



THE STATE OF TRUCKING 2022

A DRIVER'S GUIDE



INTRODUCTION

As much as we'd hoped the pandemic would be in the rearview mirror by now, it has continued to take its toll on the world and on trucking this year.

So many headlines and news conversation throughout these past few years have centered around trucking being a critical part of the supply chain equation.

The attention has been great for elevating trucking as a profession to be looked at with respect, stability, and growth for those wishing to be a driver. However, the pandemic has also begun to weigh heavy on drivers who are becoming even more exhausted and overworked.

Our third annual State of Trucking survey hoped to gather how drivers were feeling after another year of the pandemic.

See how you measure up against your peers, where the industry stands as a whole and what the future may bring.

BURNOUT IS ON THE HORIZON

The pandemic has impacted every part of our lives and trucking is no exception. The challenges it has caused have changed slightly from last year's survey, but there is no doubt that the cost has been high.

Compared to last year, the survey showed the same amount of drivers who's lives have been impacted by COVID-19. With 40% reporting it has negatively impacted their life or their job. And while trucking has continued to prove how essential it is to this country, drivers are starting to feel the pressure.

When we talk about burnout, healthcare professionals are at the forefront of the conversation. But critical roles like truck driving often get ignored in broader national conversations about burnout and fatigue.



THE STATE OF TRUCKING 2022: A DRIVER'S GUIDE

Many drivers have been pushed to the absolute limits these past 2 years with the shortage of workers, high demand for essential and non-essential goods and supply chain issues. It shouldn't come as a huge surprise that drivers are pushing for higher wages and better working conditions.

Our survey showed 55% of drivers still don't think pay is competitive enough in the industry. On the bright side, 68% of employers reported they are planning to increase wages this year.

Not surprisingly, fatigue was cited as a safety concern of drivers. 75% felt fatigue is a big problem for truck drivers.

This is not overly surprising since a majority of drivers reported getting only 5-7 hours of sleep a night, which is below the recommended amount for adults, especially with such a high stakes job.

As an industry, there needs to be push to prioritize the health and safety of drivers past just pandemic infection measures.



40%

of drivers say the pandemic has impacted them negatively this year



75%

felt fatigue is a big problem for truck drivers

SAFETY MATTERS

The safety of drivers has always been high on the list of priorities. The number one thing reported by employers that keeps them up at night is driver safety. And drivers echoed the same sentiment.

Our survey showed that almost half of drivers don't feel safe on the road today. And the most commonly cited reason is that others driver recklessly on the road.



Number one thing that keeps employers up at night is the safety of their drivers

Learn some ways to reduce distracted driving to avoid accidents and keep yourself safe on the road.

Thankfully, most drivers reported that they have avoided serious consequences on the road. 3 out of 4 have never been in an accident while driving a truck during their career.



In addition, 70% of drivers find distracted driving a big problem for truck drivers. Not only are there distractions inside the truck, but there are also distractions outside, including other distracted drivers.



Half of drivers surveyed do not feel safe on the road today due to either having to drive into unsafe areas or other people driving recklessly



70%
of drivers confirmed that they feel distracted driving is a big problem

SUCCESS UP AHEAD

Our survey dug deeper into the life and priorities of truck drivers. We wanted to know what they looked for in a job, why they love driving and more.

Our results showed that on average, most drivers take about 1 driving job per month. In addition to that, almost half said that their last assignment was over 12 weeks long, showing that drivers like stability and consistency.

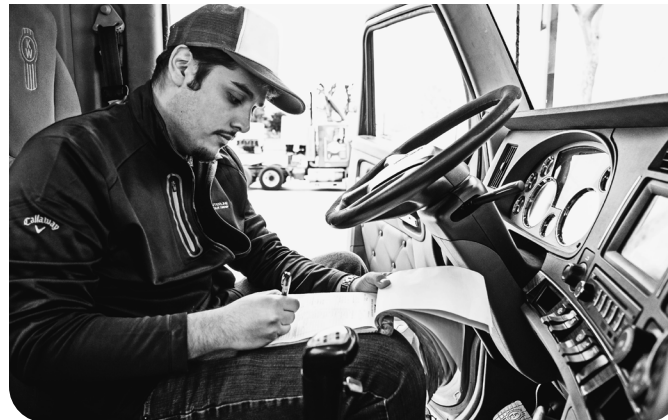
Our survey also showed that many drivers are in this profession for life. Almost 20% of respondents have been driving for 10-15 years and 40% have been driving for more than 15 years.

Despite the pandemic, drivers took the same number of jobs this year verse last year and plan on continuing to do so in 2022.

Work-life balance always emerges as a priority for drivers. Stereotypically, truck drivers are frequently away from home, but that doesn't have to always be the case.

73% of drivers prefer local routes over short haul and OTR driving opportunities. This allows drivers to do what they love while still being able to spend time with their families. This makes sense because our survey also showed that 40% of drivers worry when taking on a new job is the impact on their family and home life.

Working for Centerline, means you can always prioritize your work-life balance. We work hard to make sure our drivers get home at night with local routes for steady hours and competitive pay.



73%

of drivers prefer local routes over short haul and OTR driving opportunities



40%

of drivers worry about their family or home life when taking a new job

ON THE ROAD AGAIN

On a lighter note, we asked drivers what they enjoyed about driving and what they do on the road. Talk to any driver and they will most likely tell you that they love truck driving. When asked why, our survey respondents said they love the road for its opportunities to travel to somewhere new, its independence, the pay and the stability of driving because they are so in demand.

The most popular bucket list driving destinations were:



Even with short haul drives, the hours on the road can be long. We asked drivers what they enjoyed listening to while driving.

The top types of music are:

- CLASSIC ROCK COUNTRY
- HIP HOP/RAP R&B
- ALT COUNTRY CLASSICAL

Around 40% of drivers surveyed said they prefer to listen to podcasts instead of music and 1 in 4 said they prefer to listen to audiobooks while driving.

Staying healthy on the road was also a priority, of those surveyed:

- 67% MAKE AN EFFORT TO EAT HEALTHY ON THE ROAD
- 50% PREPARE MEALS AHEAD OF TIME
- 62% EXERCISE
- 25% MEDITATE REGULARLY

However, those who did not practice healthy habits, almost half reported that they have gained weight while working as a truck driver. The most common health challenge on the road was the ability to find healthy food or non-fast food while driving.

On a positive note, of those who maintain healthy habits—90% reported not having any ailments due to driving.

If you are having trouble maintaining a healthy lifestyle, **check out our collection of articles to help get you started.**



A majority reported eating healthy, exercising or meditating regularly



Drivers listed independence, pay and stability as their top reasons for loving truck driving

HIGHLIGHTS FROM THIS YEAR

One of the silver linings of this year's survey was reading how many drivers have had memorable or positive experiences during such a tumultuous time. Some of their stories are below



"Within two weeks, I was able to see 20 different sets of mountains"



"This year was my first time driving in the mountains."



"I hauled a rocket booster for one of the space shuttles."



"While driving through the Arizona desert, I was able to use my telescope at a rest area to see the Milky Way for the first time."



"After a snowstorm, I exited a highway to find a field of wild mustangs playing. Got out of the truck to watch them, it was really special."

CONCLUSION

2021 was hard for so many, but truckers were an essential part of keeping this country running. **We thank you for your hard work this year and every year.** Centerline Drivers wants to help you find the perfect placement.

We focus on fit – working with transportation departments in top companies to expertly match your skills, shift and equipment preferences and lifestyle to open positions.

We want to find your local routes with steady, reliable hours and competitive pay. Driving with Centerline means you still get to live your life.



CENTERLINE DRIVERS KEEPS YOUR TRUCKS MOVING

Centerline has a team of dedicated, responsive recruiters who will work with you. With support every step of the way, Centerline makes it easy for you to find your perfect next position fast.

Interested in applying? [View jobs now.](#)

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METHOD

This research was the result of a survey of more than 170 companies hiring truck drivers and over 500 truck drivers nationwide. This research was the result of a survey of more than 170 companies hiring truck drivers and over 500 truck drivers nationwide.

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