



Training Solutions, Delivered!

PREVENTING MOTOR VEHICLE COLLISIONS

(Concise)

**Leader's Guide, Fact Sheet
& Quiz**

This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

1602 PREVENTING MOTOR VEHICLE COLLISIONS (*Concise*) FACT SHEET

LENGTH: 10 MINUTES

PROGRAM SYNOPSIS:

During his 22 years as an EMT and firefighter, Martin Lesperance has witnessed the tragic results of countless motor vehicle collisions. In this motivational program, he recalls stories of the collision scenes he has attended to illustrate the consequences of the most common driving errors. Stressed during his presentation is the point that most of these incidents were not accidents—they were actually predictable and preventable events that didn't have to happen. Viewers will understand the importance of a 100 percent commitment to safe vehicle operation in preventing motor vehicle collisions.

Topics include physical and mental driving distractions, sleepy driving, how speed kills, the dangers of rushing and taking chances, the importance of looking before backing up and how seatbelts save lives.

PROGRAM OBJECTIVES:

After watching the program, the participant will be able to explain the following:

- The physical and mental distractions that can result in a collision;
- Why sleepy driving, speed, rushing and taking stupid chances can be so dangerous;
- Why looking before backing up a vehicle is so important;
- Why you must wear a seatbelt at all times in a vehicle.

PROGRAM OUTLINE

BACKGROUND

- In the U.S. every year, over 43,000 people die in motor vehicle collisions; add to that number several million others who are injured.
- You have to think that each one of these numbers is a living loving person with a story behind each one of these numbers.
- One of them was a beautiful 16-year-old girl who was involved in a collision that resulted in 600 stitches to her face and broken bones in that area. Her dad cries each time he looks at her because he was the one driving.
- A 23-year-old guy whose life revolved around sports received multiple fractures in his pelvis and legs. Now he's in constant pain and has to use a walker to get around.
- To prevent motor vehicle collisions, you need to understand the main causes. What are the common mistakes people make?

DISTRACTIONS

- Drivers allow themselves to be distracted. When you are doing things such as applying lipstick while you're driving, you can't be watching where you're going.
- You cannot be concentrating on your driving when you're talking on your cell phone. If you're driving along and someone pulls out in front of you, you won't have time to take your mind off the conversation, process what's happening, drop the phone, put your other hand on the wheel and take evasive action.
- Whether you're reaching for a CD on the floor, a briefcase in the backseat or to get your child's attention in the backseat, you cannot be driving your vehicle.
- These are major distractions. They can be so distracting that you become oblivious to everything around you. Maybe you don't notice that you just went through that red light until you're halfway through the intersection; you don't notice those little children who are playing between the parked cars 40 yards up the road.
- When you're behind the wheel, you have to concentrate. The best definition of concentration is wherever you are, be there.

SLEEPY DRIVING

- If you drive a lot, especially long distances on the highway, there's a good chance you have fallen asleep behind the wheel.
- A "micro-sleep" is when you're driving and nod off for a few seconds; then you wake up and realize you fell asleep
- If you're tired while driving and find yourself nodding or having a hard time focusing, pull over into a safe spot and take a good 15- to 20-minute nap. You don't want to become so tired behind the wheel you become dead tired.

HOW SPEED KILLS

- The faster you go, a) the harder it is to control your vehicle, b) the more distance you need to stop, c) the less time you have to react in emergency situations and d) the greater the force of impact then the more damage that is done to your bones, flesh, skull and face. The faster you go, the higher chance you have of dying.

RUSHING & TAKING STUPID CHANCES

- One of the main reasons for so many motor vehicle collisions is that people are in a rush and take stupid chances.
- Some examples of this include people attempting to pass on a double-solid line, run yellow lights or even run red lights because they are in a rush.
- Some people will back out their driveway right into oncoming traffic without looking because they are in a rush or because their kids were late for a soccer game.
- Taking these kinds of chances isn't worth it because if you're in a collision, it wouldn't do you and your family any good.

IMPORTANCE OF LOOKING BEFORE BACKING UP

- People aren't careful when they're backing up. When backing up, you have huge blind spots and can't see where you are going.
- In most cases, the damage from a backing collision is minor because you are backing up at a slow speed and you hit another car in a parking lot or a shopping cart.
- Just because you are backing at slow speeds doesn't mean it can't be a serious situation. If you're backing up at a gas station and hit a gas pump, that could be a serious situation. If you're backing up from a parking lot into oncoming traffic, even though you are going slow, that could end up being a very serious situation.
- If you are backing up in your front driveway and you hit a garbage can at a slow speed, that's not going to cause much damage. If you backed up and hit a garbage can, you're lucky because that could have just as easily been your child or one of your neighbor's kids; if you didn't see that garbage can, you wouldn't have seen that child.
- Take a good look around before you start to back up.

DRIVING DEFENSIVELY

- You should drive defensively at all times.
- You might be the safest driver in the state, but there may be someone coming towards you who isn't as safe as you. For whatever reason, they pull out in front of you; that's why you have to drive defensively.
- You have to look and anticipate what other drivers could possibly do.

HOW SEATBELTS SAVE LIVES

- If you are involved in a crash, one of the only things you have to protect you is a seatbelt.
- Many people that have been involved in devastating collisions are still walking around because they wore their seatbelts.
- Wear your seatbelt at all times.

CONCLUSION

- Driving safely is for you, your family and for others.
- Drive safely all the time, because it all rides on you!

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ANSWERS TO THE REVIEW QUIZ

1. d
2. e
3. b
4. b
5. a
6. c
7. b
8. d
9. b
10. d

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REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. How many people die each year in motor vehicle collisions?
 - a. Less than 10,000
 - b. 20,000
 - c. 30,000
 - d. Over 40,000

2. Which of the following is safe to do while driving?
 - a. Apply make-up
 - b. Talk on the phone
 - c. Text
 - d. Read a map
 - e. None of the above

3. It is rare to fall asleep while driving.
 - a. True
 - b. False

4. A _____ is when you're driving and nod off for just a few seconds.
 - a. Catnap
 - b. Micro-sleep
 - c. Foggy moment

5. What should you do if you find yourself nodding off or are having a hard time focusing while driving?
 - a. Pull over and take a 15-20 minute nap
 - b. Drink coffee
 - c. Play loud music
 - d. Roll down the windows

6. Which of the following does NOT happen as you drive faster?
 - a. It becomes harder to control your vehicle
 - b. You need more distance in order to stop the vehicle
 - c. You gain more time to react in emergency situations

7. Backing into an object is not a big deal, because you're usually moving slowly when backing up.
 - a. True
 - b. False

8. When should you drive defensively?
 - a. Only during rush hour
 - b. Only in the rain and snow
 - c. Only on the interstate
 - d. All the time

9. If you are the safest driver in the state, you don't have to drive defensively.
 - a. True
 - b. False

10. When should you wear a seatbelt?
 - a. Only when exceeding the speed limit
 - b. Only when it's raining or snowing
 - c. Only when required by law
 - d. At all times