

Monthly Safety Training



IMPAIRED DRIVING

FEBRUARY 2026

MORE THAN JUST A BUZZ.

Even small amounts of drugs and/or alcohol can impair judgment, reaction time, and coordination. For commercial drivers, the stakes are higher: your livelihood depends on staying sober behind the wheel.

PLAN AHEAD.

If you know you'll be in a situation where alcohol is present, make a plan before you start. Arrange a safe ride, stay overnight, or choose non-alcoholic options. The best way to avoid risk is to never mix drinking with driving.

ZERO-TOLERANCE.

Companies should enforce strict rules of zero tolerance of impaired driving. Even if you're off duty, drugs and/or alcohol in your system can lead to penalties or job loss. Always know your company's policy and follow it.

SEVERE CONSEQUENCES.

Impaired driving can mean immediate disqualification, a minimum one-year suspension, and possible permanent loss of your CDL. It also impacts CSA scores, which employers monitor closely.

MAKE SAFETY A CORE VALUE.

Your choices matter. Avoid drugs and/or alcohol completely before driving, stay alert, and take breaks when needed. A clear mind and focused attention are the best tools for keeping yourself and everyone on the road safe.

Impaired Driving
bit.ly/44ALTbD



SCAN THE CODE, LEARN MORE.

We have selected a video from our Safety Library for each monthly safety training topic. Scan or click the code to view it!