



Instructor Guidelines for Defeating Distracted Driving Video and PowerPoint

Key points covering distracted driving and methods to reduce distractions are presented in both video and PowerPoint format. As the instructor/presenter, you can decide which format is best suited to use for your presentation.

In reviewing the video and/or PowerPoint prior to presentation, jot down some questions you can ask your audience. These questions should be structured as open-ended, in a way that does not elicit “yes” or “no” answers. The purpose of these questions should be to stimulate discussion.

Some sample questions are:

- **What role does distracted driving play in highway safety?** Distracted driving is the single largest contributing factor to traffic crashes today. Some studies indicate approximately 58 percent of crashes are caused by distracted driving.
- **What are the three types of distractions experienced by all drivers?** (1) Visual distractions – involving a task that requires a driver to look away from the road and view something unrelated to driving (2) Manual distractions – requiring a driver to remove one or both of his hands from the steering wheel to manipulate a device and (3) Cognitive distractions – occurrences, worries or thoughts that take the driver’s mind off the driving task. This is the most difficult type of distraction to eliminate.
- **Give examples of and discuss what can be done to eliminate each of these distractions?** Let attendees suggest examples and list them on a whiteboard or chart.
- **A well-known study revealed that truck drivers who text while driving are how many more times likely to be involved in a crash or near-crash event?** The study is the Virginia Tech Transportation Institute (VTTI) study, which revealed that truck drivers who text while driving have 23 times the risk of being involved in a crash or near-crash event.

The instructor/presenter can use these questions or develop his or her own to stimulate discussion either before the presentation or after the presentation as a review format.