

# REAL LIFE LESSONS

## FROM TRUCK DRIVERS INJURED AT WORK



### White Line Fever

For those of you who are country music fans and who have not limited your listening to Garth Brooks, Tim McGraw, Reba McEntire, and Kenny Chesney, you recognize the title of this Real Life Lesson as the title to a song recorded by “the Hag” back in the 60’s. Merle Haggard’s song described the desire of an individual to get back on the road and travel (and there’s another one by Willie...”On the Road Again”). That desire is one of the primary motivations for truck drivers to do what you do. You want to move. Anyway, this Real Life Lesson has absolutely nothing to do with “the Hag” or moving. What it does address are the health related issues that can affect drivers, so let’s refer to them as White Line Fever.

There are several symptoms of White Line Fever. A driver may be overweight. A driver may have high blood pressure. A driver’s cholesterol level may be elevated. A driver may smoke. A driver’s diet may consist of what is commonly regarded as unhealthy food. A driver’s consumption of caffeine may be very high. And, a driver may not get regular exercise. Sound familiar? Some or all of those symptoms are present in almost every driver.

Ultimately, the result of White Line Fever left untreated can be deteriorating health, loss of income and even death. If you have been in the transportation profession longer than one week you have heard the stories and have seen the victims. White Line Fever is everywhere!

### REAL LIFE LESSON

White Line Fever can be treated, but it takes a commitment on your part. Some results will be noticeable very soon, while others may take longer. But never forget that the one who benefits the most from treating White Line Fever is YOU. Therefore, it is worth the effort. Consider the following four broad areas of action:

- 1) Medication – if you have been prescribed medication then take it according to instructions until the prescribing physician changes those instructions.
- 2) Diet – eat a healthy diet of moderate portions. Most people know what a healthy diet is and what is not. If you don’t know, discuss it with your doctor.
- 3) Breaks – take the breaks from driving that you are supposed to take and utilize that opportunity to get some fresh air and exercise. It will energize you.
- 4) Rest – proper, routine and “good” rest is just as important as your diet and exercise. Make it a daily habit.



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