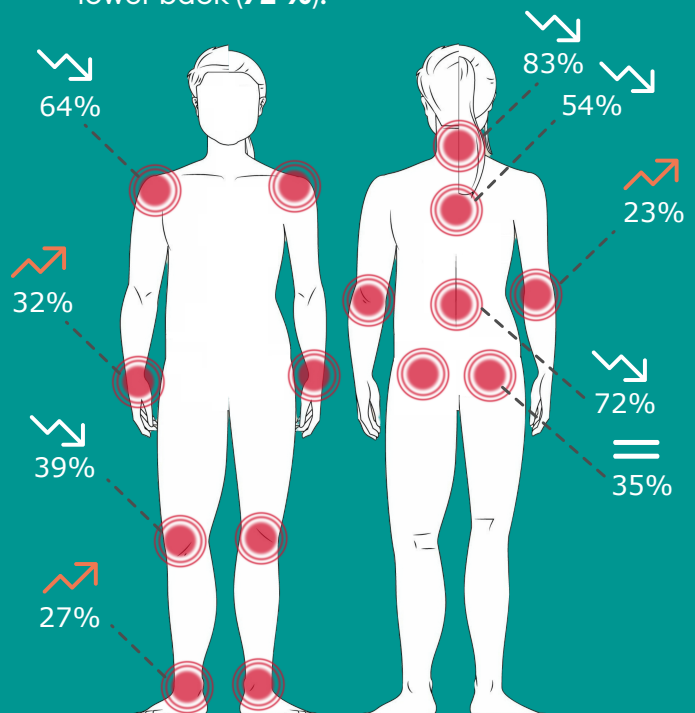
Problematic behaviors

The frequency of problematic behaviors (discrimination, violence, harassment) remains **stable overall** since the beginning of the study.
 → Approximately **one in two individuals** report at least problematic behavior.
 → A **slight decline** (1 to 3%) is nonetheless observable since the previous year.



Physical pain

Musculoskeletal pain remains common, particularly in the :
 - neck (**83 %**),
 - shoulders (**64 %**), and
 - lower back (**72 %**).



Changes in working conditions

- The majority of participants report **no change** in working conditions.
- Approximately **one third** of respondents report a **deterioration**, particularly in terms of :
 - increased traffic,
 - work-life balance, and
 - workplace stress.
- Between **5 to 10 %** of participants mention an **improvement** in their working conditions.

Sleep quality is the most reported improvement; three quarters of participants rate their quality of sleep as acceptable or good. The following graphs show the results in more detail.

Organization of working time



Breaks



Stop (down) times at terminals



Physical effort required at work



Road traffic



Work-life balance



Work-related stress

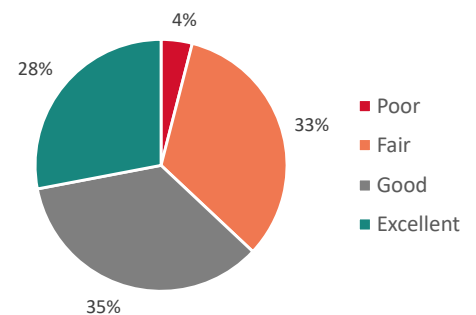


Sleep



■ Stable ■ Improved ■ Deteriorated

Score SQS (sleep quality)



Our team continues to analyze data that is collected, focusing on the areas that you and your colleagues have highlighted as particularly problematic: the impact of long working hours on health, ergonomic issues, fear of accidents, and fatigue.

The results will be presented to you during the upcoming conference organized for the participants of the TRAPHEAC project. The conference will take place on **April 24, 2026**, at University of Lausanne. Please save the date and make sure to attend!

Your participation in the project is essential. In the meantime, you can stay up to date on the project by visiting our website at www.trapheac.ch.



Register now !