



Just Drive

TAKE ACTION AGAINST DISTRACTION

UC San Diego's Training, Research and Education for Driving Safety (TREDS) program offers
Just Drive - Take Action Against Distraction
to promote safe and responsible driving on California roadways

WHAT IS THE PROBLEM?

Distracted driving now joins alcohol and speeding as a leading cause of motor vehicle injury collisions. Research has shown that talking on the phone while driving increases the risk of collision four-fold, while texting increases crash risk by 8 to 23 times. It is estimated that every 30 seconds there is a crash involving cell phones in the U.S.

WHAT IS 'JUST DRIVE'?

A free one-hour class presented by law enforcement and public health professionals is available to businesses and organizations in California as part of safety and wellness programs.

WHAT WILL PARTICIPANTS LEARN?

- Risks associated with driving distracted
- Consequences of distracted driving: emotional, physical, and financial
- Practical strategies to reduce distracted driving habits and influence others
- Distracted driving laws in California

WHAT ARE POTENTIAL BENEFITS?

- Demonstrate concern for health and safety
- Reinforce cell phone laws and policies
- Safer drivers on the road, both on and off the job
- Contribute to the safety of all roadway users

**For more information or to schedule a class,
email treds@ucsd.edu or call (858) 534-8386**

Funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration



UC San Diego
SCHOOL OF MEDICINE