

Why Do Truckers Use Drugs?

An October 2013 study from the University of Amsterdam notes there is a good chance that some of the truckers on the road have imbibed in alcohol or illicit drugs before getting behind the wheel.

In fact, 30 percent of truckers admitted to amphetamine use, 20 percent admitted to using marijuana, and 3 percent admitted to cocaine use.

By why do truckers use drugs when they drive if they know it's dangerous? Here are a few reasons:

01

Long Shifts

Truckers aren't supposed to be driving for days without taking a break, but the push to deliver a load on time can cause them to stretch the limits. Some report turning to drugs like amphetamines and cocaine to stay awake for longer periods at a time.

02

Depression

Some drivers are lucky enough to be home every night while others are away for weeks at a time. For these truckers, loneliness takes a toll. Some have reported taking drugs to cope with the loneliness they feel while on the road.

03

Boredom

Spending long stretches on the road can be boring, especially while traveling down long stretches of highway that all end up looking the same. Marijuana use among truckers may be a way to cure some of that boredom they feel.

04

Overnight Driving

Even truckers who are used to driving overnight routes can need help staying awake. Some substances can make a person feel like they are more alert when, in reality, they are putting a driver at higher risk of causing an accident.

05

Addiction

In some cases, there are truckers who become addicted to the drugs they choose to experiment with. In other instances, a trucker experiences physical problems and ends up becoming addicted to prescription pain medication.

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