TOP SAFETY HAZARDS FOR TRUCK DRIVERS

FATAL SAFETY HAZARDS

- 70% Collisions with other vehicles
- 8% Pedestrian 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

Sources:
http://www.bls.gov/opub/mlr/2015/article/workplace-hazards-of-truck-drivers.htm#_edn1
http://www.bls.gov/opub/mlr/2015/article/workplace-hazards-of-truck-drivers-1.htm
http://www.dmv.org/articles/safety-tips-for-commercial-drivers/

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