Tips to Avoid Distracted Driving

**Avoid eating & drinking while driving**

Having a cup of food in your hand while driving can take your focus off the road.

**Get a good night’s sleep**

Lack of sleep or disrupted sleep allows you to focus and not become drowsy or distracted.

**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.

**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.

**Leave for your destination**

Having adequate sleep allows you to focus and not become drowsy or distracted.

**Commit to avoiding distracted driving**

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