



# Just Drive

TAKE ACTION AGAINST DISTRACTION

UC San Diego Training, Research and Education for Driving Safety (TREDS) offers education to promote safe and responsible driving on California roadways.

Distracted driving 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 up to four times, while texting increases crash risk by at least eight 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 for the general public that is presented by professionals working in law enforcement, public health and education.

## Participants Will Learn

- Risks associated with driving distracted
- Emotional, physical, and financial consequences that distracted driving can have on one's life
- Practical strategies for reducing distracted driving habits and influencing others
- Distracted driving laws in California

## Benefits To Employers

- Demonstrate concern for employee health and safety
- Reinforcement of agency cell phone policies
- Safer employees on the road, both on and off the job
- Contribute to improving safety on California roadways

## For More Information

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