

<b>Introduction</b>	
Pg 2	<p>Welcome to DISTRACTED! Driving. Learning online might be tricky if you're not sure how to navigate this site. To be sure you get the learning you need from this course, read the following Navigation pages carefully.</p> <p>Page-by-page navigation icons appear in the lower right-hand corner. You can move forward one page by selecting Next.</p> <p>Select Next now to continue.</p>
Pg 3	<p>A standard design frames every page of the course. You will always find the Table of Contents in the drop-down menu along the top of the screen. Run your mouse over the list of lessons at the top of the screen and you will see these drop-down menus.</p> <p>Your first time through the course, you can look at the contents in these drop-down menus, but you will not be able to skip ahead. After you go through the course once, you can use the Table of Contents to skip around and review for the exam.</p> <p>Your progress through the course is tracked. If you must leave at any time, don't worry. You will be taken back to the same screen when you return.</p>
Pg 4	<p>Audio On/Off allows you to disable audio for the course.</p> <p>If you are taking the course in an area where you cannot hear the audio, you can download a printable audio transcript by selecting Transcript at the bottom of the page.</p>
Pg 5	<p>The Resources link appears when additional learning tools like printable documents or web links are provided.</p> <p>Select Resources now to visit J. J. Keller's website. The site will open in a new browser window and will not interfere with your movement through this course.</p> <p>Simply close the new browser window to return to the course.</p>
Pg 6	<p>If you had trouble opening the J. J. Keller link on the previous page, you may have a pop-up blocker. This course will not work correctly unless all browser-based and third-party pop-up blockers are disabled.</p> <p>Select the Resources button to download a PDF document with instructions to disable a pop-up blocker. The document also contains instructions to help you adjust your screen text size.</p>
Pg 7	<p>Many parts of this course feature video. The video player controls are detailed in the image to the right.</p>

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	<p>You can move to any part of the video by selecting and dragging the progress indicator forward or backward along the progress bar.</p> <p>Use rewind to go back to the beginning of the video. Fast forward takes you to the end.</p> <p>Now that you know how to use the video player, select Next to get started with the course!</p>
Pg 8	<p>Check out the Course Highlights document for an overview of the interactive activities you'll find in this course. Download Course Highlights by selecting the Resources button on this page.</p>
Pg 9	<p>When you select Next, you will begin the pretest for this course. Your score will be reported to you, but will not be recorded. There are 10 questions in this pretest.</p>
Pg 11	<p>Driving today is not like the old days, when all you had to do while watching the miles drag by was listen to the radio, or pet the dog, or touch up your make-up. You might have a quick sandwich and a cola.</p> <p>Today, we also have smart phones and laptops to distract us from watching the traffic around us. All of these distractions can have deadly consequences—for the driver, for passengers, and for everyone else on the road.</p>
Pg 12	<p>Everyone who drives distracted, even you, isn't somehow a better or more focused driver than everybody else on the road. When you drive distracted, you are just one more problem someone else has to solve before you do any real damage.</p> <p>This course will help you to avoid being a distracted driver by explaining how to recognize driving distractions, how to manage distractions and deal with other drivers who are distracted, and how to avoid a distraction disaster.</p>
Pg 13	<p>By completing this course, you will learn:</p> <ul style="list-style-type: none"><li>• How to identify common driving distractions</li><li>• Why electronic devices are serious driving distractions</li><li>• What steps you can take to avoid being a distracted driver</li><li>• Why inattention blindness is a major cause of crashes</li><li>• How to recognize and react to a distracted driver</li><li>• What strategies will help you avoid driving distractions</li><li>• How to prevent a distraction disaster</li></ul>

Pg 14	<p>Even back in the “good old days,” there were plenty of distractions to take our attention away from driving. But those distractions were nothing compared to what’s capturing our attention today. Cell phones alone create a deadly daily level of distraction, putting millions of lives at risk.</p> <p>Between the miles and miles of freeway with no stop signs or traffic lights to slow you down, today’s comfortable vehicles, and the portable electronic wizardry available to us, it’s easier than ever to be a distracted driver. This is true whether you’re a professional driver or not.</p> <p>Watch the video to hear some of the many ways that drivers can be distracted. Select Play to begin.</p>
<b>Recognizing Driving Distractions</b>	
Pg 2	<p>The reality is that distractions won’t ever be eliminated entirely. So it’s crucial to be proactive, by doing these three things:</p> <ul style="list-style-type: none"> <li>• Commit</li> <li>• Watch</li> <li>• Respond</li> </ul> <p>This means that you’ve got to commit to not driving while you’re distracted, watch out for distracted drivers around you, and respond by managing distracted drivers once you spot them.</p>
Pg 4	<p>Long gone are the days when a CB radio and a CD player were the only gadgets in your vehicle.</p> <p>And cell phones aren’t what they used to be either. Now we’ve got smart phones, so we can shoot video, surf the web, and download the latest and greatest apps. You can even watch a movie or your favorite TV show.</p>
Pg 5	<p>Any vehicle may be home to a laptop, notebook, e-book, portable DVD player, handheld video game, satellite radio, MP3 player...the list goes ever on.</p> <p>But even though technology allows you quick access to communication and entertainment—virtually whenever and wherever you desire—the technology really doesn’t need to ride along with you every time you get behind the wheel.</p>
Pg 6	<p>Of course, there are plenty of drivers who leave their techie toys at home, or who aren’t into all the “stuff” to begin with—and they manage just fine without them. So technology isn’t behind all the distractions you will encounter while driving. There are tons of other distractions to grab your attention and pull your</p>

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	<p>focus away from driving.</p> <p>Some distractions are obvious...like checking out a cool landmark, or our natural curiosity to gawk at a crash scene, or scoping out a jogger.</p>
Pg 7	<p>Those are distractions you will face every day, and they're not going away. Whether it's a device you invite along for the ride, or something on the other side of your windshield, they're all distractions.</p> <p>You might wonder how you are supposed to keep your eyes on the road when there's SO much to do besides drive!</p>
Pg 8	<p>How often do <i>you</i> get distracted while driving?</p> <p>Take some time to assess your own driving behaviors. Read each of the following activities and indicate how often your attention is drawn away from the important task of driving.</p>
Pg 9	<p>Consider this question: Would you drive drunk? Your answer is probably a large "NO!"</p> <p>But consider this sobering fact: Texting while driving is worse than drunk driving! Texting while driving is one of the deadliest distractions you can participate in...or encounter.</p> <p>To hear more about the "intoxicating" effects of texting while driving, watch this video. Select Play to begin.</p>
Pg 10	<p>Because texting is so dangerous, many states have banned texting while driving. And texting by commercial motor vehicle (CMV) operators is prohibited by the Federal Motor Carrier Safety Administration.</p> <p>Many trucking companies restrict cell phone use because research shows the odds of being involved in a "safety-critical event" (meaning a crash, near crash, or drifting out of your lane) is greater for CMV drivers who text while driving, compared to those who:</p> <ul style="list-style-type: none"><li>• Don't text behind the wheel</li><li>• Choose not to break the law</li><li>• Simply know better.</li></ul>

Pg 12	<p>There are basically three types of distractions, and you are in control of all of them:</p> <ul style="list-style-type: none"> <li>• Visual distractions</li> <li>• Physical distractions</li> <li>• Mental distractions</li> </ul> <p>Visual distractions are the kind that lure your eyes off the road, like an exotic car lot, a herd of deer, beautiful scenery, or a crash scene. It's natural to notice these types of visual distractions, but you can't give them more than a fleeting glance while driving. If you need to check out the cool cars in the lot, find a place to park before you look!</p>
Pg 13	<p>Physical distractions trigger you to take your hands off the wheel. Think of all the times that can happen: while you're taking a drink, petting the dog or reaching for a mouth filler.</p> <p>You've got to keep both hands on the wheel.</p> <p>Obviously, sometimes you need to remove your hand, like when you shift or signal...but that's really the <i>only</i> time your hand should leave the wheel.</p>
Pg 14	<p>Mental distractions are thoughts that make your mind wander to something other than your driving. You're still going through the motions, but what you're really doing is mulling over your schedule, worrying about being late for a pick up or delivery, or day dreaming about your next vacation.</p> <p>But when your mind takes a trip to "la-la land," your vehicle is pretty much on its own. It's natural to think about something other than your driving for a few seconds, but it can very quickly become a distraction if you dwell on it too long.</p> <p>Make a conscious effort to leave those thoughts for when you're done driving.</p>
Pg 16	<p>One distraction is bad enough, but what's even worse is anything that involves two or even all three types of distractions.</p> <p>And guess what one of those triple threats is? Texting! Because texting involves all three: visual, physical and mental distractions.</p>
Pg 18	<p>Have you ever been motoring along and then thought, "Wow, I just drove for miles, and I don't remember any of it! What happened in the last ten minutes or so?"</p> <p>It's a fact that people tend to go on "auto-pilot" when performing highly</p>

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	<p>practiced activities like driving.</p> <p>This state of mind is called “inattention blindness.”</p>
Pg 19	<p>Inattention blindness is when you actually don’t “see” something, even though it’s right there in your line of sight. Worse yet, you fail to “comprehend” seeing it because your attention isn’t focused. Your mind has wandered elsewhere.</p> <p>Inattention blindness is one of the major causes of human error and crashes.</p> <p>Watch this video to see how a driver can fall into the trap of inattention blindness. Select Play to begin.</p>
Pg 21	<p>When you select Next, you will begin the test for this lesson. There are five questions in this test.</p> <p>If you do not get at least three questions correct, you will be advised to review the lesson and take the lesson test again. You have three chances to take the lesson test. Your highest score will be recorded.</p>
<p><b>Managing Driving Distractions</b></p>	
Pg 2	<p>According to The National Highway Traffic Safety Administration, in 2009 448,000 people were injured in crashes involving distracted driving.</p> <p>That’s nearly a half a million people—the population of a large city—who suffered from preventable injuries. Imagine every person living in Cleveland, Ohio, being injured.</p> <p>On top of that, 5,474 people were killed in crashes caused by distracted driving. That’s like wiping out every man, woman and child in any one of a hundred small towns that you’ve driven through.</p>
Pg 3	<p>Of those 5,474 people, 995 were killed because they chose to drive and use the little gadget shown here.</p> <p>Think of that for a moment: Nearly 1,000 people <i>died</i> because they used a cell phone while driving!</p> <p>It’s amazing, really, that an advanced species like us would choose to risk our own lives and those around us while we’re driving, all so we can text a pal, read a message or make a call. It’s a good thing our phones are <i>smart</i>!</p>
Pg 4	<p>It’s estimated over 3 billion cell phone calls are made in the U.S. every day. No doubt a substantial number of those 3 billion calls are made by people behind the wheel.</p> <p>You see it all the time, don’t you? And how many times have you seen another</p>

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	<p>driver do something stupid, because the driver had a cell phone glued to an ear?</p>
Pg 5	<p>It's impossible to know what causes every single crash. Drivers never want to admit they were distracted by choice...or maybe they were so badly injured, they just don't remember what happened before the impact.</p> <p>Plus, distracted driving-related incidents aren't something that many law enforcement officers have to track. So, it's pretty likely the numbers would be much higher if the truth—the whole truth—was told.</p> <p>Watch this video to hear a rescue worker discuss technology's role in causing accidents. Select Play to begin.</p>
Pg 7	<p>Of course, no one wants to become a statistic. You probably believe, <i>really believe</i>, that you have a handle on distractions. You might be absolutely committed to eliminating distractions while you're driving. But what about the others around you?</p> <p>Most drivers don't drive for a living. Or they don't drive a company vehicle, so they most likely won't lose their job if they get busted for texting...or worse yet, if they crash because they were busy with non-essential, behind-the-wheel "activities."</p>
Pg 8	<p>In other vehicles, kids are fighting in the backseat, the air conditioning is broken, and everyone is complaining how hot it is. Or how about the billboard the driver can't help but look at?</p> <p>Billboards are meant to distract...and fat chance they'll go away anytime soon. In fact, billboards are getting better at capturing our attention. Digital billboards are so bright they show up from a long ways away and images change every few seconds.</p> <p>More often than not, distracted drivers are making a <i>conscious choice</i> to distract themselves from the job of driving.</p>
Pg 10	<p>It's unrealistic to think that in the future there will be fewer distractions. Many vehicle manufacturers have added an electronic wonderland right on the dashboard of the vehicle.</p> <p>This flashy playground allows drivers to hear their favorite social media status updates and offers voice-to-text capabilities, which allows texting and email interaction while driving. This hands-free technology frees drivers to talk and listen more easily, but is that what they should be doing behind the wheel?</p>
Pg 11	<p>Not only is it important for <i>you</i> to be a focused driver, it's equally important for you to <i>be aware of the unfocused drivers around you</i>.</p>

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	<p>Some distractions aren't what you'd typically consider a distraction. Would you think listening is a distraction? It is.</p> <p>Whether you're listening to someone on your phone, or having a conversation with someone in your vehicle, or listening to music, talk radio or an audio book, your brain power is being tapped.</p>
Pg 13	<p>Now that you've considered some reasons why drivers become distracted, answer these questions about your own driving habits:</p> <p>Do you drive distracted? If so, then why do you want to crash? Why do you want to cause harm to yourself or someone else?</p> <p>If you allow yourself to become distracted while driving, that's what will happen...eventually.</p>
Pg 14	<p>When you select Next, you will begin the test for this lesson. There are five questions in this test.</p> <p>If you do not get at least three questions correct, you will be advised to review the lesson and take the lesson test again. You have three chances to take the lesson test. Your highest score will be recorded.</p>
<b>Avoiding a Distraction Disaster</b>	
Pg 2	<p>The purpose of this course is to help YOU stay focused on driving. Here are three steps that will help you avoid a distraction disaster:</p> <ol style="list-style-type: none"><li>1. Stay focused on driving. Don't get sucked in by any distraction. And, if you can't ignore a distraction, pull over.</li><li>2. Recognize the signs of a distracted driver. Be 360 degrees aware.</li><li>3. Know how to manage distracted drivers. Don't ignore them...deal with them.</li></ol>
Pg 3	<p>Back to step number 1: Stay focused on driving. Avoid being distracted by being prepared to drive <i>before</i> you start your trip. Set the GPS, tune the radio, program the MP3 player or make any necessary calls before you head out.</p> <p>You're probably thinking, <i>What if...? What if I have to reset my GPS? What if I have to make an important phone call?</i> The answer is simple: <i>Deal with it at your next planned stop. Or pull over.</i> It's really as simple as that: <i>Pull over.</i></p> <p>Watch this video to hear a professional driver's advice about keeping your GPS</p>



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	unit from becoming a distraction. Select Play to begin.
Pg 4	<p>When you're driving a tractor-trailer at 65 miles per hour, a lot can happen in five seconds. If you take your hands off the wheel and your eyes off the road to grab a CD, you're going to travel about 475 feet.</p> <p>That's the distance of Bo Jackson's first home run!</p> <p>Watch this video to see how far your vehicle can travel in just a few seconds. Select Play to begin.</p>
Pg 5	<p>It will take more time to pull over and reset your GPS, change a CD, make that phone call or check those text messages, but consider what could happen if you <i>don't</i> pull over for these little tasks.</p> <p>Your trip may come to a <i>really</i> abrupt stop.</p>
Pg 6	<p>It's a fact that many people are exposed to distracted drivers—or become distracted drivers themselves—every day. And the fact is, it's virtually always unnecessary.</p> <p>In this activity, you'll watch four videos in which drivers are faced with distractions while they are behind the wheel. After each video, you'll have the opportunity to choose the best way to handle these distractions so you can focus on the task of driving.</p> <p>When you encounter a multiple choice question, select the best answer. Then select <b>Submit</b>.</p> <p>To begin the activity, select <b>Play</b>.</p>
Pg 7	<p>Your next act in avoiding a distraction disaster is recognizing the signs of other distracted drivers. It's easy to spot them by paying attention.</p> <p>This video demonstrates some of the key signs of a distracted driver. Select Play to begin.</p>
Pg 8	<p>Tailgaters also present a driving distraction. You need to be aware of a tailgating driver before that driver's car is parked under the backside of <i>your</i> vehicle.</p> <p>A tailgating driver may not even be aware that his or her car was going to hit you, because the driver wasn't paying attention "for just a few seconds." Maybe the driver was looking down to read a text and type a quick answer.</p>
Pg 10	The third step in avoiding a distraction disaster is to know how to manage distracted drivers.

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	<p>The first thing you need to do is distance yourself from them by increasing your following distance. At 55 miles per hour, in good driving conditions, you need about one second in distance for every 10 feet of vehicle length between you and the vehicle ahead.</p>
Pg 11	<p>When you suspect another driver is distracted, double your following distance to two seconds for every ten feet of your vehicle's length. Make sure you've got a big enough "safety cushion" between your vehicle and the distracted driver's vehicle.</p> <p>This video demonstrates how to use a roadside landmark to measure safe following distances. Select Play to begin.</p>
Pg 12	<p>If you're on the freeway, move to the right lane as soon as you can safely do so to encourage a distracted driver to pass you. If the distracted driver is in front of you, you're in a better position to keep an eye on that vehicle.</p> <p>If you're not on the freeway, signal and pull off the road, as soon as it's safe, to let the distracted driver get around you.</p>
Pg 13	<p>If you can't create a safety cushion between you and a distracted driver, and you can't move out of the other driver's way, try to establish eye contact with the driver—without becoming a distracted driver yourself.</p> <p>If you make eye contact, the other driver should be aware of you...but it's no guarantee. The driver could have "inattention blindness" and doesn't see you because his or her mind is somewhere else.</p> <p>If the distracted driver is driving "blind," you could be driving in a big pink bunny suit and the driver still wouldn't notice!</p>
Pg 14	<p>You've learned how important it is to keep a safety cushion between your vehicle and those of other drivers on the road.</p> <p>Now you can practice maintaining safe speed and distance. Select Start to play a game designed to test this skill.</p>
Pg 15	<p>If you encounter a distracted driver, here's what not to do:</p> <ul style="list-style-type: none"> <li>• Don't sound your horn.</li> <li>• Don't flash your lights, and</li> <li>• Don't offer up a rude gesture.</li> </ul> <p>Not only can such rude little greetings jolt the other driver back to reality, which could cause the driver to make a sudden maneuver, it could also lead to a</p>

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	dangerous road rage situation.
Pg 17	<p>When you select Next, you will begin the test for this lesson. There are five questions in this test.</p> <p>If you do not get at least three questions correct, you will be advised to review the lesson and take the lesson test again. You have three chances to take the lesson test. Your highest score will be recorded.</p>

<b>Conclusion</b>	
Pg 2	<p>Here's one final bit of information from a AAA survey for you to think about:</p> <p><i>Even though 80% of motorists rated distracted driving as a very serious threat to their safety, many of those same people admitted to reading, sending text messages or sending emails while driving.</i></p> <p>Does that make sense? Most motorists believe they're threatened by distracted drivers, yet they're distracted drivers themselves!</p>
Pg 3	<p>So, what will it take to make <i>you</i> stop reasoning away the dangers and ignorance of driving while distracted?</p> <p>A near miss? An injury? A crash? Maybe someone has to die...</p> <p>Here's some advice. Remember these three words: Commit...Watch...Respond.</p>
Pg 4	<p>Do you remember what those words mean?</p> <p><i>Commit</i> to not driving while you're distracted. <i>Watch</i> out for distracted drivers around you. <i>Respond</i> appropriately to distracted drivers.</p> <p>As someone who drives to earn a living, you know the importance of focusing on safety in all aspects of your job...especially driving.</p> <p>Your job depends on it, and often, so does your <i>life</i>.</p>
Pg 5	<p>To help you assess your own habits while driving among distractions, use the Driver Skill Card in the course resources.</p> <p>To get a PDF file of the Driver Skill Card, select the Resources button.</p>
Pg 6	<p>Now that you've covered everything in the course, it's time to review for the exam. To help you prepare for the exam, you can now move back and forth within the course. Use the drop-down menus at the top of the screen, or the Back and Next buttons at the bottom.</p> <p>The review questions will also help you review main concepts covered on the exam. Select Next to download the review questions.</p>

Pg 7	<p>The review questions will open in a separate window. Keep this original window open. That way when you don't know an answer, you can go back into the course and find it. Once you've finished the review questions, and have finished studying, continue on to take the exam.</p> <p>To begin the review questions, select Resources.</p>
Pg 8	<p>Now it's time to take the final exam. This exam includes 20 questions. If you close the exam before finishing, your answers will not be saved for later.</p> <p>You will have three chances to take the final exam. Your highest score will be recorded.</p> <p>To begin the exam, select Next.</p>
Pg 10	<p>Congratulations! You have completed this course. Your progress and test scores have been recorded.</p>