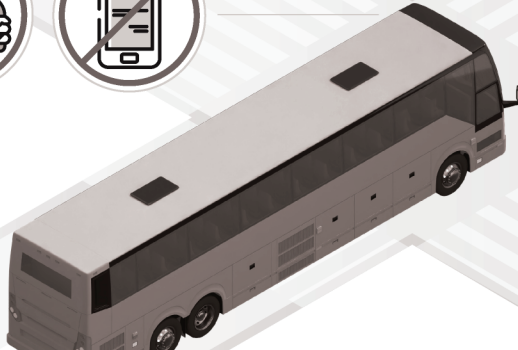


Tips to Avoid Distracted Driving

Make your plan to keep our roads safer and avoid distracted driving



Avoid using your phone
Texting takes your eyes, hands, and mind off the important job of driving a large truck or bus safely. Avoid taking calls and texting while driving.



Set your navigation before leaving
You can avoid the distraction of entering information while driving by setting and reviewing your navigation before you leave for your destination.



Get a good night's sleep
Having adequate sleep allows you to focus and not become drowsy or distracted.



Avoid eating & drinking while driving
Having a cup or food in your hand while driving can take your focus off the road.

Commit to avoiding distracted driving and stay safe on our roads



SCAN OR VISIT FOR MORE CMV DRIVING TIPS:

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



U.S. Department of Transportation
Federal Motor Carrier Safety Administration