

## Tips to Avoid Distracted Driving

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



**OUR  
PLAN**  
To Share The  
Road Safely

# Commit to avoiding distracted driving and stay safe on our roads



SCAN OR VISIT FOR MORE CMV DRIVING TIPS:

[www.fmcsa.dot.gov/ourroads/cm-v-driver-toolkit](http://www.fmcsa.dot.gov/ourroads/cm-v-driver-toolkit)



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



## 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.