SAFETY TIPS

BE WELL-RESTED BEFORE THE TRIP
Get plenty of sleep before you start a trip. Try to plan your trips to allow yourself time to get sleep. It may be more difficult to get needed sleep on days off at home. Remember that there will always be more things to do than there will be time to do them. Prioritize!

BE WELL-RESTED BEFORE THE TRIP BACK
Get a good night’s sleep before you head back out onto the road. There is no substitute for sleep.

WATCH FOR SIGNS OF FATIGUE
Be alert to the warning signs of fatigue and drowsiness, especially between 2 a.m. and 6 a.m. If you feel drowsy, pull over and nap.

SCHEDULE BREAKS
Schedule a break at least every two hours or 120 miles, but stop sooner if needed.

NAP SAFELY
Take a nap when you need to, but plan ahead. Napping alongside the road can be dangerous and is prohibited on interstate highways and many state routes as well. Find a safe place to stop such as a truck stop, rest area, intersecting highway or designated pull off.

GET FRESH AIR
Keep a window opened slightly. During a break, take a walk, do a safety check, or get some form of exercise before getting behind the wheel again.

STAY ALERT WITH HELP
If you start to feel drowsy, but have not yet made it to a safe parking area, talk to other drivers on the CB. Roll down your window. Find some music you can sing along with.

Whether you are behind the wheel, fueling, loading, unloading, or just climbing into or out of your truck, fatigue can affect your ability to perform any of these tasks safely. Know how to minimize the effects of fatigue by following these suggestions.

Insurance coverage in all states other than Utah is provided by Advantage Workers Compensation Insurance Company, a wholly owned subsidiary of WCF Mutual Insurance Company, doing business as WCF Insurance. Advantage is domiciled in Utah; NAIC number: 40517. Administrative office: P.O. Box 571918, Salt Lake City, UT 84157-1918.