

Fatigue²

Imagine you're a small business owner. Imagine that you are also a part time truck mechanic. Add to that a salesperson, accountant and a credit & collections clerk. Pile on top of all of that, a full time commercial truck driver. This is today's owner operator driver.

Driving a commercial tractor these days could be considered job enough! Add to that the multi-tasking it takes to insure your equipment is in optimal and safe condition, securing reloads, negotiating rates, making sure all the bills get paid, collecting revenues and operating in compliance with all regulatory agencies.

Are you getting the picture? Does this sound like you? Now add on all of the personal economic problems that many have in today's financial environment. What you now have are some of the major ingredients for STRESS.

Stress is a major leading factor of driver fatigue. This along with the poor sleeping habits that arise from stress can be a serious personal safety problem.

The National Transportation Safety Board (NTSB) examined 107 single-vehicle roadway departure crashes where the truck driver survived and no other vehicle was involved. The NTSB found that 58 percent of these crashes were fatigue-related.

Owner operator drivers should contact their respective insurance carriers for specific programs to improve the knowledge and understanding of alertness, the conditions and practices that improve sleep, sleep apnea, and ways to reduce the risk of drowsy driving. There are many various comprehensive programs that reach out also to employee drivers, dispatchers and risk managers to explain current knowledge about alertness and effective countermeasures.

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