Safety Tips for

COMMERCIAL MOTOR VEHICLE DRIVERS

OUR ROADS SAFETY™
Partnership for Responsible Driving

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

1 DEFENSE! DEFENSE!

Watch for unexpected road conditions, distracted drivers, and careless or aggressive motorists. Scan ahead a quarter mile on interstates, and one to two blocks ahead in cities, for traffic, work zones, and other dangers. Check mirrors every 8-10 seconds for vehicles entering blind spots.

2 BUCKLE UP.

Safety belts save lives, reduce injuries, and let you stay inside and in control of your vehicle.

3 DO YOUR RESEARCH.

Stay up to date on weather, road conditions, roadwork, and detours to plan driving time. Never rely on non-commercial navigation systems that don't provide height and weight limitations and other CMV restrictions.

4 SLOW YOUR ROLL.

Driving too fast for weather or road conditions or failing to slow for curves and ramps can cause spills, rollovers, or crashes.

5 DOUBLE DOWN ON WORK ZONE SAFETY.

Slow down, maintain extra following distance, and be prepared to stop. Obey all work zone signs and signals. Scan ahead for changing traffic patterns and watch closely for road workers, flag crews, and vehicles entering your blind spots.

6 NEVER DRIVE DISTRACTED.

It's illegal for CMV drivers to text while driving; mobile phones must be hands free and can be dialed using no more than one button. Eating, drinking, viewing a navigational device, map reading, controlling a pet, or any activity that takes your focus off the road can be deadly.

7 STAY SHARP.

Don't drive when you're fatigued, too ill to focus, or on medications (including over-the-counter drugs) that make you drowsy or dizzy. You could lose your license and your life.

8 MAINTAIN YOUR VEHICLE.

Complete pre-trip safety inspections daily with special attention to tires and brakes – your life depends on them. Ensure your load is well balanced and secure.

9 SIGNAL FOR SAFETY.

Signal and brake early to alert other drivers of your intent. If you must pull off the road, use flashers, reflective triangles, and road flares.

Get more safety tips and resources to share by visiting the *Our Roads, Our Safety* website: **www.ShareTheRoadSafely.gov**

FMCSA-ADO-17-018 – (2)

June 2020