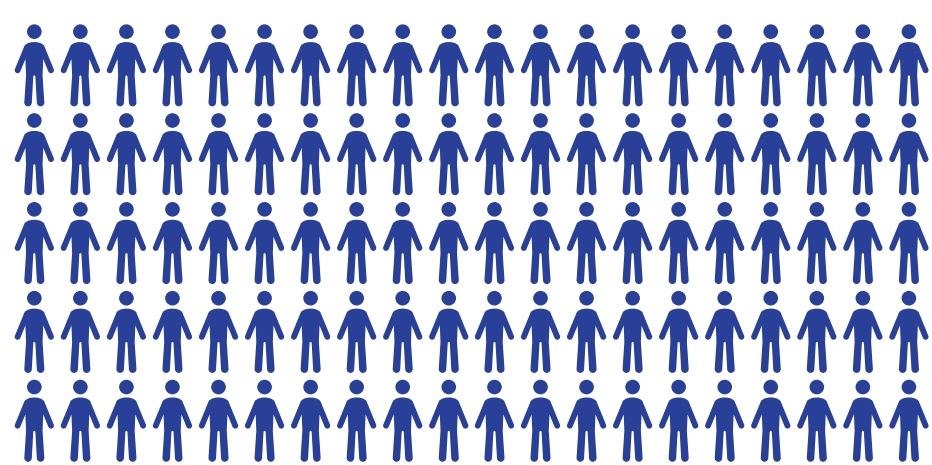




# TRUCK DRIVER FATIGUE



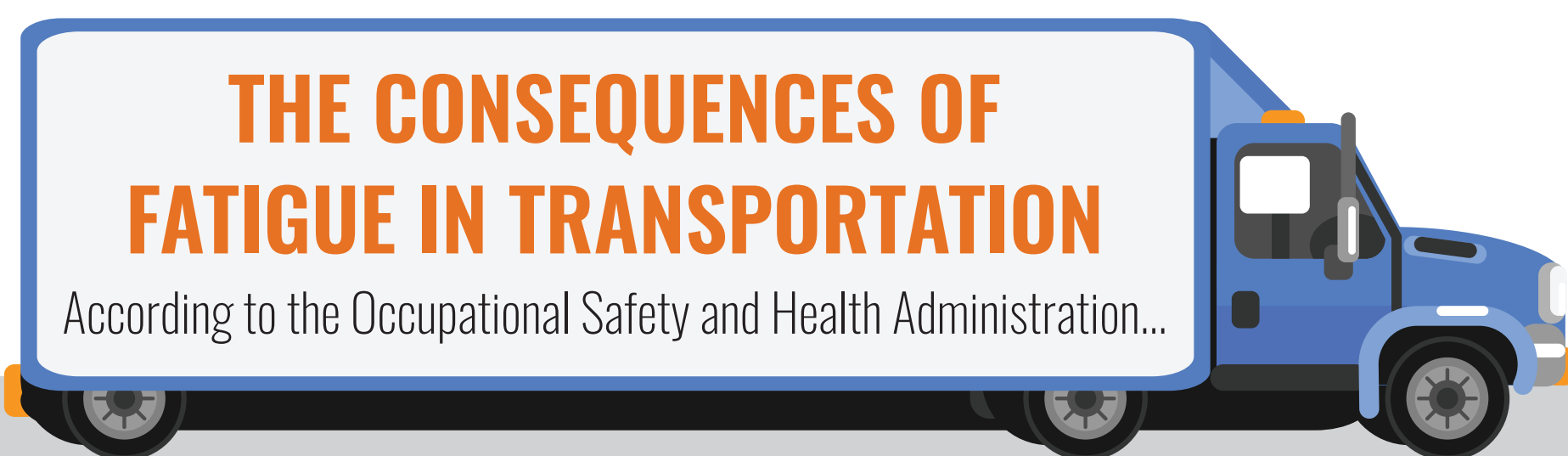
Every year in Missouri, around **100 people are killed** and more than 3,000 are injured in crashes involving commercial vehicles.

The Federal Motor Carrier Safety Administration estimates that 13% of commercial vehicle drivers involved in crashes were fatigued when the crash occurred.



## THE CONSEQUENCES OF FATIGUE IN TRANSPORTATION

According to the Occupational Safety and Health Administration...



Irregular, extended shifts and long work hours are common among transportation workers, including truck drivers.

When compared to day shifts, accident and injury rates are **18%** greater during evening shifts and **30%** greater during night shifts.

Working 12 hours per day is associated with a **37%** increased risk of injury.



Our national "Hours-of-Service" rule says that truck drivers are allowed 14 consecutive hours in which to drive up to 11 hours after being off duty for 10 or more consecutive hours. In other words, drivers are essentially allotted 14 hours of work time per day, in which 11 can be dedicated to actually driving a truck.

## TRUCKERS FACE SEVERAL CHALLENGES, INCLUDING...



Meeting demands of shippers



Financial costs of driving and maintaining a big rig



Maintaining a healthy lifestyle.



## SIGNS OF SLEEP APNEA INCLUDE:

1. Loud snoring
2. Gasping during sleep
3. Excessive daytime sleepiness
4. Irritability and/or feelings of depression
5. Concentration and memory difficulties.

Sleep apnea, when left untreated, can lead to falling asleep behind the wheel, diminished focus and decreased reaction time.

FOR TRUCK ACCIDENT CLAIMS CALL:  
**CALL 844-443-8385**

[www.bleyevanslaw.com](http://www.bleyevanslaw.com)



Sources:  
Missouri Department of Transportation and the Missouri State Highway Patrol  
<https://www.fmcsa.dot.gov/safety/driver-safety/cmv-driving-tips-driver-fatigue>  
<https://www.osha.gov/SLTC/workerfatigue/hazards.html>  
[https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/Drivers%20Guide%20to%20HOS%202015\\_508.pdf](https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/Drivers%20Guide%20to%20HOS%202015_508.pdf)  
<https://www.fmcsa.dot.gov/driver-safety/sleep-apnea/driving-when-you-have-sleep-apnea>