



Tips for Driving Healthy and Safely

Make your plan for keeping our roads safer

**OUR
PLAN**
To Share The
Road Safely



Prioritize sleep
Try to get 7-8 hours of sleep per night, and consider taking a 15-minute power nap while at a truck stop or rest area.



Eat healthy
Avoid salty food, and eat lots of vegetables, fruits, and other foods high in fiber. Eat more potassium-rich foods such as bananas, avocado, spinach, and more. Keep a cooler full of nutritious foods with you.



Try different exercises
Evaluate what exercises you can do that don't require equipment such as walking, bench presses, lunges, jumping jacks, squats, and more, and build a routine you enjoy alongside your cab.



Take your prescriptions properly
Make sure your prescription and over-the-counter medications aren't causing drowsiness, and schedule them appropriately.

**Prioritize your
health and stay
safe on our roads**



SCAN OR VISIT FOR MORE CMV DRIVING TIPS:
www.fmcsa.dot.gov/ourroads/cmvd-driver-toolkit

