

# TOP 10 CAUSES

## Of Truck Accidents

1

### Prescription Drugs

Prescription drugs don't have to be taken illegally to cause an accident. If you are on a new medication, it is always advised that you take it when you have nothing to do in order to see how your body will react to it.

2

### Speeding

Travelling too fast for road conditions is another cause of accidents. Truckers should be very careful to operate their vehicles at speeds that are appropriate and within the limits of the law.

3

### Unfamiliar Roads

While most truckers stick to highways, it's not unusual for one to be detoured off the beaten path. This can be a bit dangerous. As a trucker, be especially vigilant when traveling on a new road.

4

### OTC Medicines

If you take cold, flu or allergy medications, you should pay close attention to how your body reacts. Most of these drugs cause drowsiness, which can be deadly behind the wheel.

5

### Interior Distractions

Anything that takes a trucker's eyes away from the road is a distraction and can prove to be quite dangerous. It may be a cell phone, a meal or even personal grooming.

6

### Fatigue

Drivers are urged to make sure they get enough sleep before they head out on their routes, stay hydrated and eat healthy meals. All of these things can help to prevent fatigue.

7

### Illegal Maneuvers

There are a variety of maneuvers that a truck driver can make, not all of them legal. For example, a trucker may decide to make a U-turn when one isn't permitted or may even travel on a road not classified for trucks. Following the rules of the road can prevent these accidents.

8

### Exterior Distractions

Anything outside of the truck that leads a driver to remove their eyes from the road could be considered a distraction. Taking your eyes off the road for even 5 seconds at highway speeds allows you to cover more than the length of a football field without even realizing it.

9

### Lack of Evasive Action

A trucker may not be able to take evasive action due to circumstances beyond their control. It is recommended that a trucker leaves enough room between their vehicles and others on the road whenever they can, so they have room to maneuver as necessary.

10

### Aggressive Driving

From following too closely to driving recklessly, aggressive driving habits are something that should not be developed. If you find yourself becoming frustrated and driving in a way that you would not drive otherwise, pull over for a bit and relax.

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