



Tips For Commercial Motor Vehicle Drivers



- **Take care of yourself!** The most important part of a moving commercial motor vehicle (CMV) is the driver! Get plenty of rest before getting behind the wheel. Remember, hours-of-service violations are serious and can threaten your livelihood or even your life.
- **Always maintain your vehicle.** Inspect your vehicle before each trip and check your brakes regularly. Learn how to inspect your brakes, identify safety defects, and repair them before risking your life and the lives of others on the highway.
- **Beware of your “No-Zone.”** Other drivers may not be aware of the size of your CMV’s blind spots. Be vigilant in watching for others in the No-Zone. The No-Zone represents the danger areas, or blind spots, around large CMVs where collisions are more likely to occur. One-third of all collisions involving large CMVs take place in the blind spot of the No-Zone.
- **Slow down in work zones.** Watch out for highway construction. Work zone crashes are more likely to happen during the day, but many still happen at night due to lane-marking barricade reflection confusion. Almost one-third of fatal collisions in work zones involve large CMVs. Take your time driving through work zones and give yourself plenty of room. Slow down and increase your following distance.
- **Always keep your distance.** Always leave enough space between you and the vehicle in front of you. If you hit someone from behind, you are typically considered “at fault,” regardless of the situation. Large CMVs require more stopping distance than other vehicles. Maintain one second of following distance for every 10 feet of vehicle length, but never less than seven seconds. Add an additional second for each hazard such as rain, fog, darkness, etc.
- **Fasten your seat belt.** Buckle up for safety and control. If you are in a collision, a seat belt will keep you in your seat and allow you to maintain control of your vehicle. A major cause of CMV driver fatalities involves being ejected from or thrown around inside the vehicle.
- **Avoid aggressive drivers.** Each year two-thirds of all traffic fatalities are caused by aggressive driving behaviors. Keep your distance and maintain a safe legal speed. Give plenty of room to an aggressive driver to get them out of your way.
- **Be a professional.** Notify traffic safety agencies of stranded motorists, collisions, unsafe drivers, unsafe roadway conditions and other situations that can lead to collisions.