

## **NTSI MISSION STATEMENT**

**NTSI's mission is to promote public safety by increasing individual awareness and accountability.**

# **SAFER Driver's Challenge**

Copyright© 2002 National Traffic Safety Institute, Inc. All rights reserved.

This is a product and training program created by the National Traffic Safety Institute. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the copyright owner—National Traffic Safety Institute.

The NTSI® logo and Making Drivers SAFER™ tag line are trademarks of the National Traffic Safety Institute, Inc.

National Traffic Safety Institute Corporate Office  
177 N. Church Avenue, Suite 610  
Tucson, Arizona 85701

Toll free in USA: 1-866-346-3283

Email: [safedriver@ntsi.com](mailto:safedriver@ntsi.com)

Visit us online at our home page: <http://www.ntsai.us>

While the information contained in this publication has been compiled from sources believed to be correct, the publisher makes no warranty, expressed or implied, with respect to the use of any information, method, or process disclosed in the publication or that such use may not infringe upon privately owned rights. The publisher does not assume any liabilities for responsibilities, expressed or implied, with respect to the use of, or for damages resulting from the use of any information disclosed in this publication or the accuracy of the information contained herein.

This publication is not intended or designed to give legal advice on compliance with any Federal, State, or Local laws and regulations. It should be noted that laws, regulations, and standards are subject to revisions, conditions, or deletions at any time.

Printed in the United States of America.

# WELCOME TO THE NTSI SAFER DRIVER PROGRAM

This class is designed to engage you in a guided discussion about the role of knowledge, values, attitudes, and behavior in promoting driving safety. We will also review many of the safe driving concepts necessary to keep you safe and free from injury.

Traffic collisions kill, injure, and disable more people every year than all violent crimes combined. Since 1974, NTSI programs have helped drivers avoid exposure to these risks.

A driving incident can have a dramatic impact on your future, your family, and your employer. NTSI supports and encourages you to become a SAFER Driver.

Thank you for attending this NTSI program.



## GOALS

- 3 Program Agreements

## INTRODUCTION

- 4 What Hazards Can Cause a Driving-Related Incident?
- 5 Driver Knowledge + Driver Values + Driver Attitudes = Driver Behavior

## MODULE 1

- 6 A Commitment to Responsible Driving Behavior
- 7 How Can I Be a SAFER Driver? / SAFER Driver Benefits

## MODULE 2

- 8 Managing Conditions that Divert Driving Attention
- 9 Mobile Phones and Other Portable Communication Devices
- 10 Stress and Driving
- 11 Aggressive Driving is a Pattern of Behavior
- 12 Drowsy Driving
- 13 Alcohol, Other Drugs, and Driving
- 17 Other Distractions

## MODULE 3

- 18 Safe Driving Practices
- 19 Road Signs
- 20 Speeding
- 21 Stopping Distance / Following Distance
- 23 Traffic Signals and Turns / Railroad Crossings
- 24 Lanes and Passing
- 25 Passing Another Vehicle / Backing Situations to Avoid

## MODULE 4

- 26 Protecting Yourself and Other Road Users
- 27 Pedestrians / Bicycles / Motorcycles / Trucks
- 28 Occupant Protection
- 29 Using Air Bags
- 30 Anti-Lock Braking Systems (ABS)
- 31 Benefits of Preventive Vehicle Maintenance

## COMMITMENT

- 32 A Plan For Action




---

# SAFER Driver Program

## GOALS

### Objectives: Your Learning Checklist









During the SAFER Driver Program, you will:

-  Assess your knowledge, values, and attitudes related to:
  - Driving conditions that can divert your driving attention.
  - Common on-the-road hazards and situations.
  - Personal safety and protection practices on the road and in a vehicle.
-  Apply a risk reduction process to control or eliminate hazards—preventing incidents through **S**afer, **A**ware, **F**ocused, **E**ducated, and **R**esponsible driving practices.
-  Create and commit to an action plan for **SAFER** and responsible driving behavior for today and in the future.

---

## PROGRAM AGREEMENTS

To achieve the greatest results from this program, we ask you to please commit to these agreements:

-  Actively participate and be open to new ways of doing things.
-  Take risks—share your point of view.
-  Ask questions.
-  Challenge yourself to build practical applications of new ideas and skills—find ways to share your learning experience with your workplace, family, and community.
-  Please do not use specific names when discussing situations.
-  Please be respectful of other participants.
-  Please keep laptops off and turn ringers off on cell phones and pagers.
-  Be back from all breaks on time.

# SAFER Driver Program

## INTRODUCTION

### Objectives: Your Learning Checklist

During the Introduction, you will:



Identify a learning expectation for this program.  
My learning expectation for this program is:



Identify hazards that contribute to driving-related incidents.



Define components of the behavioral model (knowledge, values, attitudes, and behavior) and how the model relates to incident prevention.

### What Hazards Can Cause a Driving-Related Incident?

**Directions:** Be prepared... identify and anticipate driving hazards. Use the categories in the chart below as you brainstorm common on and off-the-job driving hazards. Examples are provided to help you get started. After completing the lists, place a checkmark by each hazard that can be controlled by you—the driver!

#### Hazards

Hazards are factors, conditions, or activities that have the potential to be direct causes for driving-related risks, dangers, property damage, injuries, illnesses, deaths, or other types of incidents.



#### Environmental

Slippery surfaces, view obstructed

#### Distractions

Eating food in the car, loud radio

#### Mental/Physical

Angry, impulsive

#### Conditions and Maintenance

Poor brakes, fogged windshield

# DRIVER KNOWLEDGE + DRIVER VALUES + DRIVER ATTITUDES = DRIVER BEHAVIOR

Think about this equation...and what it means to you. Your driving knowledge, combined with your values and attitudes, determine how you drive. This model is based on Dr. William Glasser's *Choice Theory*.

By becoming more aware of how you drive and how you treat others on the road, you begin the important process of becoming a SAFER Driver. How each of us behaves as a driver is dependent on many internal and external factors. Knowing and being prepared to avoid or deal effectively with the hazards you identified on the previous page is a key step to SAFER Driving. During this program, you will explore practical ways to avoid and manage hazardous situations by learning more about potential hazards and your values, attitudes, and behaviors.

When values, attitudes, and behaviors are not in line with one another, you may experience stress and internal conflict. This stress and conflict can result in a driving-related incident. Managing these factors is a personal challenge, but your behavior is likely to improve as a result. And, think about it... if you already are a safe driver, you can become an even SAFER Driver!

## Driver Behavior

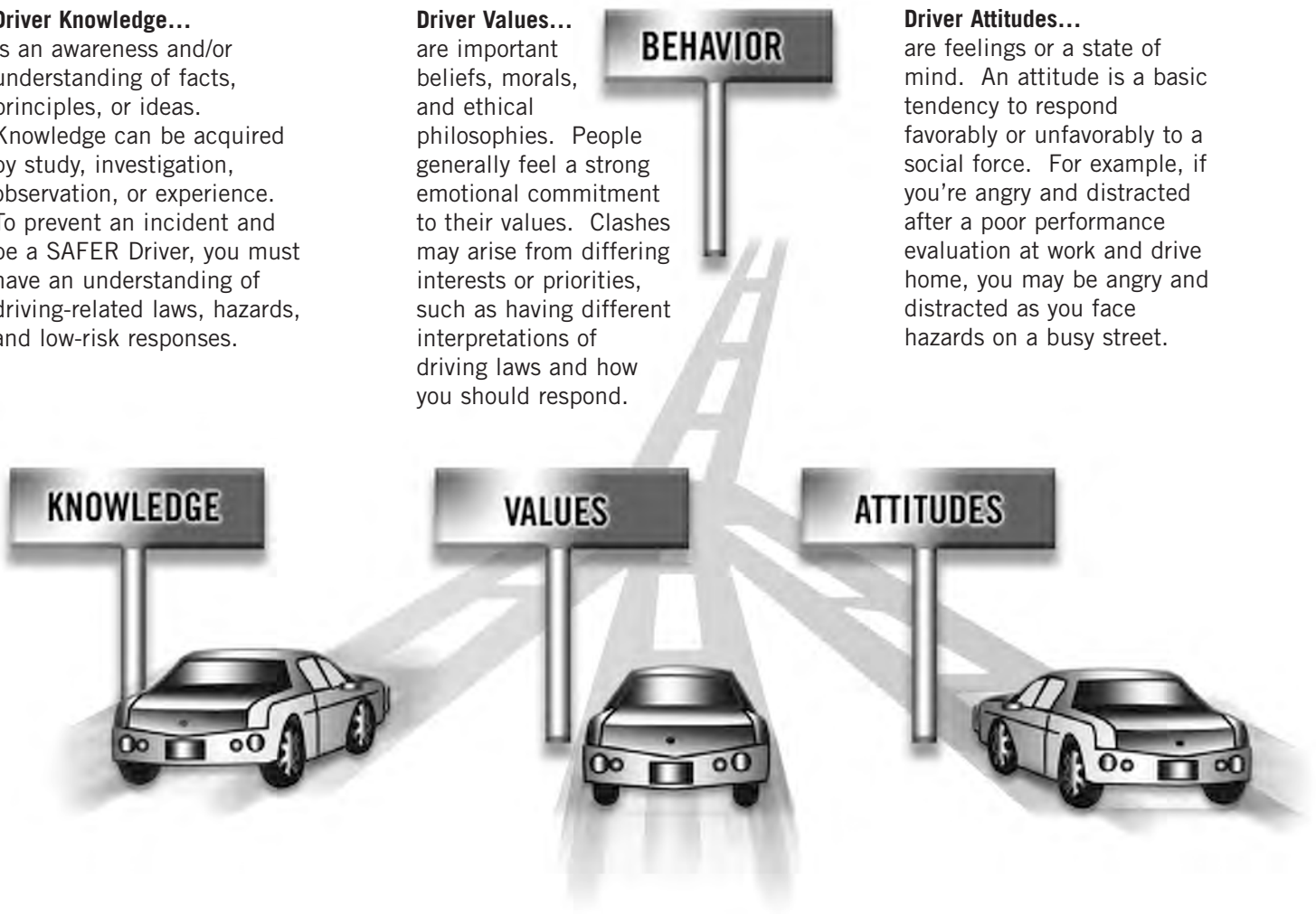
Driver behavior is a visible, observable action or set of actions. Driver behavior is the way that a driver actually operates their vehicle.



**Driver Knowledge...**  
is an awareness and/or understanding of facts, principles, or ideas. Knowledge can be acquired by study, investigation, observation, or experience. To prevent an incident and be a SAFER Driver, you must have an understanding of driving-related laws, hazards, and low-risk responses.

**Driver Values...**  
are important beliefs, morals, and ethical philosophies. People generally feel a strong emotional commitment to their values. Clashes may arise from differing interests or priorities, such as having different interpretations of driving laws and how you should respond.

**Driver Attitudes...**  
are feelings or a state of mind. An attitude is a basic tendency to respond favorably or unfavorably to a social force. For example, if you're angry and distracted after a poor performance evaluation at work and drive home, you may be angry and distracted as you face hazards on a busy street.







# You're in the Driver's Seat

## MODULE 1

### A Commitment to Responsible Driving Behavior

#### Objectives: Your Learning Checklist

During MODULE 1, you will:

-  Describe the characteristics and driving practices of a safe and unsafe driver.
-  Identify the principles and elements for a behavioral approach to SAFER Driving: knowledge, values, attitudes, and behavior.
-  Identify on and off-the-job benefits of improving driving knowledge, values, attitudes, and behavior.
-  Using NTSI's *SAFER Driver Risk Assessment and Planning Tool*, assess your driving based on the Knowledge + Values + Attitudes = Behavior model.

#### Profiles of an UNSAFE and SAFE Driver

**Directions:** First, list what an **UNSAFE** driver knows or does not know, values or does not value, and thinks about or does not think about when driving. Then, complete the same activity for a **SAFE** driver. Do NOT focus on what a driver “does” or “does not do” in this step.

What an **UNSAFE** driver knows or doesn't know, values or doesn't value, and thinks about or doesn't think about

Values speed/being on time over obeying the law

What a **SAFE** driver knows or doesn't know, values or doesn't value, and thinks about or doesn't think about

Thinks about the road conditions ahead

Next, list what an **UNSAFE** driver does or doesn't do. Focus on a person's driving practices and behaviors. Then, complete the same activity for a **SAFE** driver.

What an **UNSAFE** driver does or doesn't do

Increases speed to make it through an intersection

What a **SAFE** driver does or doesn't do

Checks the safety restraints of all occupants before driving