

Safe Driving On The Road

Truck drivers face hazards on a continuous basis from start to finish of each working day. Sure, many of us know that truck driving is one of the most dangerous jobs in the world. However, others really don't understand everything a driver deals with on any given haul. This infographic by Vehicle Safety Supply goes into detail about the many dangers that drivers face. And as a fellow driver, this can open your eyes to that danger because truck driver safety is always a concern.

When we're talking about safety hazards for truck drivers, we're looking at fatal hazards and non-fatal hazards. The **leading fatal safety hazard** for truck drivers is collisions with other vehicles at 70 percent. **Non-fatal hazards** for truck drivers is led by overextension and bodily reaction at 35 percent, falls/slips/trips in a close second at 30 percent.

Preventative Safety Measures For Truck Drivers

While safety hazards for truck drivers are everywhere on the road, there's a lot of preventive steps that can be taken to lower your risk of injury or death. Let's talk about **driving time**, our normal 12 hours (coming on duty) that we're given to drive. 12 hours is already a lot of time. Each hour that you go over puts your life at risk and the lives of others. It's not worth it (and I get it, I'm a driver) but you must keep it at 12 hours. Know your hours of service (HOS).

Take plenty of breaks. You need the exercise anyway, but more importantly, you need a break. Do take the time to get out of the truck every few hours, stretch your legs, any type of activity is going to be a benefit. If you're tired, pull the truck over and get a nap in. Get woke back up, grab something to eat. At least allow yourself 20 minutes (after a nap) before you get back to driving.

And below, you'll see more great safety tips for all levels of drivers.

Everyone's safety is involved when you're out there on the road. Please be safe, always be aware of your surroundings and get there safely.



TOP SAFETY HAZARDS FOR TRUCK DRIVERS

FATAL SAFETY HAZARDS

70%

Collisions with other vehicles

8%

Procedural vehicular incidents

8%

Contact with equipment

4%

Slips and falls

NON-FATAL SAFETY HAZARDS

35%

Overextension and bodily reaction

30%

Falls, slips, and trips

17%

Contact with object or equipment

14%

Transportation incidents

SAFETY GUIDELINES TO PREVENT INJURY

Follow driving time guidelines

Do not drive beyond the 14th consecutive hour after coming on duty

Drive only if 8 hours or less have passed since end of last off-duty period

Do not drive after 60/70 hours on duty in 7/8 consecutive days

Drive a maximum of 11 hours after 10 consecutive hours off

Take plenty of breaks

This helps you stay alert

Shut off truck while sleeping, loading, and unloading

Use flashers, flares, and triangles when pulled off road for mechanical problems

Don't fight sleep

When tired, pull over and take a nap

Lower speed in wintry conditions

Watch bridges in winter
Bridges freeze faster than roads

Do not tailgate
Maintain enough stopping space for your truck

Idle with windows closed
Reduces exposure to fumes

Slow down in work zones
One third of all fatal work zone crashes involve trucks

Signal early
Give ample warning to other motorists

Use flashers
Especially if driving below posted speed limit

Have tire chains
Especially when driving in mountainous regions

Brake early
Give other motorists ample warning you are stopping

Minimize lane changing
Due to blind spots

Keep fuel tank full in winter
Prevents water build up in fuel lines

Increase following distance in rain or snow



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