Technology today gives us quick, on-the-go access to information. While it can be useful, it also creates additional distractions that take your focus off the road. Especially when driving a semi truck, any distraction could be a fatal mistake for you or for someone else.

**DID YOU KNOW?**

- **23X**
  more likely to get in a crash while texting than when not distracted

- **3,484**
  Large trucks were involved in fatal crashes
  **3,600 people were killed in 2010.**

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**SAFE DRIVING TIPS**

- **Complete all paperwork before driving**
- **Make calls before you leave**
  Let calls go to voicemail
- **Scan the road frequently**
  and check your mirrors every 5 to 8 seconds
- **Never text while driving**
- **Eat a healthy meal before you hit the road**
- **Get plenty of sleep before you start. Remember, 40 Winks and 18 Wheels Don’t Mix**

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**UNDERSTANDING CELL PHONE DISTRACTION**

- **37%**
  Less brain activity is devoted to driving when using a cell phone

- **4X**
  more likely to get into crashes serious enough to injure themselves

Using a cell phone while driving involves at least two, and sometimes **all three types of distractions**.