

# JUST DRIVE: DELIVER DISTRACTION-FREE

Free Education & Resources for CMV Drivers



UC San Diego



The Transportation Research and Education for Driving Safety (TREDS) Center, provides education to reduce the risk of distracted driving with an emphasis on cell phones and other electronic communication devices.

## ABOUT THE COURSE

A one hour program for commercial drivers covering the following topics:

- The Problem of Distracted Driving
- Risks and Consequences
- Rules and Regulations
- Safe Driving Strategies
- Drowsy Driving
- Work Zone Safety

## PROGRAM OVERVIEW

Free materials are available in English & Spanish, as well as consultation from TREDS staff.

Resources include:

- A one-hour curriculum
- Social media posts
- Videos
- Print materials



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