



# FREE ONLINE DISTRACTED DRIVING EDUCATION



## CMV DRIVER COURSE

Learn about the risks and consequences of distracted driving and practical strategies to avoid cell phone use on the road. This 60-minute course is available in English and Spanish, and a certificate of completion is provided.

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## TRAIN THE TRAINER PROGRAM

Prepares safety professionals to deliver this course to CMV drivers. Participants gain access to program materials, including PowerPoint slides, print resources, video clips, social media posts, and a course completion certificate.

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



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