



Training Solutions, Delivered!

HANG UP AND DRIVE

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

Item Number: 4235
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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.

**4235 HANG UP AND DRIVE
FACT SHEET**

LENGTH: 20 MINUTES

PROGRAM SYNOPSIS:

This dynamic program features victim Jacy Good and her fiancée Steve recalling the tragic crash that killed her parents as a result of another driver using his cell phone. In May 2008, Jacy Good and her parents were enjoying a great day of accomplishment, Jacy's college graduation. That day was shattered, however, when a devastating collision took the lives of Jacy's parents and left her in a coma. Her brain injury has left her with physical, speech and cognitive impairment. but Jacy's story is an inspiration also. Since the collision, Jacy has worked tirelessly to raise awareness about the dangers of cell phone use while driving. Jacy and Steve discuss the dangers of multi-tasking, texting and other unsafe acts while driving and also remind viewers of the steps we all should take to prevent our temptation to use our cell phones when behind the wheel.

PROGRAM OBJECTIVES:

The objectives of the program are as follows:

1. Help viewers recognize the real dangers of texting, cell phones and other distractions while driving.
2. Understand that crashes such as Jacy's devastate the lives of many more people than those who are involved in the crash.
3. Accept the fact that crashes involving cell phone use are preventable.
4. Take specific steps to avoid cell phone use while driving that will start to change the safety culture of driving.
5. Recognize that each of us is responsible for our safe driving behavior.

INSTRUCTIONAL CONTENT:

Introduction

Hang Up and Drive features Jacy Good and her fiancée, Steve Johnson, recounting the tragic crash that killed her parents, as a result of another driver using his cell phone. The program begins with Steve telling the story of how he first learned of the crash that Jacy had been involved in.

Life Hanging in the Balance

Jacy and Steve recount how Jacy's life hung in the balance during the first days of hospitalization. She had multiple serious injuries, including brain damage. Two months after the crash, she still didn't comprehend what had happened to her. It took months of rehabilitation to re-learn basic skills. Three months after the crash, she took her first step. It was four months before she could return to her parent's empty home.

Crash Reenactment

After leaving the hospital, Jacy worked hard to learn the details of her crash. She recalls the story of what happened that day and how the events unfolded. The crash is reenacted in the video.

Jacy had just graduated from college and was returning home with her parents. As they were driving, a semi-trailer was approaching from the other direction. At an intersection they were approaching, a young man driving a van was on his cell phone. He pulled into the intersection in front of the truck, which swerved to miss the van, but the truck crashed head on into Jacy's car. Her parents died instantly.

On a Mission to Reduce Cell Phone Use While Driving

After Jacy learned the details of her crash, she began passionately advocating for stronger laws to prevent the use of cell phones while driving. She appeared on numerous television programs, she was invited to the United Nations for a presentation and she appeared on the Oprah Winfrey show. She has tirelessly worked to spread the message of "Hang Up and Drive."

Epidemic of Cell Phone Use While Driving

Jacy and Steve present a variety of statistics about cell phone use when driving.

- Studies show that it is more dangerous to talk on a cell phone while driving than to talk with a passenger.
- There are over 37,000 auto deaths per year North America. It's the number one cause of accidental death both on and off the job. That's 100 people per day!
- Twenty-three percent of all crashes involve cell phone use
- Someone using a cell phone is more than four times likely to get into a crash.
- A person texting is more than eight times likely to get into a crash.
- The National Highway Transportation Safety Administration recently did a survey of drivers and found that at any given time during daylight hours, over 13 million drivers are using hand held phones.

Multi-tasking and Texting While Driving

Eating, drinking and talking on the phone, and worse of all texting, are all examples of multitasking while driving. When brains are overloaded by two tasks that require our brain's attention, people switch attention (without recognizing it) and make one task "primary" and the other "secondary." When driving, in almost all cases, a phone call becomes the primary task. Over 30 studies have showed no real difference in safety between hand-held and hand-free calling.

How dangerous is multi-tasking? This is where things get scary. For example, a person who is legally drunk is four times more likely to get in a crash than an unimpaired driver. A University of Utah study found that drivers texting were eight times more likely to get in a crash.

Even scarier, a recent Virginia Tech study showed that truck drivers who were texting were 23 times more likely to be involved in a serious incident such as a near miss, drifting from their lane, or a crash, than drivers who were focused on driving.

Another study by Clemson University showed that drivers who were texting spent 10 percent of their time out of their traffic lane. Several studies show that a driver that's texting typically take their eyes off the road for up to 5 seconds at a time. In five seconds, a vehicle going 60 miles per hour travels 440 feet, nearly the length of one and a half football fields. During that 440 feet, the operator of that vehicle is driving virtually blind.

Inattention Blindness

One of the most dangerous symptoms of driving while distracted is called "inattention blindness." You've heard the term "spacing out." Well, it's the same thing and it's something most of us have experienced. Inattention blindness occurs when our eyes are still on the road, but our mind is somewhere else and isn't taking in the information. It typically happens when we're on the phone or deep in thought.

Research presented by the National Safety Council reveals that while driving, our eyes normally scan back and forth, but on the phone our eyes stop scanning left and right. In fact, drivers with inattention blindness don't see nearly 50 percent of what they should be seeing ahead of them. This "blindness" is a major reason why drivers run stop signs or red lights, miss exits or drift out of their traffic lanes.

Conclusion

Jacy and Steve remind viewers how many lives are devastated and forever changed by preventable crashes like the one she was involved in.

The most recent numbers show that in a year's time, over 5,500 people are killed because of distracted driving in North America. That's 15 people killed every single day for something that is 100 percent preventable.

Jacy then reminds viewers of steps we should take to prevent the use of cell phones while driving.

- When you sit down in that driver's seat, you have to do whatever it takes to not pick up that cell phone.
- Turn your phone off or put it on silent. Put it in the glove box so that you can't pick it up.
- Change your voicemail, say you can't pick up because you might be driving and people will understand. It all changes the culture.
- Passengers should insist that drivers not use phones while driving. They can also help by answering or making calls

and texts for the driver, as long as the activity doesn't distract the driver.

Jacy concludes with this statement: **So when you realize that one accident can affect so many people and these accidents are happening all around us, every day, you realize that if people don't change the way they drive, sooner or later this issue is going to affect everyone.**

HANG UP AND DRIVE

ANSWERS TO THE REVIEW QUIZ

1. c

2. b

3. c

4. e

5. b

6. b

7. c

HANG UP AND DRIVE
REVIEW QUIZ

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

Name _____ Date _____

1. The number one cause of accidental death in the U.S. is _____.
 - a. Slips and falls
 - b. Hurricanes
 - c. Vehicle crashes
 - d. Electrocutions

2. What percentage of vehicle crashes involves cell phone use?
 - a. 2%
 - b. 23%
 - c. 10%
 - d. 70%

3. A person texting while driving is how much more likely to get in a crash?
 - a. 2 times more likely
 - b. 4 times more likely
 - c. 8 times more likely
 - d. 12 times more likely

4. Which of the following are examples of multi-tasking while driving?
 - a. Eating
 - b. Drinking beverages
 - c. Texting
 - d. Talking on the phone
 - e. All of the above

5. A driver that's texting typically takes their eyes off the road for how long?
 - a. 1 second
 - b. 5 seconds
 - c. 15 seconds

6. What is "inattention blindness?"
 - a. An illness that causes a person to gradually lose their sight
 - b. When our eyes are on the road, but our mind is somewhere else and isn't taking in the information.
 - c. A disorder that results in a person constantly daydreaming.

7. People driving with inattention blindness typically see how much of the roadway ahead of them?
 - a. 100%
 - b. 10%
 - c. 50%