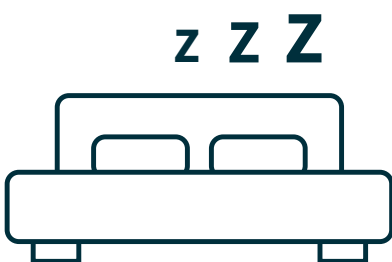


DROWSY DRIVING PREVENTION

FOR COMMERCIAL MOTOR VEHICLE DRIVERS

**TAKE A
BREAK**
Don't drive drowsy.

TWO MAIN CAUSES OF DROWSY DRIVING



lack of the quality or quantity of your sleep



driving at times of the day when you would normally be asleep

DO NOT DRIVE WHEN YOU ARE TIRED. FATIGUE CAN:

SLOW DOWN

your thought processes and reaction time

AFFECT

your judgment and vision

IMPAIR

your senses and abilities

CAUSE

nodding off or falling completely asleep

DROWSY DRIVING PREVENTION TIPS



Get enough sleep before you drive.

This is the best way to ensure you can maintain alertness and drive safely. Avoid driving at times when you would normally be asleep.

Avoid medication that causes drowsiness before getting behind the wheel.

Common medicines that may make you drowsy include sleeping, allergy and cold medicines.



Take a break.

If you are experiencing difficulty focusing, blurred vision, frequent eye blinking, yawning and/or heavy eyelids, pull over in a safe place to rest.

Quick fixes are no substitute for sleep.

Turning up the radio, drinking coffee or rolling down the window may help you feel alert for a short period of time, but are not effective ways to maintain alertness to drive safely.



Commercial motor vehicle drivers will be issued a Uniform Commercial Citation if found to be fatigued at the time of a crash. Commercial motor vehicle drivers must comply with all federal and state hours-of-service regulations regarding rest to ensure maximum safety on the roads.

flhsmv.gov/drowsy

FLHSMV
FLORIDA HIGHWAY SAFETY AND MOTOR VEHICLES



FLORIDA TRUCKING
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