

# DRIVER FATIGUE



Federal regulations limit the amount of time commercial drivers can work for a reason: to avoid drivers from getting behind the wheel tired. Fatigue is a feeling of tiredness or exhaustion and the result of working too much and poor sleep. When a driver is fatigued, he or she becomes a deadly weapon.

There have been many cases where the driver of a commercial vehicle fell asleep while driving causing an accident that involves several vehicles. Statistics show driver fatigue is a major cause in large truck crashes and what's worrying is that it has been increasing. In 2011 there were 3,781 accidents involving trucks that resulted in fatalities and for the year 2012 it increased 4%.

The consequences of an accident go far beyond the monetary. A Walmart driver that was involved recently in a crash resulting in one death and three people in critical condition is facing charges of vehicular homicide, assault and reckless driving, since his logbook was carefully studied and it was determined he had gone over his hours.

It is a reality a driver needs to face. The result of pushing yourself to the limit and of violating the law is far worse than what we would like to think. My advice to you, has been, is and will always be: think again.... Is it really worth it? just to save a little bit of time, is it worth it to never get home to your family again? I don't think so. The solution is very simple. Be safe. Be legal.

