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## **Why Become A Truck Driver?**

**By Joe Regan**

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There are a great number of good reasons for someone to become a truck driver. First and foremost among those reasons would be the great pay. Did you realize that most truckers, their first year out on the road, earn an average of \$35,000 a year? And, that after just a few years out, those same truckers are making an average of \$45,000-\$50,000 annually? And finally, veteran drivers who own their own trucks make average salaries that are over \$100,000 a year. What other profession can you get into, where the pay is that good?

One other great reason to get into trucking..... is the chance to see some of this great country of ours. How many states have you been to? Are you one of those people who haven't been to very many places? Well, get into trucking and you will have the opportunity to explore America. See why most people consider this to be not only the greatest country in the world, but also the most beautiful one as well. What other country has sights like The Grand Canyon, Yellowstone Park, the Great Smoky Mountains, the Pacific Ocean, the Gulf of Mexico, New England in the fall, and so much more? Want to explore America? Become a trucker.

One other great thing about being a trucker is the camaraderie that you feel with your fellow truckers. It's a special bond, much like the bond that people who are in the military feel. You and your fellow truckers know that you are doing a job that is vital, Vital for the country. For without trucking, we would be in a heap of trouble. Do you have any idea how many products that you use, that are delivered by truck? The percentage of products delivered by truck is around 78%. So think about something that you use (car; food; pharmaceuticals; etc.) and there's a really good chance that it got to you, by truck.

Trucking is not an easy job. I won't try to make it seem like it is. For one thing, you're away from home a lot. But even that, you do have some control over. For example, if you're the type who likes to be home quite a bit, there are truck driving jobs where the drivers are home every weekend, and in some cases, there are trucking jobs where the drivers are home every night. It must be noted though, that some of those jobs don't pay as well as the long haul jobs do.

Is trucking for you? Only you can decide that. If you think that it is for you, the first step is to enter a truck driving school. There are great schools located in every region of this country.

Joe Regan

Find a Truck Driving School near you. <http://www.bubbajunk.com/>

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Tractor Trailer Truck Driver Fatigue

By <http://www.monheit.com/truck/20041204061023.html>

**Tractor Trailer Truck Driver Fatigue by**  
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How current an issue is tractor trailer truck driver fatigue?

Truck driver fatigue is a very current issue and has been the subject of recent regulatory activity. Truck driver fatigue is the subject of new regulations issued by the USDOT (U.S. Department of Transportation) through the FMCSA branch, which handles motor carrier (trucking) issues. Pursuant to these rules, a tractor trailer truck driver may only drive 11 hours after 10 consecutive hours off. In addition, in order to prevent driver fatigue, a tractor trailer truck driver may not drive more than 60 hours in any seven day period. If a driver takes 2.5 days off, he can clean his consecutive hours slate and start at 0 again.

Why not require even stricter time limits to prevent driver fatigue?

Another factor in preventing accidents is driver experience. If stricter guidelines were put in place immediately, there would be an insufficient number of experienced drivers. Thus, while decreasing the number of accidents caused by tractor trailer truck driver fatigue, we would see an offset and even increase in total accidents due to those accidents caused by truck driver inexperience.

Are all hours logged, or just driving hours?

The Truckload Carriers Association has stated that drivers "understate their non-driving hours in their log books" and that to improve sales, companies expect their drivers to "wait, unload, and load at the shipper's warehouses at no cost to the shipper" and only then, begin logging time for their 11 hours. This may increase the actual work hours by 50%, thus significantly increases the risk of truck driver fatigue.

How common is tractor trailer driver fatigue in causing accidents?

The NTSB (National Transportation Safety Board) estimates that truck driver fatigue (lack of sleep, overwork) may be a factor in over a third of all large (semi, 18 wheeler) truck accidents. Further, the NTSB found that truck driver fatigue was the most likely cause in over 30% of crashes that were fatal to the fatigued truck driver.

How common is it for a truck driver to fall asleep at the wheel?

In the Journal of Public Health Policy, in 1992, a report showed that 1 in 5 truck drivers

had been so fatigued that they had fallen asleep at the wheel.

What is truck driver fatigue?

Fatigue is a broad term and includes being "sleepy", "tired" or "exhausted". This applies not only to the performance of physical activity, but to mental activity as well. Thus, the decision making capabilities of a truck driver can be impaired along with coordination. Fatigue can severely impair judgment. In addition, the more tired you become, the less likely you will be to recognize that you are tired.

What are the warning signs of truck driver fatigue?

- yawning
- lack of concentration
- red eyes
- anxiousness
- restlessness
- drowsiness
- impaired reaction time
- attention deficit
- irritability
- large steering corrections
- missing road signs
- lane drift

What are the high risk times for truck driver fatigue-related fatal crashes?

Studies show that fatal fatigue-related accidents tend to occur between 10pm-6am (during normal human sleep hours), and 1pm-3pm (after a heavy lunch). These times of the day coincide with dips in the body's circadian rhythms, and with drops in blood sugar, which are part of the human makeup.

Will these new regulations cut down on fatal crashes due to truck driver fatigue?

The FMCSA estimates that 75 lives will be saved each year and 1,326 fatigue-related tractor-trailer truck accidents will be prevented annually.

Related eBooks:

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