In the Cab – Driver Distraction, Sleep Stats and Facts

FACTS

1. **Visual Distraction:** Looking away from the road—even for a few seconds to check a phone, GPS, or paperwork—greatly increases collision risk at speed.
2. **Cognitive Overload:** Hands-free calls, stress, or problem-solving distract the brain, delaying hazard recognition and decision-making behind the wheel.
3. **Manual Distraction:** Eating, adjusting controls, or reaching for items takes hands off the wheel, reducing control during sudden events.
4. **Sleep Deprivation:** Lack of quality sleep slows reaction time, impairs judgment, and increases the likelihood of lane departure and rear-end crashes.
5. **Microsleeps:** Extreme fatigue can cause brief, uncontrollable lapses in attention lasting seconds—long enough to miss curves, traffic, or braking vehicles.
6. **Circadian Low Points:** Early-morning hours, late nights, and rotating shifts push drivers to operate when alertness is naturally lowest.

STATS

- Distracted driving contributed to 3,308 U.S. traffic fatalities in 2022, according to the Bureau of Transportation Statistics (U.S. DOT).
- Work-related motor vehicle crashes remain the leading cause of occupational fatalities in the U.S., accounting for nearly 40% of worker deaths (BLS).
- Canadian data show that fatigue is a contributing factor in 20–30% of serious roadway crashes, especially among

commercial and shift workers (Transport Canada).

- In the US, 67 workers died in forklift-related incidents in 2023, with operator inattention (including distraction and fatigue) cited as a major contributing factor in many warehousing and manufacturing cases.
- Approximately 70% of US forklift accidents are preventable with proper training and awareness, including defensive driving techniques to counter distraction and fatigue-related errors.