

State of Trucking 2024:

WHAT DRIVERS NEED TO KNOW ABOUT SAFETY

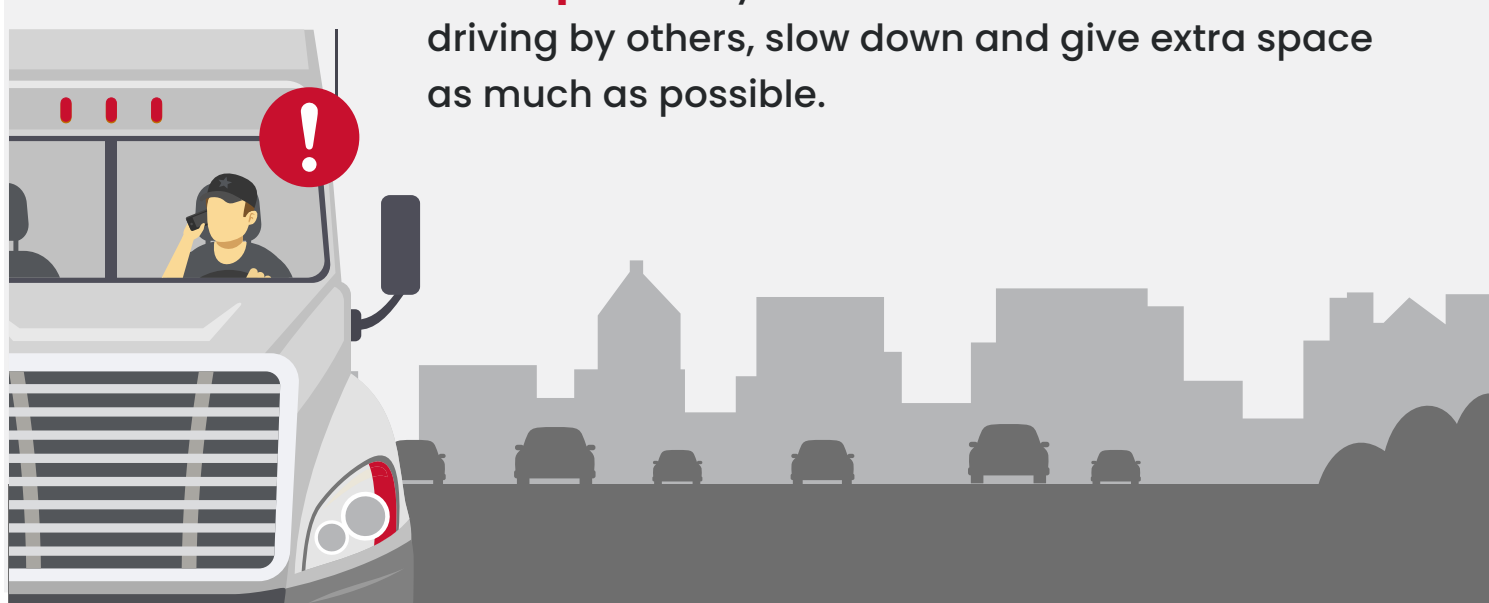
2024 marks the 5th annual State of Trucking survey and safety always has, and likely always will be, at the forefront of our study every year. This year's report was even more profound than usual with safety trends taking a front seat.

HERE ARE THE TOP 3 SAFETY METRICS TRUCK DRIVERS SHOULD BE PAYING ATTENTION TO

1

79% of drivers reported distracted driving from others on the road is a big problem

Minimize your own distractions **by avoiding eating, drinking, navigating, texting or talking on the phone.** If you notice erratic or distracted driving by others, slow down and give extra space as much as possible.



60% of drivers say they do not feel safe on the road today

2

There are a few things you can control as a driver to increase safety.



Make sure that pre-trip safety inspections are completed particularly for tires and brakes. Make sure your load is well-balanced and secure.



Use your safety belt every time. Safety belts save lives and allow drivers to stay inside and in control of their vehicles in case of a crash.



When you get behind the wheel, look 15 seconds ahead for potential traffic hazards, construction zones, and other dangers.



3

83% reported fatigue is a problem for drivers.

A majority of drivers (and adults overall) struggle to get the recommended 8+ hours of sleep each night. Prioritize getting enough rest. Do not drive if you are feeling fatigued, too ill to concentrate, or have taken medications that may cause drowsiness or dizziness, including over-the-counter medicine.

