

## [The Threat of Drivers Getting Tired on the Roads](#)

Thursday, Aug 10, 2023.

When discussing road accidents, driving under the influence often takes center stage, but there is another lurking danger that demands attention: driver fatigue. For long-distance drivers, especially truckers, hitting the road without adequate rest poses a significant risk to themselves and others.

The seemingly harmless issue of drowsiness has alarmingly contributed to thousands of accidents, injuries, and fatalities on American roads. In this blog post, we shed light on the dangers of truck driver fatigue and the key regulations aimed at preventing such incidents. Join us as we explore the statistics, the consequences of fatigue, and the responsible parties in the event of an accident.



To understand the gravity of the problem, let's look at some key statistics related to drowsy driving:

- Drowsy driving accounts for 9.5% of all accidents and 10.8% of crashes involving airbag deployment. (AAA)
- The CDC states that staying awake for 18 hours is equivalent to having a blood alcohol content of .05%.
- Shockingly, 1 in 25 drivers admit to falling asleep while driving. (CDC)
- Approximately 27% of drivers have experienced difficulty keeping their eyes open behind the wheel. (AAA)
- Surprisingly, 47% of drivers who doze off while driving do so during short trips of one hour or less. (NHTSA)
- The National Highway Transportation Safety Administration reveals that drowsy driving crashes are most frequent in the late afternoon or between midnight and 6 am.

### Truck Driving Regulations

Given the critical role truck drivers play in transporting goods across the nation, their safety on the roads is of utmost importance. The Federal Motor Carrier Safety Administration (FMCSA) has established specific regulations to prevent accidents caused by driver fatigue. These regulations include:

- A limit of 11 hours of continuous driving in a single work period.
- A requirement for at least ten consecutive off-duty hours before starting another shift.
- A maximum driving limit of 60 hours per week or 70 hours in eight days.

### The Devastating Consequences of Fatigue

Truck drivers must exercise utmost caution due to the large size of their vehicles and numerous blind spots. Adding fatigue to the equation only increases the risk of accidents. Here's how fatigue and drowsiness contribute to truck accidents:

- **Impaired Reflexes** - Drowsiness compromises a driver's alertness and reflexes, making it difficult to respond quickly to potential hazards on the road.
- **Inability to Make Sound Decisions** - Quick decision-making is crucial while driving. Fatigue inhibits a driver's ability to make critical choices, affecting accident outcomes significantly.

## Understanding the Causes of Truck Driver Fatigue

To combat truck driver fatigue effectively, it's essential to identify its root causes. Some of the primary contributors include:

- **Being Overworked** - With millions of truck drivers responsible for the majority of goods transported in the US each year, overworking and lack of rest are common issues. The pressure to deliver goods on time can lead to exhaustion and drowsy driving.
- **Irregular Schedules** - Truckers often face irregular and unpredictable work shifts, hindering their ability to maintain a consistent sleep pattern.
- **Inebriation** - Regrettably, some truck drivers consume alcohol while on the road, further impairing their abilities and increasing the likelihood of accidents.
- **Illness** - Truckers often push through illness, ignoring their body's need for rest, which can lead to increased fatigue and heightened crash risks.

## Responsible Parties in a Truck Accident

Determining liability in a truck accident caused by drowsy driving can be complex. While the driver holds some responsibility, other parties may also be accountable:

- **The Truck Driver** - Drivers must ensure they are fit to operate the vehicle and avoid any substances that may impair their abilities.
- **The Trucking Company** - Some trucking companies fail to enforce safety regulations, pushing drivers to work excessively and dangerously, thereby sharing liability in accidents.
- **The Truck Manufacturer** - Although not directly responsible for driver fatigue, faulty truck parts can contribute to accidents, holding the manufacturer accountable.

## Steps to Take After an Accident

If you find yourself involved in an accident with a drowsy truck driver, taking the right steps is essential to protect your health and legal interests. Follow these steps:

- **Report the Accident** - Immediately report the accident, especially if you sustained injuries.
- **Seek Medical Care** - Regardless of visible injuries, seek medical attention promptly.
- **Notify Your Insurance Company** - Contact your insurance provider to discuss possible claims.
- **Hire a Truck Accident Attorney** - Seek the expertise of a seasoned truck accident attorney to handle your case professionally.

## Working with ATLINJ Georgia Law

Drowsy driving poses a severe threat on American roads, especially among truck drivers. The consequences of fatigue-related accidents can be devastating, leading to severe injuries and property damage. Identifying the root causes and responsible parties in such accidents is crucial to ensuring safer roads for everyone.

If you've been involved in a truck accident caused by drowsy driving, don't hesitate to seek legal counsel and claim the compensation you deserve. At ATLINJ Georgia Law, our experienced truck accident attorneys are ready to fight for your rights and hold negligent parties accountable. Together, let's create safer roads and prevent accidents caused by driver fatigue.

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