



Distracted Driving Online Course (90-minutes)

Course Content Overview

Introduction

Introduction sets the stage the course content and engages the participant

- Course navigation, structure and goals
- (COMPREHENSIVE) Driver profile and assessment of current behaviors, attitude and risk level
- Course Goals
- Facts and statistics of dangers of distracted driving
- Headlines and videos of true stories resulting in fatalities

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
- Hands-free versus handheld
- Texting while driving
- Scientific studies: The brain controls driving
- Cell phone use vs. under the influence

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

- Collisions, injuries and deaths due to distracted driving
- Societal impact, corporate and personal Impact
- Direct and indirect costs
- Financial and legal ramification

Session 4 - What's being done?

Shares what being done to address this epidemic

- Social responsibility to drive distraction-free
- What will it take to address distracted driving?
- Federal and State laws
- Interactive map: current laws by state
- NSC best practices and Corporate Cell-Phone Policy

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
- Solutions/strategies to avoid driving distracted
- Voluntary pledge
- Re-assessment of behavior and attitudes, and risk level