

DISTRACTED DRIVING

Driver distraction is the diversion of attention from activities critical for safe driving to a competing activity. Driver distraction increases your risk of getting into a crash.

Distractions can come from both inside and outside of your truck cab. Distractions inside of your cab can include dialing cell phones, texting, using dispatching devices, eating, reading, or adjusting the radio. Distractions outside of your cab can include looking at a passing building, billboard, or person. One way to think about distraction is to ask yourself if something is drawing your attention and taking your eyes away from the road ahead of you. If the answer is “yes,” it is probably a distraction.

TIP #1: Do Not Let Objects Outside of Your Truck Distract You

When driving, stay focused on the job of driving your truck. You should avoid focusing on things outside of your truck that aren't related to driving. This includes things like billboards, buildings, and people. Remember, anything taking your eyes away from driving is a distraction and can be dangerous.

TIP #2: Do Not Text While Driving

Texting while driving is illegal for CMV drivers. Texting is an easy way to keep in touch with people. Yet, texting can also be one of the most dangerous distractions in your truck. Texting takes your eyes, hands, and mind off the job of driving.

TIP #3: Avoid Eating and Drinking When Driving

Sometimes you may feel like driving is the only time you have to eat or drink. But you may not realize that eating while driving can be dangerous. Eating while driving can take your eyes off the road. It always takes at least one of your hands off the wheel. Always try to eat or drink before getting behind the wheel.