



# **DISTRACTION OVERLOAD**

RISK REDUCTION FOR FIRST RESPONDERS

## **A Training Program from UC San Diego Training, Research and Education for Driving Safety (TREDS)**

First Responders may spend up to 70% of a work shift engaged in driving and are already exposed to a higher incidence of driving safety risk as part of their duties. Use of personal cellular phones and other electronic devices in the complex environment of a modern patrol vehicle is a growing problem and increases the risk for injuries, fatalities, and liability resulting from collisions.

### **Distraction Overload Training**

A **free one-hour program** that highlights the problem of distracted driving. With emphasis on mitigating the unique challenges faced by first responders, this course explains the reasons distracted driving has become so dangerous. The training is taught by law enforcement and traffic safety professionals using class participation, videos, and case examples to create safer driving habits.

### **Topics Covered**

- Cellular phone user trends
- Risks associated with cellular phone use
- CVC sections related to communication devices
- Agency policy and procedure development
- Consequences of distraction-related collisions
- Strategies to reduce risk

### **Benefits of this Training**

- Increased awareness of the dangers of distraction
- Reinforcement of agency policies and state law restrictions
- Information of value to friends, family, co-workers, and the public
- Reduction of traffic injuries and fatalities among first responders
- A safer driving experience for all roadway users

**For more information, email [treds@ucsd.edu](mailto:treds@ucsd.edu) or call 858-534-8386**



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