

## Reuss, Vicki A. (CDC/NIOSH/EID)

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**From:**  
**Sent:** Saturday, December 29, 2007 1:09 PM  
**To:** NIOSH Docket Office (CDC)  
**Cc:** Chen, Jihong (Jane) (CDC/NIOSH/EID) (CTR); Doyle, Glenn (CDC/NIOSH/EID)  
**Subject:** 110 - TDSH Comments

Name

Organization  
Wife of an OTR trucker

Email

Address

### Comments

I blame the companies themselves for asking and often demanding that truckers live their lives for their jobs and when those lives end early and/or tragically because of it, oh well we'll just hire on another driver.

When do most truckers have time off - REAL time off (at home with family) not time spent in a sleeper??

When are they given ample time off for necessary medical appointments without jumping through hoops??

And how many earn a decent living wage without having to wonder if there will be money enough for food and bills???

Many companies (not all) expect their drivers to "fudge" their log books to meet the company's needs. Shippers and receivers eating up hour after hour of a driver's time while he sits and waits and waits and waits while lumpers sit around. Companies don't penalize those shippers and receivers so our drivers sit around not making ANY money and then are chastized for not making appointments on time because they refuse to drive against DOT HOS regs. It doesn't matter that a driver has been waiting to be unloaded for 7 hours out of his 14, driven 2 hrs to his pickup then sat for another 4 hours waiting to be reloaded, dispatch expects him to make a 1500 mi run in the next 24 hours. WHAT?? With the possibility of losing his job hanging over his head or getting pulled in by the DOT for driving illegally, is there any wonder why the stress level for truckers is over the top or that they suffer heart attacks at an alarming rate, high above the national average?? And please don't forget that many of these drivers have families with young children at home that they are attempting to provide for.

All of this lends to STRESS...stress that brings with it high blood pressure, which ushers in heart attacks and strokes at an frightening rate.

Yes, I believe the blame rests squarely on the shoulders of the companies who use and abuse our truckers every day!! Maybe our drivers would have the time and energy to worry about taking better care of themselves properly if they were treated with a bit of respect and dignity instead of like a machine. A machine that turns their wheels to haul freight with no regard to the fact that they are indeed human beings with the same wants, needs and concerns as anyone who works a monday thru friday, 9-5 job....probably moreso.

Go after the trucking companies who use and abuse our drivers everyday and one more thing. Educate the public to the safety issues concerning big rigs and the fact that if not for those "big trucks" on the road, there would be nothing on the shelves in the stores they love to spend their money in. It wasn't until my husband became a driver that I realized

just how much people actually revile truckers....they are treated like lepers by the general public. I've seen it with my own eyes....say you're a trucker and people ease away. Pretty sad and it can be a pretty big issue for a trucker who already has low self-esteem.

I'm sorry to go on and on but this is a real problem and I worry for the health of my trucker husband (and ALL truckers) everyday. I am of the sincere hope that something can be done within the industry to help our truckers live a healthier lifestyle but it HAS to start with the companies themselves treating our drivers as human beings, not chattel....they are NOT personal property nor machines.

Sincerely,

Proud to be married to a trucker.