



Distracted Driving Online Course (90 minutes)

Course Overview

Introduction

Introduction sets the stage, the course content and engages the participant

- Course navigation, structure and goals
- Driver profile and assessment of current behaviors and attitude
- 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 multitask, 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 is being done to address this epidemic?

- Social responsibility to drive distraction free
- What it will 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

- Personal policy – distracted driving is a choice
- Solutions/Strategies to avoid driving distracted
- Voluntary pledge
- Reassessment of current behavior, attitudes and risk

For more information contact NSC at **+1-630-775-2056** or visit **nsc.org/international** for more details.

