

Just Drive

Distracted & Impaired Driving Education
for the CMV Industry



Jill Rybar, MPH
Associate Director



TRANSPORTATION
RESEARCH AND EDUCATION
FOR DRIVING SAFETY

UC San Diego





ABOUT TREDS

- Nationally recognized for roadway safety curriculum, training programs, and research
- Develops programs for professionals and the public to promote safe driving behaviors and prevent crashes
- Multiple funding sources



Impaired Driving



Distracted Driving



Older Road Users



Pedestrian Safety

CMV EDUCATIONAL PROGRAMS



Just Drive
DELIVER DISTRACTION-FREE



Just Drive
DELIVER DRUG-FREE

FREE!

ONLINE COURSES



CMV DRIVERS

- 60 minutes
- Certificate of completion
- Available in English/Spanish

INSTRUCTORS

- 60 minutes
- Certificate of completion
- Supplemental materials



SAMPLE CURRICULUM

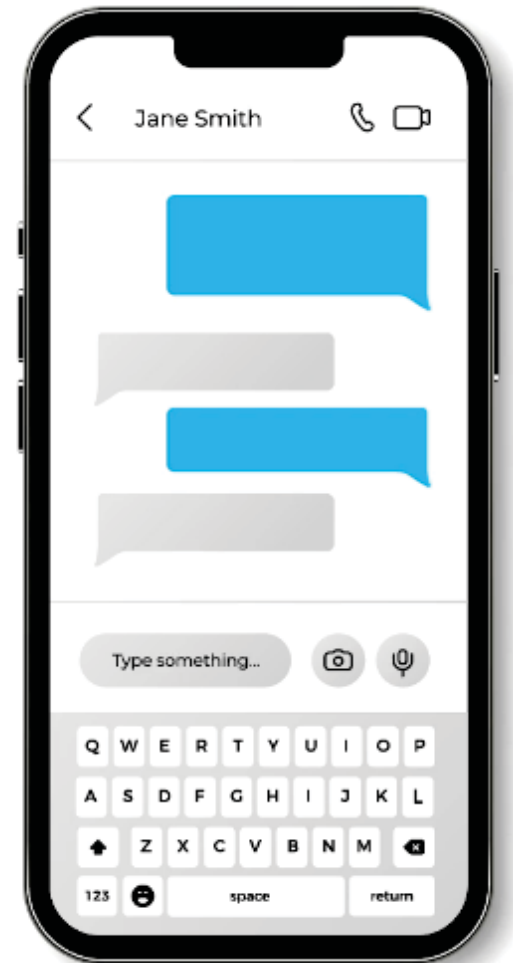


TRANSPORTATION
RESEARCH AND EDUCATION
FOR DRIVING SAFETY



TEXTING CHALLENGE

1. Have phone in hand, turned on
2. At the sound of a horn, pull up a contact
3. Type message “**Be there in 10**”
4. Say “DONE” when ready to send







CASE EXAMPLES & TESTIMONIALS

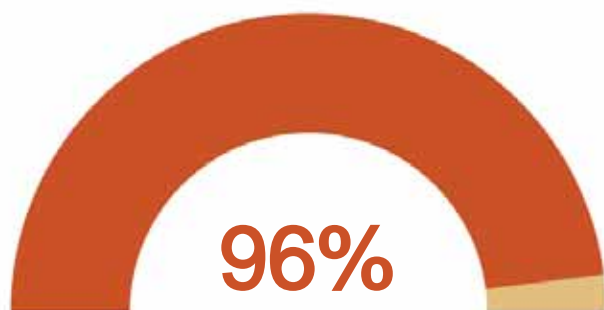
PARTICIPANT FEEDBACK & RESULTS



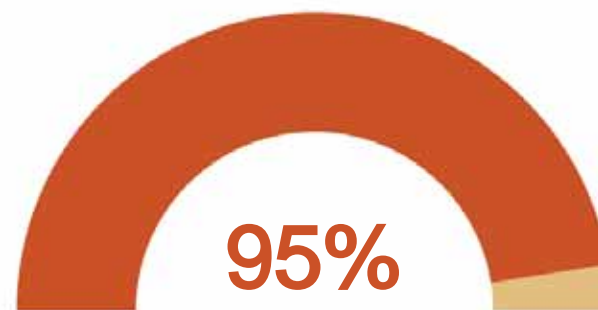
TRANSPORTATION
RESEARCH AND EDUCATION
FOR DRIVING SAFETY



ONLINE DRIVER POST COURSE SURVEY



More aware of risks associated with cell phone use while driving.



Intended to change their own cell phone behavior while driving.

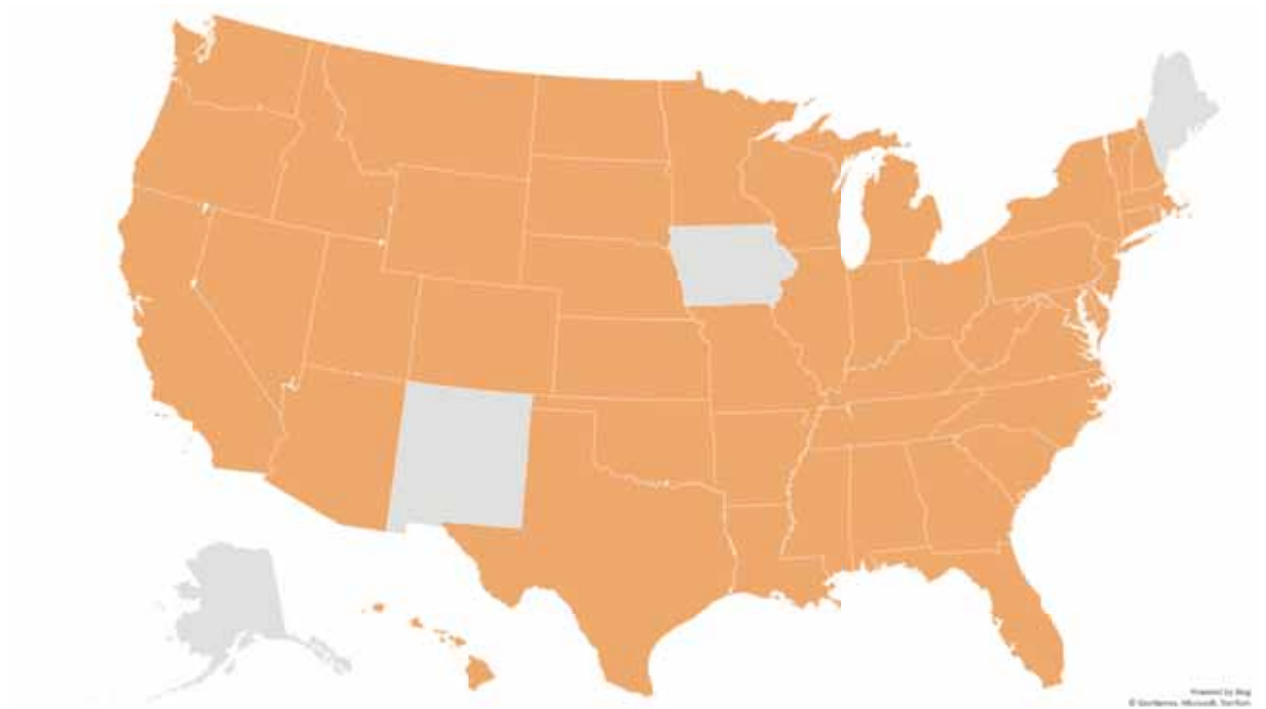


INSTRUCTOR FEEDBACK



RESULTS

- Over 12,000 drivers
- Over 650 instructors





TRAIN -THE -TRAINER

- 45-minute online course
- Certificate of completion
- Post-course survey
- Instructor Toolkit (English/Spanish)



CASE EXAMPLES & TESTIMONIALS

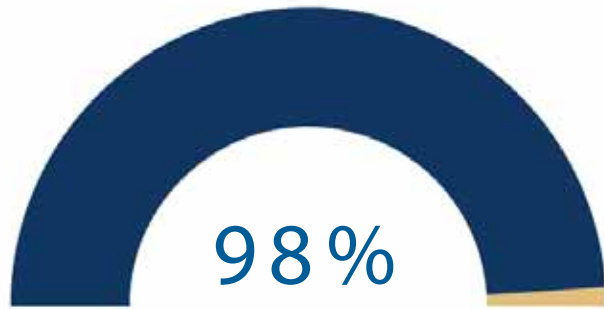
INSTRUCTOR FEEDBACK



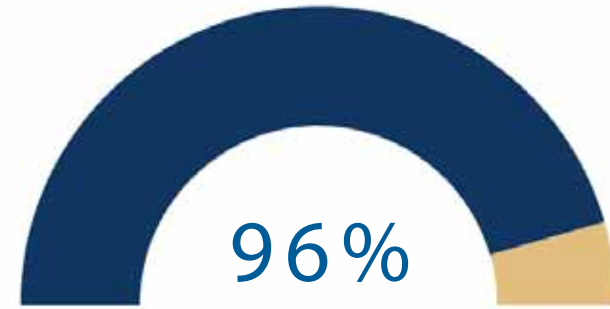
TRANSPORTATION
RESEARCH AND EDUCATION
FOR DRIVING SAFETY



POST TRAINING SURVEY



agreed that the curriculum is a useful educational program for drivers.



agreed the curriculum effectively covers impaired driving risks and consequences.



TREDS.UCSD.EDU



Commercial Drivers

Although commercial vehicles make up 5.24% of roadway users, they are often over-represented in crashes involving fatalities and serious injuries. TREDS offers courses and hosts events that aim to prevent CMV-involved crashes due to distracted and substance-impaired driving.

[+ Expand All](#)

Distracted Driving Course



Substance-Impaired Driving Course





TRANSPORTATION
RESEARCH AND EDUCATION
FOR DRIVING SAFETY

THANK YOU

Contact Us | TREDS@ucsd.edu

Connect with Us | [@UCSanDiegoTREDS](#)

