

Prioritizing Health and Safety as a CMV Driver

Being Aware of Your Health

Your physical health is a priority and directly impacts your ability to be a safe and effective CMV driver. Before getting behind the wheel, consider checking your:



Blood pressure

High blood pressure can cause harm by increasing the workload of the heart and blood vessels.

Lower your blood pressure through exercise, reducing salt, drinking less alcohol, and eating more potassium-rich foods.



Blood sugar

High blood sugar damages blood vessels over time, which can lead to an increased risk of heart attack, stroke, and kidney and eye problems.

Maintain healthy blood sugar with cardio, light lifting, and hydration.



Cholesterol

Cholesterol helps your body make hormones, vitamin D, and bile acids for food digestion. Too much cholesterol can accumulate in the artery walls causing them to tighten or cause a blockage.

Lower cholesterol levels with physical exercise and proper nutrition. Replace saturated fats with unsaturated fatty acids such as omega 3.



OUR
PLAN

To Share The
Road Safely

Tips for Driving Healthy and Safely

The following tips are intended to help you keep health top-of-mind and drive safely.



Naps and good sleep

- It is important to get 7-8 hours of sleep per night.
- Take a 15-minute power nap while at a truck stop or rest area.
- Stop if you feel tired, yawn repeatedly, or if your vision is blurry.
- Try not to exercise within a few hours of bedtime.



Healthy eating

- Avoid salty food, eat lots of vegetables, fruits, and other foods high in fiber.
- Legumes such as beans, peas, soybeans, and peanuts can lower “bad cholesterol.”
- Eat potassium-rich foods such as bananas, avocado, spinach, and more.
- Keep a cooler full of nutritious foods with you.



Exercise

- Walking around a tractor trailer 33 times is equal to walking a mile.
- Consider jumping rope for 15 minutes each day as it’s easy to store and takes up little space in your cab.
- Evaluate what exercises you can do that don’t require equipment like bench presses, lunges, jumping jacks, squats, and more, and build a routine you enjoy alongside your cab.



Properly scheduling medicine

- Make sure your prescription and over-the-counter medications aren’t causing drowsiness and schedule them appropriately.



FIND MORE CMV DRIVING TIPS AT:

www.fmcsa.dot.gov/ourroads/cmv-driver-toolkit



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