Highly automated truck driving: how can drivers safely perform sport exercises on the go?

Highly automated driving enables the driver to engage in activities other than the actual primary driving task. How can truck drivers use phases of highly automated driving meaningfully? Research in the domain of long-distance road haulage shows that truck driving poses an immense physical, as well as mental burden on the driver, leading to various health issues. The objective of this research is to identify and test appropriate user-interfaces (UI) which allow the driver to perform exercises. For this purpose, a novel multifunctional driver’s seat has been developed enabling the driver to move to a stand-up position whilst still being belted thereby introducing new movement possibilities. The compatibility of exercising during periods of highly automated driving needs to be evaluated.

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