

F or Y our D riving



Let's Get Back to the Basics

Please Take Care of Yourself:

- Get plenty of rest before driving. Eat healthy foods and stay fit. Hours of service violations are serious and can threaten your livelihood or even your life. Stay healthy and well rested or don't drive.

Always Maintain Your Vehicle:

- Inspect your vehicle before each trip it can save your life. Brake defects are the most frequently cited out-of-service violation. Learn how to inspect your brakes, identify safety defects, and get them repaired before risking your life and others on the highway.

Please Fasten Your Seatbelt:

- Buckle up for safety and vehicle control. If you are in a crash a seatbelt can save your life and that of others. It will keep you in your seat and allow you to maintain control of your truck.

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