

# Just Drive

DELIVER DISTRACTION-FREE



## DO YOUR PART MAKE THE ROADS SAFER

Distracted driving is **any activity** that diverts your attention away from the primary task of driving. It is the second most common driver-related factor in fatal crashes for large trucks and buses.

The use of personal cell phones and electronic devices while operating a truck, bus, or motor coach, increases the risk for injuries and fatalities resulting from serious crashes.

Distracted driving crashes are 100% preventable.

## HEAR FROM CMV DRIVERS

- Types of Distraction
- Risks and Consequences
- Personal Experiences
- Federal Regulations/Fines
- Strategies to Reduce Risk



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



TRANSPORTATION  
RESEARCH AND EDUCATION  
FOR DRIVING SAFETY



## TAKE ACTION AGAINST DISTRACTION

### WHAT YOU CAN DO:

- Delay phone use until not driving
- Program directions before you go
- Activate 'Do Not Disturb' feature
- Put phone out of reach
- Have co-driver manage phone
- End calls from others who are driving
- Model safe driving behaviors

**Baseball is like driving,  
it's the one who gets  
home safely that  
counts.**

**– Tommy Lasorda  
Baseball Legend**



**CONTACT US**



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