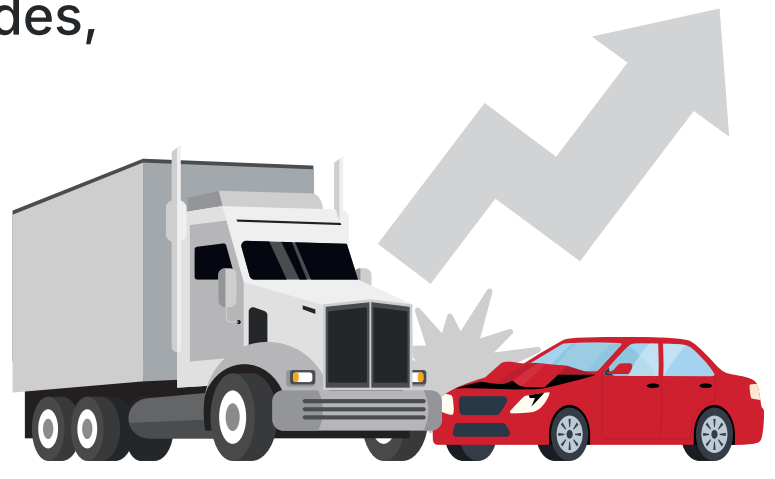


# Preventing Distracted Truck Accidents

Over the last two decades,  
truck accidents have

**increased  
by 20%**

most likely due to  
distracted driving

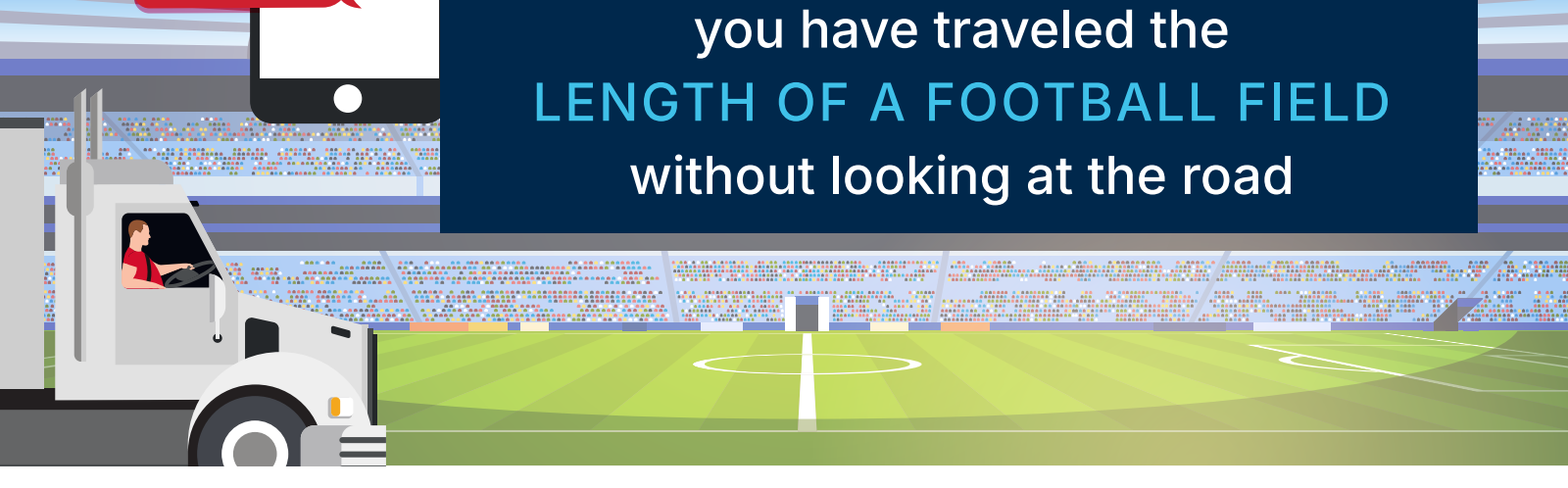


If you are driving at **55 mph** and  
take your eyes off the road for

**5 seconds to  
write a text**

you have traveled the  
**LENGTH OF A FOOTBALL FIELD**  
without looking at the road

SPEED  
LIMIT  
**55**



**8%**  
**of all U.S. traffic fatalities**  
involve distracted driving



**660,000+**  
**drivers are using phones**  
while driving at any given moment



Fleet managers and  
safety managers can help  
minimize distracted driving  
by implementing a  
**zero-cellphone policy**

## Four Signs of Driver Fatigue



Frequent  
yawning



Heavy eyes  
and blurred  
vision



Difficulty  
focusing or  
zoning out



Drifting into  
the shoulder  
or other lanes



Short naps are more effective  
at restoring energy than coffee.  
Naps should last between

**10-45 minutes**

Scan your mirrors every  
**4 seconds and scan  
15 seconds ahead**  
to keep your eyes moving and help  
diminish the possibility of fatigue



At Centerline, the safety of our drivers  
is always our highest priority.  
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