



Just Drive
DELIVER DISTRACTION-FREE



A Program from UC San Diego Training, Research and Education for Driving Safety

Scope of the Problem

Distracted driving has been shown to be a major cause of large truck crashes and near-crashes, and the use of cell phones in particular can dramatically increase the risks of being involved in a motor vehicle collision. One research study commissioned by the Federal Motor Carrier Safety Administration (FMCSA) "shows the odds of being involved in a safety-critical event (e.g., crash, near-crash, unintentional lane deviation) are 23.2 times greater for CMV drivers who text while driving than for those who do not."

Class Overview

Just Drive Deliver Distraction-Free is a free one-hour class designed to increase driving safety awareness and decrease distracted driving behavior, specifically the use of cell phones among commercial drivers.

Topics

- Scope of the Problem
- Risks and Consequences
- Practical strategies to promote safe driving
- State Laws/Regulations

Benefits

- Reinforcement of state laws & regulations regarding cell phone policies
- Safer employees on the road, both on and off the job
- Contribute to improving safety for all roadway users

Contact Us

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