

Distracted Driving

Issue One: What is a Distraction?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. The three types of distractions are manual (taking your hands off the wheel), visual (taking your eyes off the road), and cognitive (taking your mind off driving). All distractions endanger driver, passenger, and bystander safety.

Examples of distractions include:

- Texting
- Using a cell phone or smart phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

**ONE TEXT OR CALL COULD
WRECK
IT ALL**

Make sure you are also aware of your company's policies regarding communication devices.

**Information and image taken directly from National Highway Traffic Safety Administration and US DOT's Distraction.gov website

Distracted Driving

Issue Two: Get the Facts

In 2010,
3,092 people were killed in
crashes involving a distracted driver,
and an estimated additional 416,000
were injured in motor vehicle crashes
involving a distracted driver.

Text messaging creates a crash
risk 23 times worse than driving while
not distracted. (Virginia Tech Transportation
institute)

Driving while using a cell phone
reduces the amount of brain activity
associated with driving by 37%
(Carnegie Mellon)

Headset cell
phone use is not substantially safer
than hand-held use. (Virginia Tech
Transportation Institute)

Sending or receiving a text
takes a driver's eyes from the road
for an average of 4.6 seconds, the
equivalent- at 55mph- of driving the length
of an entire football field, blind. (Virginia
Tech Transportation Institute)

**Information taken directly from National Highway Traffic Safety Administration and US DOT's Distraction.gov website

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Quiz One: What is a Distraction?

Please answer the following questions:

1. Reading a map is not distracted driving because it gives the driver helpful information.

True or False (circle one)

2. Distractions endanger the following people (choose one):

- (a) the driver
- (b) the passengers
- (c) bystanders
- (d) all of the above

3. Talking to passengers is never considered a distraction for drivers because the passengers are customers.

True or False (circle one)

Trainee Signature: _____ Date: _____

Supervisor Signature: _____ Date: _____

Distracted Driving

Quiz Two: Get the Facts

Please answer the following questions:

1. According to the training, headset cell phone use is substantially safer than hand-held use.

True or False (circle one)

2. If you send or receive a text while driving, it takes your eyes off the road for how long (choose one)?

- a) 55 seconds
- b) 4.6 seconds
- c) 10 seconds
- d) a half a minute

3. In 2010, how many people were killed in crashes involving distracted drivers?

- a) less than 3,000 people
- b) more than 4,000 people
- c) between 3,000 and 4,000 people

Trainee Signature: _____ Date: _____

Supervisor Signature: _____ Date: _____

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Issue Three: Working to be Distraction Free

Use the following tips to combat distraction while you're on the road.

Physical Fatigue

Maintain a lifestyle that includes a healthy diet and sufficient rest to ensure you report to work well-rested and alert each day.

Hold the steering wheel firmly with both hands. Each hand should be on opposite sides of the steering wheel at the positions of 3 o'clock and 9 o'clock or 4 o'clock and 8 o'clock on the face of a clock. This allows you to smoothly steer left by pulling the wheel with the left hand and pushing it with the right hand and vice versa. You should never hook your thumbs under the wheel.

Mental/Emotional Distractions

When you arrive to work, make sure you are 100% engaged in the tasks at hand. When you experience personal problems or stress, ensure that you leave those problems on the curb each time you enter your bus. When you report to work cool, calm and in control you are able to provide safe and efficient service to your passengers.

You should also work to maintain good passenger relations so that emotions do not interfere with safe driving.

**Information taken directly from National RTAP's Safety Training and Rural Transit Training Module

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Quiz Three: Working to be Distraction Free

Please answer the following questions:

1. Which of the following are recommended positions for the placement of your hands on the steering wheel?
(circle all that are correct)

- (a) 3 o'clock and 9 o'clock
- (b) 3 o'clock and 7 o'clock
- (c) 2 o'clock and 6 o'clock
- (d) 4 o'clock and 8 o'clock

2. When you are experiencing personal problems or stress, your time driving the bus is a good, quiet opportunity to think these issues through.

True or False (circle one)

3. Maintaining a healthy lifestyle will ensure that you are well-rested and alert when you report to work each day.

True or False (circle one)

Trainee Signature: _____ Date: _____

Supervisor Signature: _____ Date: _____

