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.*
**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