

Presents...
CLASS #7
DRIVER FITNESS



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PAPERWORK....

THERE ARE THREE PIECES OF PAPERWORK THAT YOU ARE RESPONSIBLE FOR COMPLETING...

1. Log onto Heights and register for this class
2. Your signature on the daily classroom roster
3. Your drive times.

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DRIVER FITNESS WHAT WE WILL COVER TODAY.....

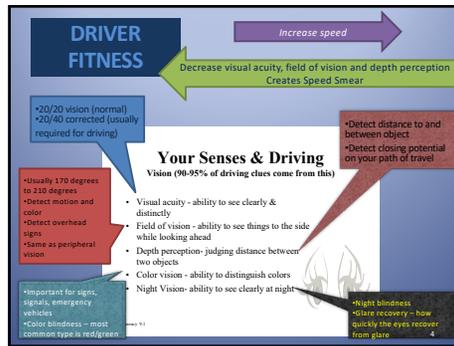
OBJECTIVES:

1. Students should understand and describe how vision and the other physical senses affect your ability to drive
2. Students will discuss and relate how various emotions affect your ability to drive
3. Students will be able to describe how temporary or permanent physical conditions affect your ability to drive

- ✓ Your senses and driving
- ✓ Emotions and driving
- ✓ Fatigue
- ✓ Short-term illness or injury
- ✓ Permanent disabilities

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DISTRACTED DRIVER
9/20/2010

A rather embarrassed young man was crouched behind the car with no visible sign of injuries. The fire department was protecting the scene.

Just a few hundred yards past this accident was another more serious one. Three cars rear-ended each other causing enough damage that they would need towed from the scene.

The squad along with multiple law enforcement personnel were on scene assisting the injured.

A DISTRACTED CHAIN OF EVENTS!

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VISUAL AWARENESS TEST

How good are your powers of observation? How many passes do the players in white make?

[Test your observation skills.](#)

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DRIVER FITNESS

Radio

Your Senses & Driving Hearing



- Clues to early warning of vehicle problems or emergency vehicles
- Important as a communication tool with other drivers
- Deafness
- Deaf drivers use other senses to compensate

Temporarily 9.1

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DRIVER FITNESS

Your Senses & Driving Smell



- Overheated engine
- (Coolant Leak)
- Car Fire
- Exhaust Leak

Temporarily 9.2

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DRIVER FITNESS

Your Senses & Driving Touch

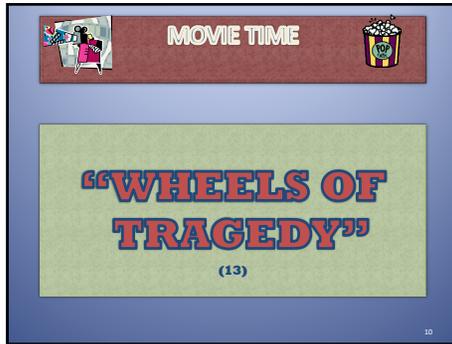


- Vibrations
 - Road surface changes
 - Vehicle problems (tire, suspension, brakes)

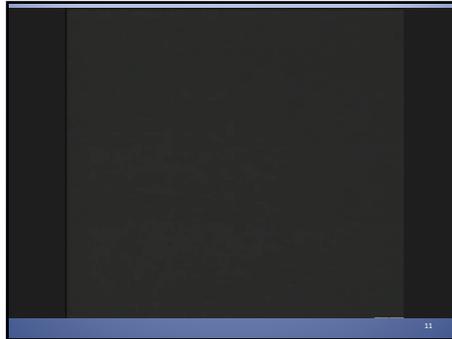
Temporarily 9.3

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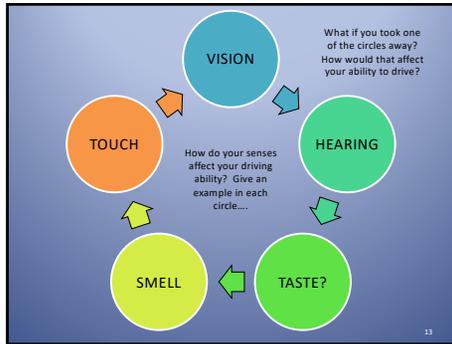
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Emotions and Driving

General Effect of your Emotions

- Interfere with your ability to think
- Create mental distractions
- Create inattentiveness
- Can cause you to act out your emotions
- Increased risk taking
- Create a lack of concentration
- Interrupt your ability to process information

Transparency 9.3

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Emotions and Driving
Physical Effect of your emotions

- Heartbeat increases
- Breathing quickens
- Digestion slows
- Palms sweat
- Feeling of exhaustion
- Creates physical stress



Transparency 9.6

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Emotions and Driving
Kinds of Emotions that Affect your Driving

- Anger
- Anxiety
- Joy, happiness
- Gloomy
- Others?



Transparency 9.7

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Emotions and Driving
Kinds of Emotions that Affect your Driving

- Peer pressure or group pressure to take a risk
- Influence the way you think, feel & drive
- You are responsible for your passengers
 - Safe Travel
 - Safety Belt



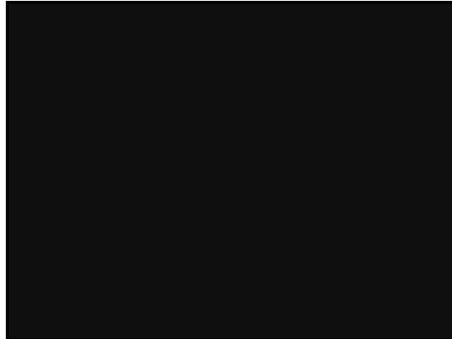
Transparency 9.8

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ROAD RAGE

- Driver loses control of emotions
- Triggered by an incident
- Uses their vehicle to "attack" other drivers
- Avoid these drivers (seek the help of police)
- If confronted, stay in your car and lock the doors
- Leave the area in your vehicle if possible

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Emotions and Driving

Controlling your emotions

- Admit to yourself that emotions are controlling you
- Calm yourself down
- Maintain a mature attitude
- Drive in an organized manner
- Only drive when you are in stable control
- Plan ahead & adjust your route to avoid emotionally troublesome areas

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COLORLESS, ODORLESS AND TASTELESS GAS (2 WORDS)

TEMPORARY DISABILITY THAT DULLS THE SENSES AND SLOWS BOTH MENTAL AND PHYSICAL PROCESSES

AS YOUR VEHICLE SPEED INCREASES, OBJECTS ON THE SIDES ARE BLURRED AND DISTORTED BY _____

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

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24

I'll be back...
AND SO WILL YOU IN
FIVE MINUTES.

BREAK TIME

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MOVIE TIME

**“ONE SECOND
IN TIME”**

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FATIGUE

- Affects everyone to some degree
- “Circadian Rhythm” – physiological down time which occurs between 7-9 am, 1-5 pm and 8-9 pm for most people, especially ages 16-21
- Stop and rest

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Fatigue

Causes of fatigue

- Physical strain (Hard work)
- Mental strain (Stress)
- Monotonous tasks (long driving trips)
- Illness
- Lack of Sleep



Transparency 9.11

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Fatigue

Effects of fatigue

- Impairs your vision
- Impairs your perception
- Slows reaction time
- Misjudge speed & distance
- Increases risk-taking
- Highway hypnosis
- Fall asleep at the wheel



Transparency 9.12

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How to delay fatigue while driving



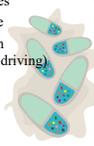
- Avoid long drives unless you are fit
- Avoid leaning forward
- Avoid driving long stretches without a break
- Keep your eyes moving
- Let in fresh air
- If there are other drivers with you, change drivers at frequent intervals
- Wear your safety belt
- Avoid getting angry
- Adjust the conditioner/heater. Lowering it too much increases fatigue.

Transparency 9.13

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Short-term illness or injury

<p>Effects:</p> <ul style="list-style-type: none"> • Dulls the senses • Creates fatigue • Can cause pain (distraction to driving) • Limit physical movement • Saps strength 		<p>Effects of Medications</p> <ul style="list-style-type: none"> • Drowsiness • Dizziness • Reduced concentration & alertness • Read warning labels • Avoid taking medications that affect your driving abilities 	
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Transparency 9.14 31

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Short-term illness or injury Carbon Monoxide

<p>Effects</p> <ul style="list-style-type: none"> - Drowsiness - Headaches - Muscle aches & weakness - Nausea 		<p>Prevention</p> <ul style="list-style-type: none"> - Avoid idling for long periods - At home, open garage door before starting the car - Check exhaust system regularly - Roll down windows when stopped for long periods - If affected, get immediate medical attention 	
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Transparency 9.15 32

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MOVIE TIME

ALMOST HOME

"RUSTY'S REGRET"

A FILM BY [unreadable]

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TEST YOUR KNOWLEDGE
TRUE OR FALSE

The sense of smell could be used to detect a vehicle fire. **TRUE**

Over-the-counter medications will not affect driving ability. **FALSE**

Fatigue may impair your vision. **TRUE**

The emotion that affects most drivers most often is anger. **TRUE**

When a strong emotion affects you, your chances of making a mistake do not change. **FALSE**

Approximately 50% of the clues you get for driving come from your vision. **FALSE**

Usually "Road Rage" is triggered by an incident. **TRUE**

A cold medicine will have no noticeable effect and will give you a clearer head for driving. **FALSE**

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THE END



REMEMBER... DON'T LET YOUR EMOTIONS CONTROL YOUR DRIVING!

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