



## SUMMER DRIVING HAZARDS

Summertime is here and it's a time of increased risk for the professional drivers on our nation's highways. Some of the issues drivers must deal with during the summer are listed below, along with some coping and driving tips.

**Increased traffic of all types:** Recreational vehicles, vacation travelers, motorcyclists and bikers all increase in summer, even other truck traffic, such as in the agricultural sector, increases. The increase in traffic creates more traffic hazards and a greater chance of accidents.

**Two things a driver can do to survive summer traffic:**

1. Exercise greater patience, knowing it may take longer to get to or through certain areas.
2. Trip planning revisions. Consider routing around larger metropolitan areas, avoiding popular tourist destinations, and planning trips to avoid these congested areas on Friday afternoons and Sunday evenings.



SEVERE  
WEATHER



**Summer Weather Hazards:** Summer time brings tornados, hurricanes, thunderstorms with heavy rain, wind and hail, and extreme heat. Some of these can create extreme driving dangers, as well as substantial vehicle damage.

**Two things drivers can do to reduce their risk of summer weather hazards:**

1. Check weather forecasts daily – where you are & where you are going. Take precautions and stay in touch with the company regarding any potential problems.
2. If you find yourself at imminent risk of a dangerous weather event, don't hesitate to seek appropriate shelter as soon as possible.

**Driver Fatigue:** Longer days, warmer weather and the desire to drive as many miles as legally possible in the summer can all contribute to driver fatigue.

**Two things a driver can do to survive the summer fatigue hazard:**

1. Stay disciplined in your trip planning and sleep routine. Longer days and shorter nights never reduce the need for proper sleep.
2. Keep a healthy diet, which will keep you full and able to focus better. Regular exercise, such as a 15 minute walk will help combat fatigue. Drink plenty of water, as dehydration is a key factor in feeling fatigued.



Russ Johnson

... he is the lucky winner of the gift certificate this month for turning in his signed newsletter.

I would like to congratulate everyone on the great job done with the e-log transition. I know we are having issues with wait time and reload times. We are aware of the situation and are working on tightening up our freight times to better fit the driver and make us all more efficient. Hopefully, this will be the last learning phase for operations and everyone will see improvement in this the next few weeks.

Thank you for working through this learning curve with patience.

I have read and understand the above information regarding "Summer Driving Hazards".

Signature

Date

