



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

### Course Content Overview

This course will educate drivers about the dangers of distracted driving, evaluate personal driving habits and behaviors and motivate them to reduce the risk while driving by applying best practices.

#### **Introduction**

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

#### **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
- Texting while driving
- Scientific studies: The brain controls driving
- Cell phone use versus under the influence

#### **Session 2 - Understanding the Distracted Driver**

**Looks at why people drive distracted**

- Why do drivers drive distracted – common driver misconceptions
- Multitasking is a myth
- Impact on productivity
- Common driver errors
- Inattention blindness and 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**

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