



DRIVER CONDITION

GENERAL WELLNESS

Rest-

Get adequate sleep before reporting for duty
Being well-rested will allow you to focus on driving

Food-

Avoid heavy food and drink before or during your shift
Heavy food can cause drowsiness

Medicine-

Be aware of any side-effects from your prescription medications
Remember any medicine that you take must be approved by a doctor for use while operating your truck

Address Health Issues-

Once a year get an annual health checkup, it is important to have your vision checked regularly as you get older

SOURCES OF STRESS

Stress is a common health concern for truck drivers in the trucking industry. Of course, there's the stress of making your delivery on time, being stuck in traffic, and dealing with bad drivers on the road, low customer service received at pickup/drop off locations, short deadlines, traffic incidents, bad or old equipment. However, stress can also be caused by lack of sleep, isolation, and other health concerns that you might be suffering from. Stress can cause sleep deprivation, high blood pressure, a weakened immune system, and weight shifts, so it is important to manage and minimize your stress levels. Stress is an inevitable thing in many jobs while truck driving is not an exception. The top four sources for stress are: money, work, family responsibilities and health concerns.

Well-being: Truck drivers experience loneliness and isolation. They also experience health -issues that go unaddressed because of inadequate health care options, uncertainty about where to find affordable care and tight delivery windows while on the road. Being away from home and an overall unhealthy lifestyle take a tremendous emotional and physical toll

Respect: A multifaceted issue, truck drivers feel disrespected by car drivers on the road, customers, dispatchers and managers. While some might say that drivers should not take all the animosity personally, the fact is that they do. They feel they are being slighted as human beings and that the truck driving profession is snubbed and met with disdain.

Regulation: While most drivers understand the intent behind many of the regulations, they often feel stress-related burdens regarding their pay, eligibility to drive and being told how to do their job. Safety is the intent behind most regulations, but drivers feel that the reality is very different.

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.

STRESS MANAGEMENT

The four A's of stress management: Avoid, Alter, Accept and Adapt

Avoid: A lot of needless stress can simply be avoided. Plan ahead, rearrange your surroundings and reap the benefits of a lighter load.

- Take control of your surroundings. Is the traffic insane? Leave early for work, or take the longer, less traveled route.
- Avoid people who bother you. If you have a co-worker who causes your jaw to tense, put physical distance between the two of you. Sit far away at meetings or walk around his or her cubicle, even if it requires some weaving.
- Learn to say no. You have a lot of responsibilities and demands on your time. At a certain point, you cross the line between being charitable and being foolish. Turn down the neighborhood sports league. Pass on coaching T-ball.
- Ditch part of your list. Label your to-do list with A's, B's and C's, according to importance. If it's a hectic day, scratch the C's from your list.

Alter: One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for the better.

Respectfully ask others to change their behavior. And be willing to do the same. Small problems often create larger ones if they aren't resolved. If you're tired of being the target of a friend's jokes at parties, ask him or her to leave you out of the comedy routine. In return, be willing to enjoy his or her other jokes and thank him or her for humoring you. Communicate your feelings openly. Remember to use "I" statements, as in, "I feel frustrated by shorter deadlines and a heavier workload. Is there something we can do to balance things out?"

Manage your time better. Lump together similar tasks — group your phone calls, car errands and computer-related tasks.

Accept: Sometimes we may have no choice but to accept things the way they are. For those times try to: Talk with someone. You may not be able to change a frustrating situation, but that doesn't mean your feelings aren't legitimate. Phone or schedule a coffee break with an understanding friend. You may feel better after talking it out. Forgive. It takes energy to be angry. Forgiving may take practice, but by doing so you will free yourself from burning more negative energy. Why stew in your anger when you could shrug and move on? Practice positive self-talk. It's easy to lose objectivity when you're stressed. One negative thought can lead to another, and soon you've created a mental avalanche. Be positive. Instead of thinking, "I am horrible with money, and I will never be able to control my finances," try this: "I made a mistake with my money, but I'm resilient. I'll get through it."

Learn from your mistakes. There is value in recognizing a "teachable moment." You can't change the fact that procrastination hurt your performance, but you can make sure you set aside more time in the future.

Adapt: Thinking you can't cope is one of the greatest stressors. That's why adapting — which often involves changing your standards or expectations — can be most helpful in dealing with stress.

Adjust your standards. Do you need to vacuum and dust twice a week? Would macaroni and cheese be an unthinkable substitute for homemade lasagna? Redefine success and stop striving for perfection.

Practice thought stopping. Stop gloomy thoughts immediately. Refuse to replay a stressful situation as negative, and it may cease to be negative. Reframe the issue. Try looking at your situation from a new viewpoint. Instead of feeling frustrated that you're home with a sick child, look at it as an opportunity to bond, relax and finish a load of laundry.

Adopt a mantra. Create a saying such as, "I can handle this," and mentally repeat it in tough situations.

Create an assets column. Imagine all the things that bring you joy in life, such as vacation, children, and pets. Then call on that list when you're stressed. Look at the big picture. Ask yourself, "Will this matter in a year or in five years?" The answer is often no. Realizing this makes a stressful situation seem less overwhelming.

Name: _____

Date: _____

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