

# ROAD CONGESTION



Traffic congestion is a stressful situation for motorists, especially truck drivers. There's more gear shifting which becomes tiring for the body and even though road congestion is not dangerous in itself, people frustrated with getting stuck in a traffic jam and being delayed can use extreme measures that can lead to an accident such as aggressive lane changing.

There are many different factors that cause road congestion. The most common are:

- Accidents blocking the traffic lanes
- Disabled vehicles blocking traffic
- Construction zones with lane closures or reduced speed limits
- Inclement weather
- Metropolitan areas

According to a report from the American Transportation Research Institute (ATRI) the top ten busiest and most congested areas in the country are:

1. Fort Lee, NJ : I 95 at SR 4 (George Washington bridge)
2. Chicago, IL : I 290 at I 90/ I94 (Chicago's circle interchange)
3. Atlanta, GA : I 285 at I 85 N
4. Cincinnati, OH : I 71 at I 75
5. Houston, TX : I 45 at US59
6. Houston, TX : I 610 at US290
7. St. Louis, MO: I 70 at I 64 W
8. Los Angeles, CA: SR60 at SR57
9. Louisville, KY: I 65 at I 64/I 71
10. Austin, TX: I 35

At North American Transport we transit mostly east of the Mississippi River, which means you'll have to drive through 9 of these 10 spots. Here are some things you can do if you're in a traffic jam:

- Be patient and understand there's nothing you can do to make the jam disappear.
- Stay in your lane unless there's an obstruction that requires you to leave your lane.
- Stay calm and don't let people turn you into an aggressive driver. Small vehicles will cut you off, but you have to stay cool and don't let it affect your day. Be professional.
- If possible, avoid traveling these areas at peak hours and choose to travel them at night when there's less traffic.
- Don't use your horn, flash your lights or yell at other motorists. You're in a big rig and people will be very scared of you and your vehicle.
- Don't ever use a restricted lane for tractor trailers or the shoulder to get rolling. It's illegal to do so.

