

Prioritizing Safe Driving Behaviors as a CMV Driver

Staying Focused Behind the Wheel

Distracted driving is dangerous, claiming 3,142 lives in 2020. Before getting behind the wheel, remember these tips:



Store your phone out of sight

Texting takes your eyes, hands, and mind off the important job of driving safely. Avoid taking calls or texting while driving.



Pull over to eat or drink

Having food or a cup in your hand while driving can take your focus off the road. If you need to eat or drink while driving, pull over to a safe location for a break.



Set your navigation before leaving

Entering information on your GPS while driving is unsafe and can cause a distraction. Before hitting the road, review your route and set your navigation.



Get a good night's rest

Driving while tired can cause your eyes—and potentially vehicle—to drift. Get adequate sleep before leaving for your destination to stay focused while driving.



FIND MORE CMV DRIVING TIPS AT:

www.fmcsa.dot.gov/ourroads/cm-v-driver-toolkit



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