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From:

Sent: Thursday, December 27, 2007 4:12 AM

To: NIOSH Docket Office (CDC)

Subject: 110 - NIOSH Truck Driver Survey

Being a professional driver for for 34 years, I'm really glad to see some interest in our (drivers) health. The job is increasingly difficult as shareholders and owners put increased demands for better bottom line figures on us. Stress levels have soared in every driver I personally know, and in a large number of others I don't personally know but have talked with. Trucking companies have free rein through the 14 hour a day federal ruling, to work us into the ground literally. And THEY DO just that. I would LOVE to see the same lawmakers that okay these insanely idiotic work hours have to work the same amount of hours per day as we do for just one year. I strongly suspect very very few would be up to the task. Just to touch on a couple of health related issues (if I may) that concern me are: #1..breathing diesel fumes.. sitting higher off the ground in the cab of a truck you are in the direct flow of the diesel fumes and smoke from the trucks in front of you. The carcinogens from diesel smoke (according to a lot of medical experts) are among some of the most dangerous known. #2..sitting for hours at a time with VERY LITTLE to NO range of motion involved. I firmly believe this has a much broader impact on musculoskeletal disorders than has been studied or verified at this date. Imagine driving a hard eleven hours with only a small 15 or 20 minute break during that time and then upon arrival at destination with no muscle stretches, or warm up of any kind, begin unloading 35-40 thousand pounds of freight by hand. I've done that so many times in my career I couldnt honestly count them. Well seasoned athletes wouldnt even attempt that on a regular basis. The long extended hours of sitting while being slammed up and down by rough roads can and will take its toll on the healthiest of people eventually. #3.. Sleep disorders..the sporadic and irregular sleeping patterns truckers face are in my opinion and the opinions of some in the medical profession, horrendous at best. Imagine day after day year after year of 14 hour work days complimented by not being able to get any appreciable,decent sleep. This in its self can and does host a variety of problems unique to our profession.I can only guess but if a study were done on the incidents of back and spinal injuries, heart attacks, cancer, musculoskeletal conditions, and kidney damage in our profession (as compared to other occupations) the results would be like a Stephen King novel. I hope my comments have not been in vain or fallen on deaf ears. Please, in the case this has reached a wrong department in error, please forward to the correct person or department. Thank you for your efforts and if I can be of any assistance please dont hesitate to contact me.