



Distracted Driving Online **Abridged (45 minutes)**

Course Content Overview

Introduction

- Course navigation, structure and goals
- (BASIC) Driver profile and assessment of current behaviors, attitudes and risk level
- The reality of distracted driving
- Course Goals

Session 1 - Science of Distracted Driving

Looks at what distracted driving is and what the extensive research has discovered about it

- What is distracted driving: Visual, Manual and Cognitive
- Risk and frequency
- Hands free-versus handheld
- Cell phone use vs. under the influence
- Texting while driving

Session 2 - Understanding the Distracted Driver

Looks at why people drive distracted, if the brain can really multi-task, the impact on productivity and common driving errors associated with cognitive distraction

- Why do drivers drive distracted – common driver misconceptions
- Multitasking is a myth
- Impact on productivity
- Common driver errors
- Inattention blindness and lane keeping
- Response and reaction time
- Driver confidence and self-awareness

Session 3 - What is the Risk?

Looks at how distracted driving impacts everyone

- Societal impact, employer impact and personal Impact

Session 4 - What's being done?

Shares what is being done to address this epidemic

- Addressing distracted driving
- Distracted driving laws
- NSC Best Practices

Session 5 - What can you do?

Provides solutions to avoid distracted driving and how you can take action against distracted driving

- Personal policy – distracted driving is a choice
- Advocates
- Re-assessment of distracted driving behaviors, attitudes and risk-level