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Tips for Staying Awake on the Road

Long hours on the open road, with no one to keep you company, can get to be tiresome. As many as 100,000 accidents annually can be traced back to drivers who have fallen asleep at the wheel, according to the National Highway Transportation Safety Administration (NHTSA). Drowsy drivers have also been estimated to cause upwards of 1,500 deaths and 40,000 injuries. To help combat the sleepiness, here are a few tips to help drivers stay awake on the road.

Drink plenty of water. Dehydration is a common source of fatigue. Drinking water throughout the day or eating foods high in water content, such as fruits and vegetables. A good indicator for the amount of water to drink is to divide your body weight in half and drink that many ounces of water.



Turn the temperature down. Warm temperatures can cause tiredness. Cooler temperatures have been shown to cause more alertness than warm temperatures.

Avoid large amounts of Caffeine. Large amounts of caffeine can cause health risks and for your body to crash. Sipping on caffeine throughout the day will help you stay awake longer.



Eat a healthy snack. Unlike sugary snacks that provide a burst of energy, followed by sugar lows, healthy snacks, peanut butter on crackers or celery sticks, yogurt and fruit, or baby carrots with a low-fat cream cheese dip will provide long-term energy.

Avoid driving for long periods. Taking a nap, even for 30 minutes, or getting out of the truck with a quick walk or exercise will help keep you awake throughout the day.



Following these tips can help drivers stay more alert on the road, resulting in fewer accidents. Be sure to drink some water, eat a healthy snack, and get out of the driver seat periodically!



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