

# Don't drive distracted.

Keep the most important things in sight.

**OUR** ROADS<sup>®</sup> SAFETY  
Partnership for **Responsible Driving**



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



# Stay Focused Behind the Wheel by Following These Tips:



## Store your phone out of sight

Texting while driving is illegal. It takes your eyes, hands, and mind off your priority—driving safely. Avoid texting or calling while driving.



## Set your navigation before leaving

Entering a destination in your GPS while driving takes your eyes off the road. Before hitting the road, review your route and set your navigation.



## Get a good night's rest

Being tired can cause your eyes—and vehicle—to drift. Before you leave, get enough sleep to stay focused while driving.

Scan or visit for more resources to prevent distracted driving:

▷ [www.fmcsa.dot.gov/ourroads/distracted-driving-campaign](http://www.fmcsa.dot.gov/ourroads/distracted-driving-campaign)



## Help spread the message!

Follow us on Facebook:

▷ [www.facebook.com/FMCSAOurRoads](https://www.facebook.com/FMCSAOurRoads)