



# TOP SAFETY HAZARDS FOR TRUCK DRIVERS

## FATAL SAFETY HAZARDS



Collisions with other vehicles



Pedestrian vehicular incidents



Contact with equipment



Slips and falls

## NON-FATAL SAFETY HAZARDS



Overextension and bodily reaction



Falls, slips, and trips



Contact with object or equipment



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

**Lower speed in wintry conditions**

**Watch bridges in winter**  
Bridges freeze faster than roads

**Idle with windows closed**  
Reduces exposure to fumes

**Slow down in work zones**  
One-third of all fatal work zone crashes involve trucks

**Signal early**  
Give ample warning to other motorists

**Use flashers**  
Especially if driving below posted speed limit

**Have tire chains**  
Especially when driving in mountainous regions

**Brake early**  
Give other motorists ample warning you are stopping

**Minimize lane changing**  
Due to blind spots

**Keep fuel tank full in winter**  
Prevents water build up in fuel lines

**Increase following distance in rain or snow**