



Distracted & Impaired Driving Education for the CMV Industry



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U.S. Department of Transportation
Federal Motor Carrier Safety Administration



ABOUT TREDS

- Nationally recognized for roadway safety curriculum, training programs, and research
- Develop programs for professionals and the public to promote safe driving behaviors and prevent crashes
- Multiple funding sources



Impaired
Driving

Distracted
Driving



Older Road
Users



Pedestrian
Safety

CMV EDUCATIONAL PROGRAMS



Just Drive
DELIVER DISTRACTION-FREE



Just Drive
DELIVER DRUG-FREE

CURRICULUM FORMAT

- Scope of the Problem
- Risks and Consequences
- Rules and Regulations
- Prevention Strategies
- Certificate of Completion
- Pre-Post Surveys



OVERVIEW



FREE ONLINE DISTRACTED DRIVING EDUCATION



PROGRAM COMPONENTS

ONLINE DRIVER COURSE

- 60-minute course
- Pre and post course surveys
- Video modules, learning activities, certificate of completion
- Available in English and Spanish

TRAIN-THE-TRAINER

- Model curriculum
- Program implementation
- Supplemental materials
- Available online



SAMPLE CURRICULUM



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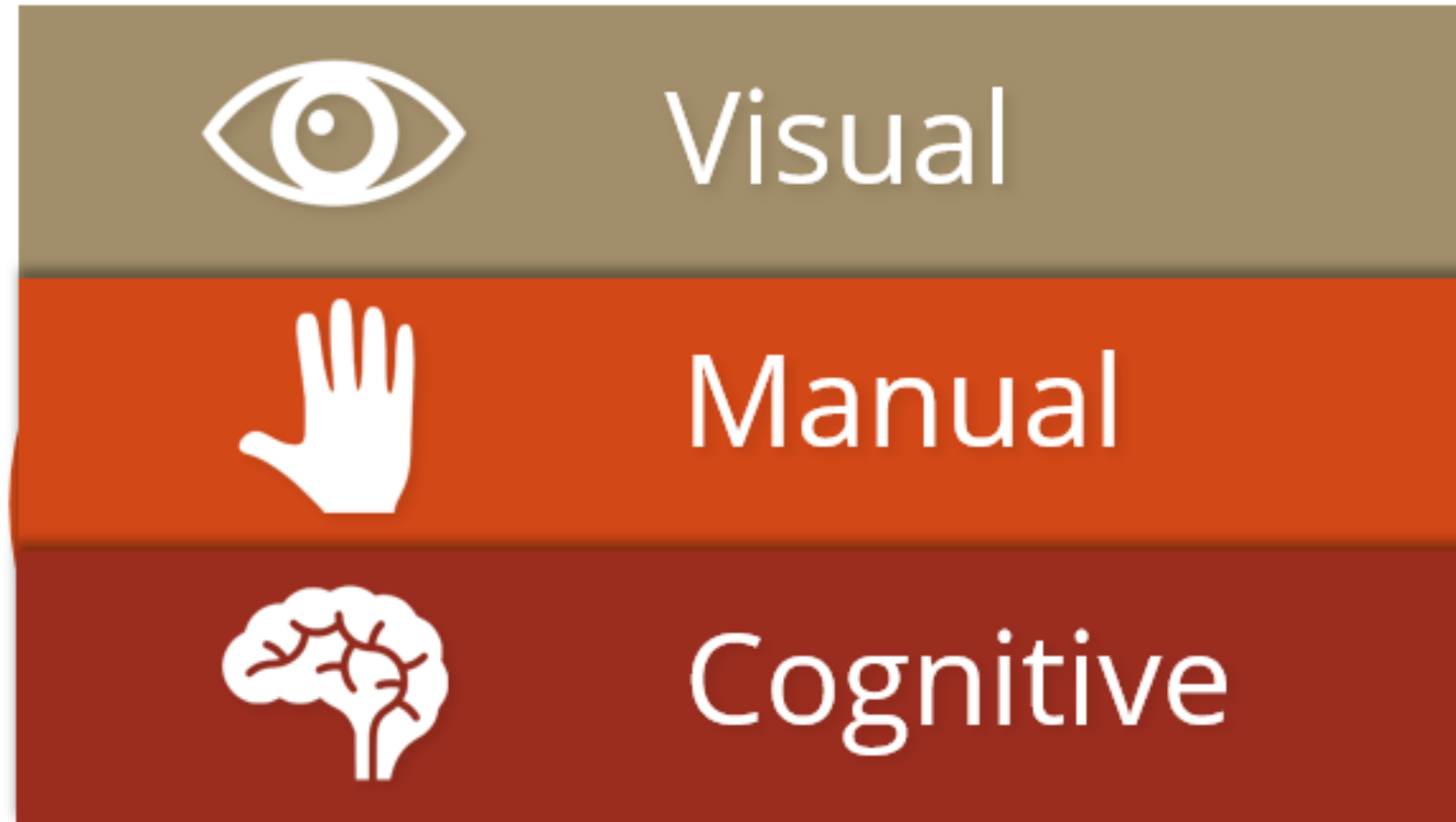


WHAT IS DISTRACTED DRIVING?



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// Three Types of Distraction



**Texting involves
all three!**

TEXTING CHALLENGE

1. Have your phone in hand, turned on
2. At the sound of a horn, pull up a contact
3. Type message “Be there in 10”
4. Look up when ready to send



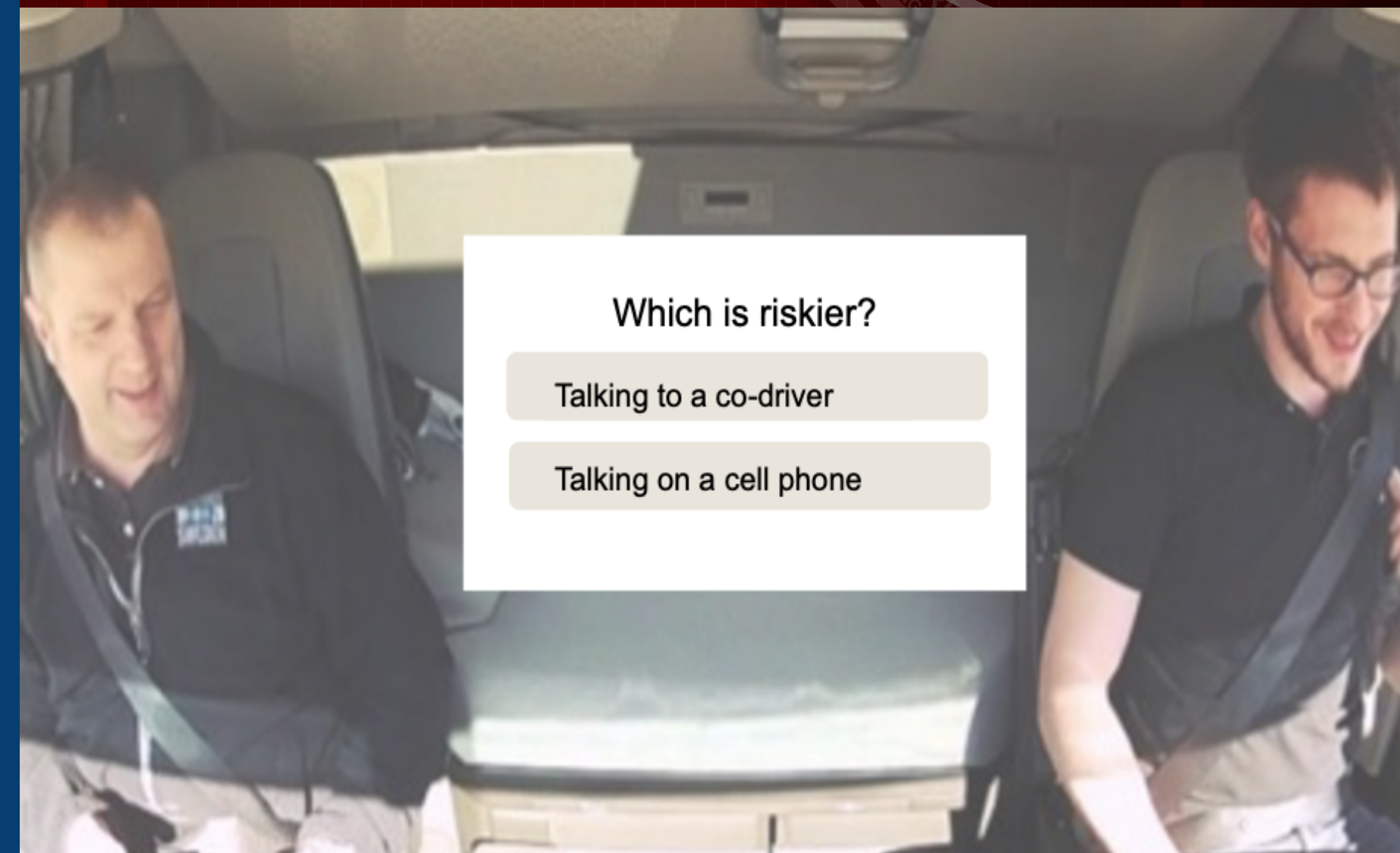


CASE EXAMPLES & INTERACTIVE COMPONENTS



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BREAKING NEWS



CASE EXAMPLES & TESTIMONIALS

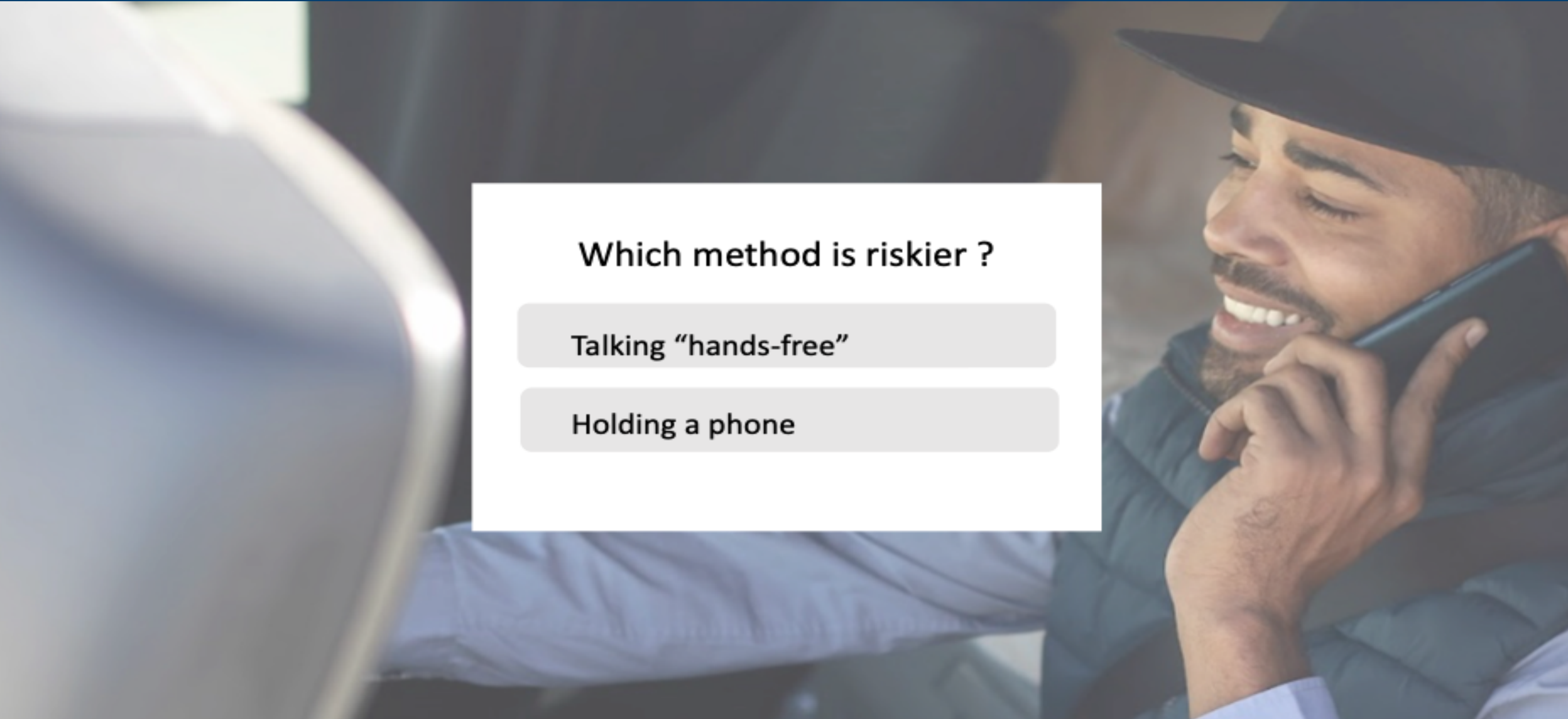


INTERACTIVE COMPONENTS

Which method is riskier ?

Talking “hands-free”

Holding a phone



THEY ARE EQUALLY RISKY

**BOTH HAVE UP TO 4X
CRASH RISK**



SUPPLEMENTAL MATERIAL



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SOCIAL MEDIA MESSAGES



Promotional Materials

Just Drive

DELIVER DISTRACTION-FREE



DO YOUR PART MAKE THE ROADS SAFER

Distracted driving is **any activity** that diverts your attention away from the primary task of driving. It is the second most common driver-related factor in fatal crashes for large trucks and buses.

The use of personal cell phones and electronic devices while operating a truck, bus, or motor coach, increases the risk for injuries and fatalities resulting from serious crashes.

Distracted driving crashes are 100% preventable.

HEAR FROM CMV DRIVERS

- Types of Distraction
- Risks and Consequences
- Personal Experiences
- Federal Regulations/Fines
- Strategies to Reduce Risk



Click



Scan





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TAKE ACTION AGAINST DISTRACTION

WHAT YOU CAN DO:

- Delay phone use until not driving
- Program directions before you go
- Activate 'Do Not Disturb' feature
- Put phone out of reach
- Have co-driver manage phone
- End calls from others who are driving
- Model safe driving behaviors

**Baseball is like driving,
it's the one who gets
home safely that
counts.**

— Tommy Lasorda
Baseball Legend



CONTACT US

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FREE DISTRACTED DRIVING EDUCATION FOR CDL HOLDERS

This **60-minute online course** is designed to prevent distracted driving behaviors by increasing safety awareness.

Course Topics

- Scope of the Problem
- Risks and Consequences
- Rules and Regulations
- Strategies to Prevent Distracted Driving
- Drowsy and Fatigued Driving
- Work Zone Safety

Certificate of course completion provided.



WATCH TRAILER



REGISTER NOW

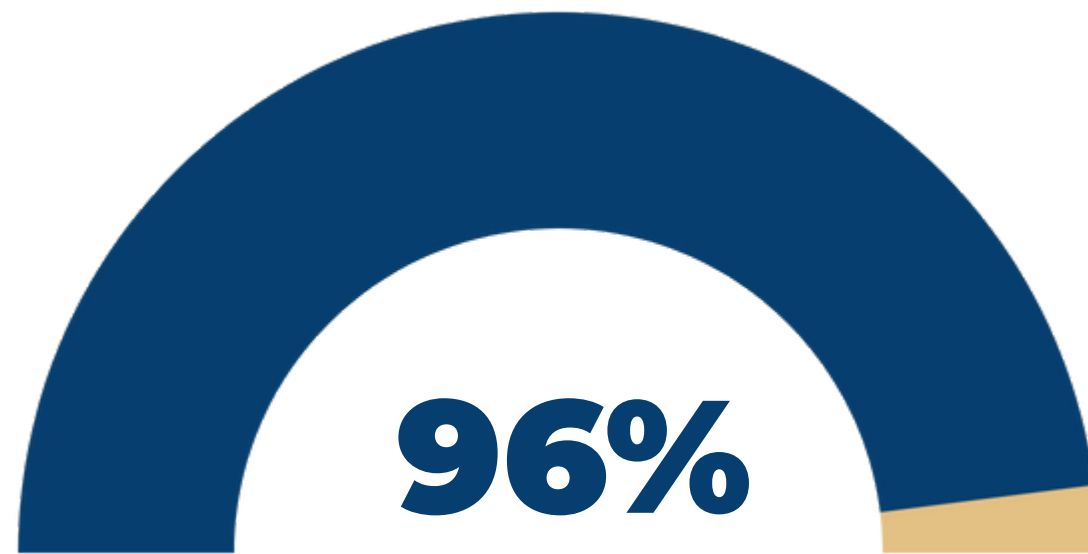
PARTICIPANT FEEDBACK



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POST-COURSE SURVEY RESULTS



More aware of risks associated with cell phone use while driving.



Intended to change their own cell phone behavior while driving.



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DRIVER TESTIMONIALS

“I thought I was being safe regarding phone use while driving; **I was seriously lacking**. Now I know the extra steps I need to take. Thank you.”

“I have **learned more** from this video than any safety class I have taken so far!”

“I liked the class a lot **it will really open your eyes** to what goes on around your surroundings and how much it affects people.”



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Commercial
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Substance-Impaired
Driving

Summits and Webinars

Distracted Driving

Substance-Impaired
Driving

Summits and Webinars

Commercial drivers are 20% more likely to be involved in a crash while driving than for those who don't.

Just Drive: Deliver Distraction-Free

The 60-minute courses address the risks and consequences of distracted driving and provide strategies to prevent this behavior, focusing primarily on the use of cell phones and electronic devices.

Topics Covered

- Scope of the problem
- Risk and consequences
- Rules and regulations
- Strategies to prevent distracted driving
- Fatigue and drowsy driving
- Work zone safety

Online Courses

CMV Driver Course

This course can be viewed on a computer or mobile device. It is self-paced and includes video modules, learning activities, and a certificate of completion. A sample of the course can be viewed in the video below. Available in English and Spanish.

[REGISTER NOW](#)

Train-the-Trainer

This training prepares safety professionals to deliver the course. Participants gain access to program materials, including PowerPoint slides, print resources, video clips, social media posts, and a course completion certificate.

[REGISTER NOW](#)



Visit: **bit.ly/Distracted-FreeCMV**

OVERVIEW

A poster for the 'Just Drive' campaign. The background is a blue-tinted image of a multi-lane highway with a bus in the distance. The title 'Just Drive' is in large white serif font, with 'DELIVER DRUG-FREE' in smaller white sans-serif font below it, separated by a thin white line. The poster features orange and blue geometric shapes in the top-left and bottom-left corners. Logos for the U.S. Department of Transportation and TREDs are in the bottom-left, and funding and copyright information are in the bottom-right.

Just Drive

DELIVER DRUG-FREE


U.S. Department of Transportation
Federal Motor Carrier Safety Administration

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Funding for this program is provided by a Cooperative Agreement
from the Federal Motor Carrier Safety Administration.

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TRAIN-THE-TRAINER

- 60-minute PowerPoint (English & Spanish)
- Pre and post course survey
- Case examples, learning activities, certificate of completion
- Supplemental materials
- Online training available in English and Spanish



SAMPLE CURRICULUM



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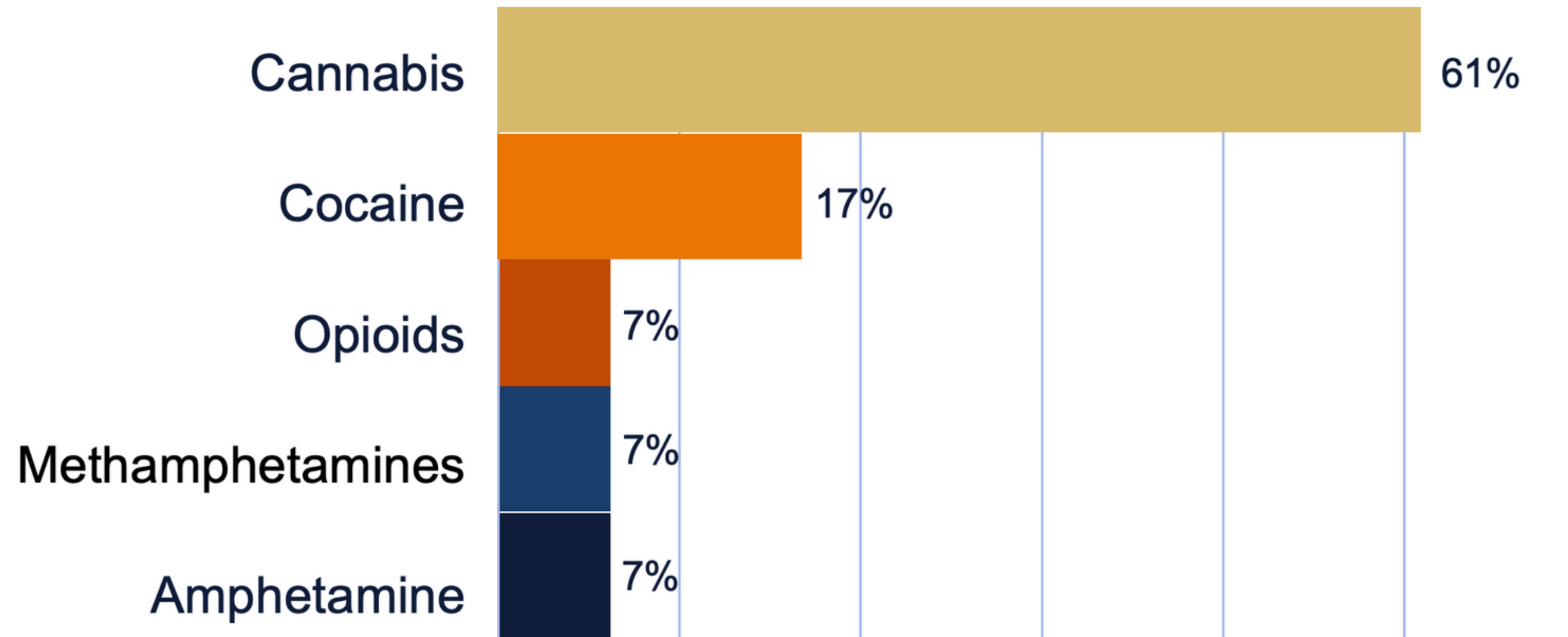


WHAT IS DRUG-IMPAIRED DRIVING?



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LEADING SUBSTANCES



LAWS & TESTING PROCEDURES



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CASE EXAMPLES & INTERACTIVE COMPONENTS



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Courtesy: SAVE RED ROCK / GHOST BIKES



BOX TRUCK DRIVER WHO KILLED 5 CYCLISTS SENTENCED
FACES UP TO 40 YEARS IN PRISON

FOX 5
KVVU-TV
LAS VEGAS

What Could Lead to Drug Use Among CMV Drivers?

INTERACTIVE COMPONENTS

AUDIENCE QUESTION

What drug was most frequently detected in CMV drivers in 2023?

- a. Amphetamines
- b. Cannabis
- c. Cocaine
- d. Methamphetamines
- e. Opioids

CANNABIS IS MOST FREQUENTLY DETECTED AMONG CMV DRIVERS



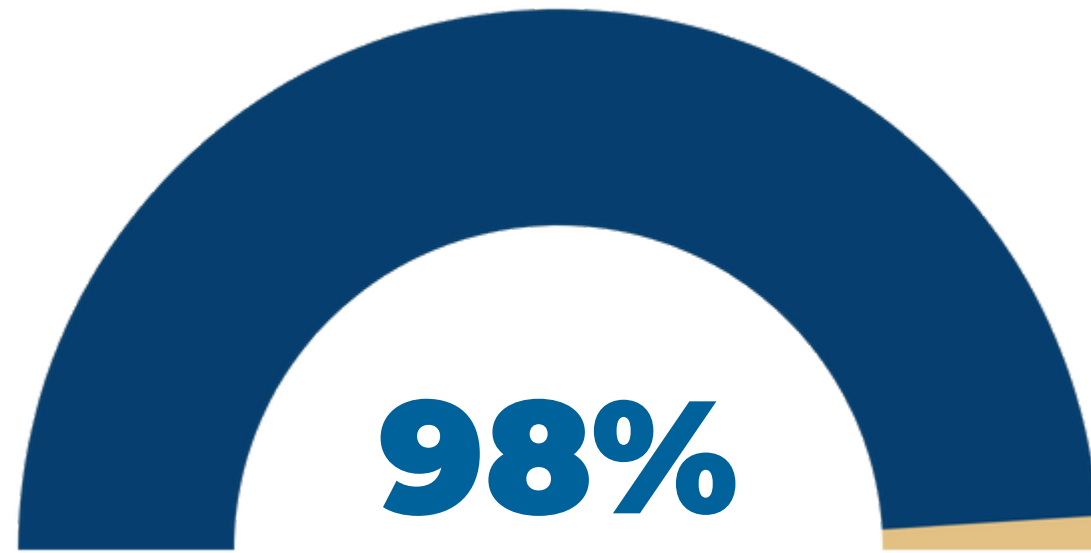
PARTICIPANT FEEDBACK



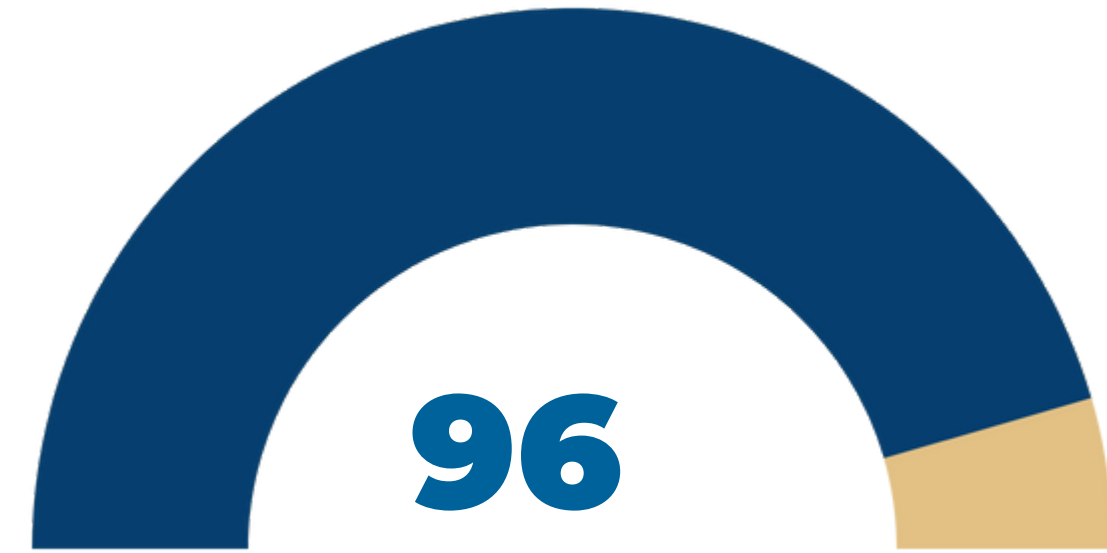
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INSTRUCTOR IMPRESSIONS



agreed that the curriculum is a useful educational program for drivers.



agreed the curriculum effectively covered impaired driving risks and consequences.



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INSTRUCTOR TESTIMONIALS

“Very well put together.”

“Very nice presentation. Thank you!”

“Great information and training...got me engaged with the questions and videos.”



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SUPPLEMENTAL MATERIAL



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RESOURCES

#	Slide	Notes
1		The Transportation Research and Education for Driving Safety (TREDs) Center at the University of California San Diego has offered educational resources on driving since 2007. This course was designed for you, the commercial driver. It will primarily focus on drug-impaired driving and take approximately one hour to complete.
2		Please complete this pre-survey.
3		<p>So, what is Drug-Impaired Driving? It's driving under the influence of any substance or combination of substances other than alcohol, which could affect the nervous system, brain, or muscles of a person and impair the ability of a person to operate a vehicle safely.</p> <p>It puts drivers, passengers, and other road users at risk.</p>

Outline

Slide	Hyperlink	Source
3	https://www.nhtsa.gov/sites/nhtsa.gov/files/documents/dec_preliminary_school_participant_manual-tag.pdf	NHTSA
3	https://www.nhtsa.gov/risky-driving/drug-impaired-driving	NHTSA
3	https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=312.&lawCode=VEH	CA VEH
7	https://www.fmcsa.dot.gov/safety/data-and-statistics/large-truck-and-bus-crash-facts-2021	FMCSA
8	https://www.iihs.org/topics/fatality-statistics/detail/large-trucks#yearly-snapshot	IIHS
9	https://www.iihs.org/topics/fatality-statistics/detail/large-trucks#yearly-snapshot	IIHS
10	https://www.fmcsa.dot.gov/safety/data-and-statistics/large-truck-and-bus-crash-facts-2021	FMCSA
11	https://clearinghouse.fmcsa.dot.gov/	FMCSA
12	https://clearinghouse.fmcsa.dot.gov/content/resources/Clearinghouse_MonthlyReport_March2024.pdf	FMCSA
13	https://clearinghouse.fmcsa.dot.gov/content/resources/Clearinghouse_MonthlyReport_March2024.pdf	FMCSA

References



FLYERS



FREE DISTRACTED DRIVING EDUCATION FOR THE CMV INDUSTRY

Research has shown that texting while driving increases crash risk by at least 23 times for CMV drivers. *Just Drive: Deliver Distraction-Free* addresses the risks and consequences of distracted driving and provides strategies to prevent this behavior, focusing primarily on the use of cell phones.

Course Topics

- Scope of the Problem
- Risks and Consequences
- Rules and Regulations
- Safe Driving Strategies
- Drowsy and Fatigued Driving
- Work Zone Safety

Contact Information

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Certificate of course completion provided.



UC San Diego



FREE IMPAIRED DRIVING EDUCATION FOR THE CMV INDUSTRY

Substance-impaired driving poses a major risk to all road users. *Just Drive: Deliver Drug-Free* addresses the rising rate in positive drug tests among CMV drivers and provides specialized training on the dangers and consequences of driving impaired.

Course Topics

- Scope of the Problem
- Risks and Consequences
- Laws and Testing Procedures
- Strategies to Drive Drug-Free

Contact Information

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Substance-Impaired Driving


Substance-impaired driving is a serious concern that adversely affects CMV fleets, their drivers, and all roadway users. According to the Federal Motor Carrier Safety Administration's Drug and Alcohol Clearinghouse, nearly 68,000 drug violations were reported in 2023, highlighting the severity of the issue. The substances detected in drug samples most frequently include cannabis or marijuana, cocaine, opioids, amphetamines, and methamphetamines.

Just Drive: Deliver Drug-Free

This 60-minute course aims to improve roadway safety by preventing drug-impaired driving among commercial driver's license holders. Program materials are available in both English and Spanish.

Topics Covered

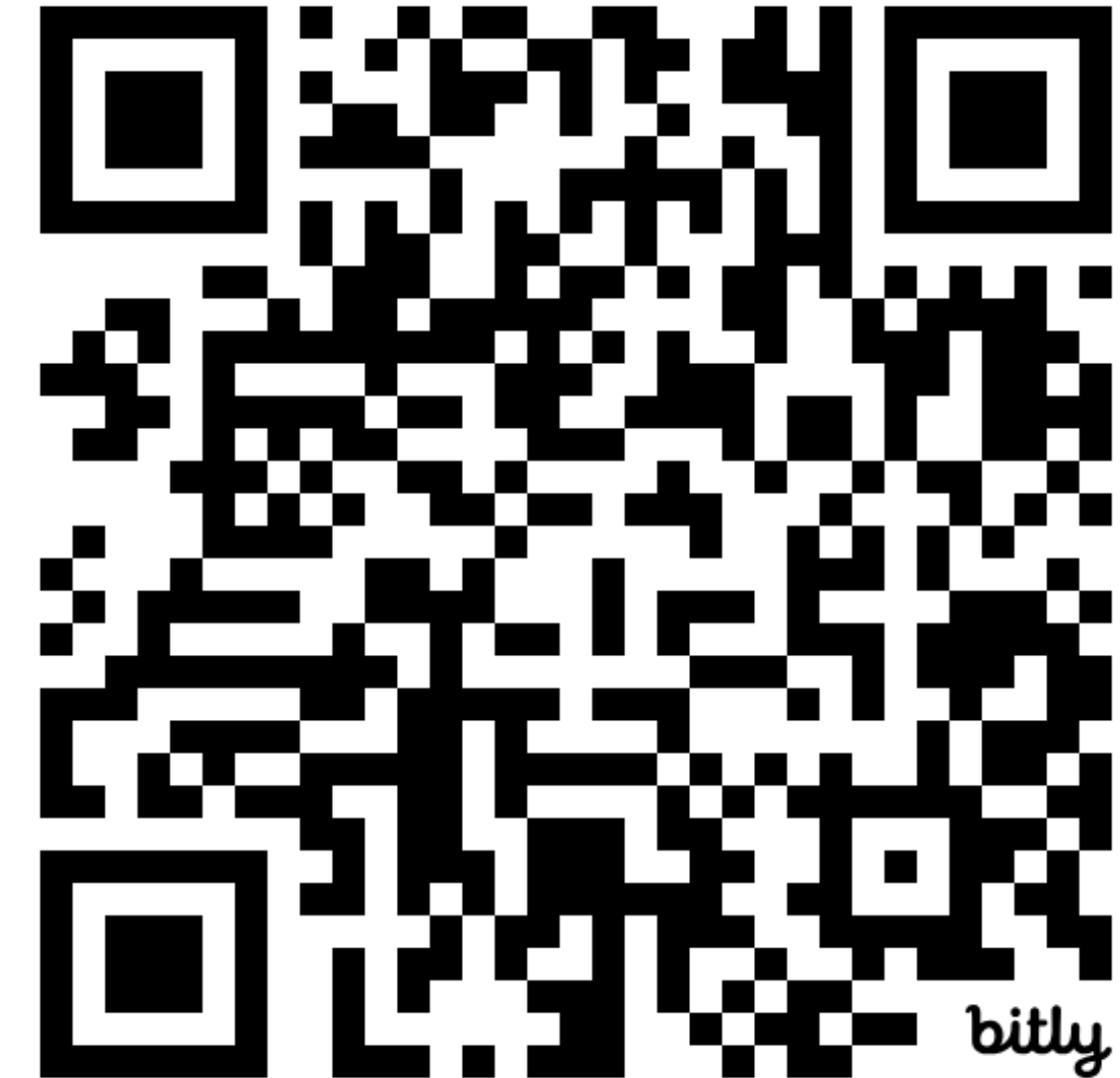
- Scope of the problem
- Contributing factors
- Risks and consequences
- Laws and testing procedures
- Strategies to drive drug-free



Train-the-Trainer

This 45-minute online training prepares safety professionals to deliver the course. Participants gain access to program materials, including PowerPoint slides, a course flyer, video clips, and a course completion certificate.

[REGISTER NOW](#)



Visit: [**bit.ly/DRUG-FREEECMV**](https://bit.ly/DRUG-FREEECMV)



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