

PREVENTING TRUCK DRIVING ACCIDENTS

AVOID DISTRACTED AND FATIGUE-RELATED INCIDENTS

20%

The percentage increase of truck accidents in the last 2 decades, most likely due to distracted driving

9

The number of people per day that die due to crashes related to distracted driving

120

The amount of days a CDL license can be disqualified for after multiple violations of texting while driving

Fleet managers and safety managers can help minimize distracted driving by implementing a zero cell phone policy

BEING AWAKE FOR 18 HOURS IS COMPARABLE TO HAVING A BLOOD ALCOHOL LEVEL OF 0.08, WHICH IS CONSIDERED LEGALLY INTOXICATED

4 signs of driver fatigue



- 1** Frequent yawning
- 2** Heavy eyes and blurred vision
- 3** Difficulty focusing or zoning out
- 4** Drifting into the shoulder or other lanes

Short naps are more effective at restoring energy than coffee. Naps should last between **10-45** minutes

SCAN YOUR MIRRORS EVERY 4 SECONDS AND SCAN 15 SECONDS AHEAD TO KEEP YOUR EYES MOVING AND HELP DIMINISH THE POSSIBILITY OF FATIGUE

