# Micro-breaks & Recovery: Preventing Fatigue and Overuse Injury Fatality File

## Truck Driver Dies After Falling Asleep and Crashing

A commercial truck driver had been working long hours with limited rest and was behind schedule. Despite signs of fatigue, the driver continued driving to complete the delivery. During the trip, the driver became drowsy and eventually fell asleep at the wheel. The vehicle drifted off the roadway and crashed at high speed.

The impact caused severe traumatic injuries, and the driver died at the scene. Investigators identified fatigue and lack of adequate rest breaks as key contributing factors. The driver’s reduced alertness and delayed reaction time meant there was no opportunity to correct the vehicle before the crash occurred.

**Source:** https://www.osha.gov