The benefits of using a heavy truck for long-distance shipping can be numerous. In terms of cost, a heavy truck is often more economical for long hauls due to its fuel efficiency and lower cost per mile than lighter vehicles. Additionally, heavy trucks can carry larger loads, reducing the number of trips needed to deliver goods, which can be beneficial for logistics and supply chain management. They are also capable of withstanding rough terrain and adverse weather conditions, making them versatile for various operational environments. However, it is essential to consider factors such as road infrastructure, regulatory requirements, and safety measures to ensure the effective and safe utilization of heavy trucks in long-distance transportation.