

Tips for Driving Healthy and Safely

# Make your plan for keeping our roads safer

OUR  
PLAN

To Share The  
Road Safely



# Prioritize your health 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



## 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.