



Training Solutions, Delivered!

DISTRACTED DRIVING: ***At What Cost?*** **(Concise)**

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

Item Number: 3912
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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.

3912 DISTRACTED DRIVING: At What Cost?

FACT SHEET

LENGTH: 7 MINUTES

PROGRAM SYNOPSIS:

Distractions have been a safety issue for drivers ever since cars first hit the road. But, for a variety of reasons, we are now experiencing an explosion of driving distractions. For example, drivers have a wide variety of devices they can use while driving, ranging from telephones, radios and CD players to fax machines, navigation systems and entertainment centers. Secondly, we are living increasingly fast-paced lives, creating pressure to conduct other tasks while driving. Finally, there seems to be a widespread attitude among drivers that it's okay to conduct business, dine, entertain and perform a variety of activities while driving. In fact, most drivers are unaware of how often they are distracted from the most important task at hand—driving the vehicle safely.

This program is designed to raise driver's awareness about the dangers of driving distractions, while providing information and suggestions that will help them control distractions and remain focused on their driving.

PROGRAM OBJECTIVES:

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

- What the typical driving distractions are, including some that are so common we don't realize they're distractions;
- What the potentially tragic consequences of driving while distracted are;
- Which course of action to take to prevent distractions and help keep or attention focused on driving.

INSTRUCTIONAL CONTENT:

BACKGROUND

- Driving while distracted has become a growing problem, partly because of the large amount of distractions inside and outside our vehicles.
- There appears to be a growing attitude that it's acceptable to try to carry out a variety of other tasks while we should be focused on driving.
- Driver distraction is a factor in up to 25% - 50% of vehicle crashes.

WHAT IS A DISTRACTION?

- Some of the most common driving distractions seem harmless, such as looking at things outside the vehicle, adjusting audio or climate controls, interacting with passengers, reaching for objects in the vehicle and eating or drinking while driving. Distractions like this are dangerous because they take our eyes and our concentration off the road.
- Drivers may have their eyes on the road when talking on a cell phone or while deep in thought. But these activities can be dangerous distractions because they can take our mind off our driving.
- Distractions can become more dangerous when drivers experience more than one hazard at a time, when road and weather conditions are bad, or when driving while drowsy or under the influence of alcohol.

TAKING CONTROL

- Most of us have probably experienced distractions similar to those that caused the crash, but we probably didn't think much about them.
- This crash could have been avoided if the two drivers had taken these steps: Mark should have finished his coffee and reviewed his paperwork before he started driving. And Julie should have made her phone call and adjusted her radio when she wasn't driving.
- A distraction is anything that takes our eyes off the road or our mind off our driving. Distractions may seem harmless, but they are dangerous, as the crash illustrated.
- Many driving distractions are caused by our own actions. So we should avoid the activities that cause distractions.
- If driving distractions can't be controlled (like things happening outside the vehicle) we **can** ignore these distractions and stay focused on our driving.

- If a distraction inside the vehicle can't be ignored, find a safe place to get off the highway and away from traffic so the distraction can be dealt with.
- Before driving an unfamiliar vehicle, get to know the location and operation of controls. And make adjustments before you begin driving.
- If you need to use a map, find a safe place to pull off the road and stop your vehicle. If you have a passenger, ask them to navigate for you.

INTERVIEW

- A young woman who was severely injured in a distracted driving crash talks about how the crash ended her plans and dreams. Her parents talk about her active life before the crash and the great potential she had.

CONCLUSION

To some degree, we are all guilty of driving while distracted. But as drivers, it's our responsibility to:

- Control distractions
- Stay focused on our driving
- Watch out for other distracted drivers.

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ANSWERS TO THE REVIEW QUIZ

1. c

2. b

3. d

4. b

5. d

6. a

7. c

8. a

9. c

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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. What percentage of crashes involve distracted drivers?
 - a. Less than 5%
 - b. Up to 90%
 - c. Up to 50%

2. It's acceptable to carry out tasks such as eating, applying make-up, adjusting the radio, or reading a map while driving.
 - a. True
 - b. False

3. Which of the following are common driving distractions?
 - a. Looking at things outside the vehicle
 - b. Interacting with passengers in the vehicle
 - c. Reaching for objects in the vehicle,
 - d. All of the above

4. Using a cell phone while driving will not cause distractions if the driver keeps his/her eyes on the road.
 - a. True
 - b. False

5. When can driving distractions become more dangerous?
 - a. When drivers experience more than one distraction at a time
 - b. When road or weather conditions are bad
 - c. When driving under the influence of alcohol or drugs
 - d. All of the above

6. Most driving distractions are the result of the driver's own actions.
 - a. True
 - b. False

7. What should you do if a driving distraction cannot be controlled, such as things happening outside the vehicle?
 - a. Drive faster to get past the distraction more quickly
 - b. Use your camera phone to take a picture of it then look at it later
 - c. Ignore the distraction and concentrate on your driving

8. What should you do if a distraction inside the vehicle cannot be ignored?
 - a. Find a safe place to pull over and deal with the distraction
 - b. Speed up to get to your destination sooner
 - c. Wear earplugs

9. If you're driving and need to use a map, you should _____.
 - a. Hold the map over the steering wheel while driving
 - b. Put the map on the passenger seat and drive carefully while studying the map,
 - c. Find a place where you can pull safely off the road so you can read the map while you're stopped