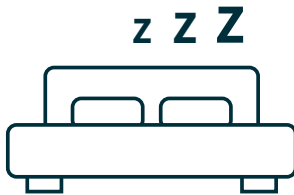


# DROWSY DRIVING PREVENTION

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](http://flhsmv.gov/drowsy)

**FLHSMV**  
FLORIDA HIGHWAY SAFETY AND MOTOR VEHICLES



**FLORIDA TRUCKING ASSOCIATION**

