Train the Trainer Kit
(Enhanced) Defeating Distracted Driving

Training Name: Defeating Distracted Driving	**Time:** 25 - 35 min	**Training Type: Commercial Vehicle Driver**

The 'Defeating Distracted Driving' PowerPoint presentation has been developed to provide safe driver training to Commercial Motor Vehicle Drivers. It will allow driver/attendees to recognize various types of driving distractions that occur each day. Driving safely is the main focus. All drivers are subject to distractions and their deadly consequences. This training provides the means for driver and safety personnel interactions to discuss the information provided in this training. It allows the opportunity for drivers to share personal experiences with the group. Driver participation during the presentation will allow for a better training experience and increase the effectiveness of the material.

We as safety personnel have the opportunity to change driver behavior in a positive manner and prevent crash and near-crash incidents on our highways. The end result being lives saved.

Training Goals

1. Drivers will understand what distracted driving is.
2. Drivers will understand the problems and deadly consequences associated with distracted driving.
3. Drivers will understand the three types of distractions and how they can avoid them while driving.
4. Drivers will develop safer driving behaviors by not using hand-held electronic devices to text and talk while driving.
5. Drivers will be involved in the learning process by interacting with safety personnel trainers.

Results

- Drivers will have learned that distracted driving is more than just talking and texting on a hand-held electronic device.
- A decrease in crash and near crash incidents will occur as drivers practice techniques on preventing distractions while driving.
- Safer driving behaviors will be achieved as drivers learn to deal with the driving task at hand.
- Driver input during the presentation will allow them to buy-in to company safety policies while safely driving their vehicles.

Presentation Slide notes

- Slide #1 - Introduction page.
- Slide #2 - Wikipedia definition of "Distracted Driving" (DD) (Feel free to add more information of your own.)
- Slide #3 – DD is one of the largest contributing factors to crashes in the United States. (Discuss crash pictures on slide.)
- Slide #4 – Let the crash picture on this slide speak for itself or add comments of your own.
- Slide #5 – The Center for Disease Control (CDC) recently released an update on DD. Cover the statistics displayed and emphasise the number of people killed and injured in 2012.
- Slide #6 – CDC report confirms texting is the most dangerous of distractions while driving.
- Slide #7 – Discuss the ban on texting while driving in the Federal Motor Carrier Safety Regulations (FMCSRs) 392.80. Also discuss the FMCSRs regulation on the use of hand-held electronic devices, not allowed, while driving a CMV.
- Slide #8 – Discuss this slide. Although images provided set a humorous note, distracted driving is no laughing matter. Also emphasise that distracted driving is more than just talking or texting on an electronic device.
- Slide #9 – Elaborate on the information provided on this slide. Emphasize the statistics displayed.
- Slide #10 – Continued information from slide #9, Virginia Tech Transportation Institute report. This report was groundbreaking and provides much of the information available on distracted driving.
- Slide #11 – Video clip following distances.
- Slide #12 – Distances travelled while looking away from the road.
- Slide #13 – The key to this slide is the focus on awareness, education and changing driver behavior. (Discuss ways to change driving behavior: Focus on the driving task, ignore cell phones or, better yet, turn them off while driving. Limit your glances away from the road to one second or less. There are many more distractions. Ask attendees for other examples of distractions)
- Slide #14 – Video clip distracted driving.

- Slide #15 – Go over the three types of distraction indicated on the slide, visual, manual and cognitive.
- Slide #16 – Provide more examples of visual distractions. (Involve the drivers and ask for other examples.)
- Slide #17 – Provide more examples of manual distractions – involve the drivers.
- Slide #18 – Provide more examples of cognitive distractions and involve the drivers.
- Slide #19 – Remind attendees that crash involvement usually involves two or more of the types of distractions outlined.
- Slide #20 – Discuss this slide about reducing distractions prior to leaving with the load.
- Slide #21 – Cover other ways to prepare prior to leaving with load.
- Slide #22 – Use mirrors wisely. Limit your glances away from the road to 1 second or less.
- Slide #23 – Hands free use of a cell phone is still dangerous and distracting.
- Slide #24 - Discuss in greater detail the dangers of talking or texting while driving. Remind attendees that the same steps should be taken when driving their personal vehicles.
- Slide #25 – Never Text or Email while driving.
- Slide #26 – Video clip defeating distractions.
- Slide #27 – Drive like your life depends on it! IT Does! Cover acknowledgements of presentation development.
- Slide #28 – Sponsors of training material development.
- Slide #29 – Safety Presentation availability.
- Slide #30 – Commercial Vehicle Safety Alliance "Operation Safe Driver" Mission and Message.
- Slide #31 – Other safety presentations available and websites to obtain them and final thank you to attendees.
- Slide #32 – The End!

Time / Length		Comments	Equipment and Material (Room Lay)	
25 to 35 minutes		Drivers who become involved the learning experience, adding valid comments and more examples, have a greater ability to retain information. These drivers are more likely to implement safety practices in their daily driving. Reward those individuals who participate with comments such as "Great addition to information provided," "Thank you for your comments," "Anyone else that would like to add to that comment." Great trainers encourage trainee participation.	Computer projector. Computer with Microsoft PowerPoint 2010 or later & Quicktime 7 video codec. Screen or wall to show presentation on. Computer speakers.	