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The Most Dangerous Thing You'll Do Today?

Nicholas Sauma

National Safety Council – Nebraska Chapter

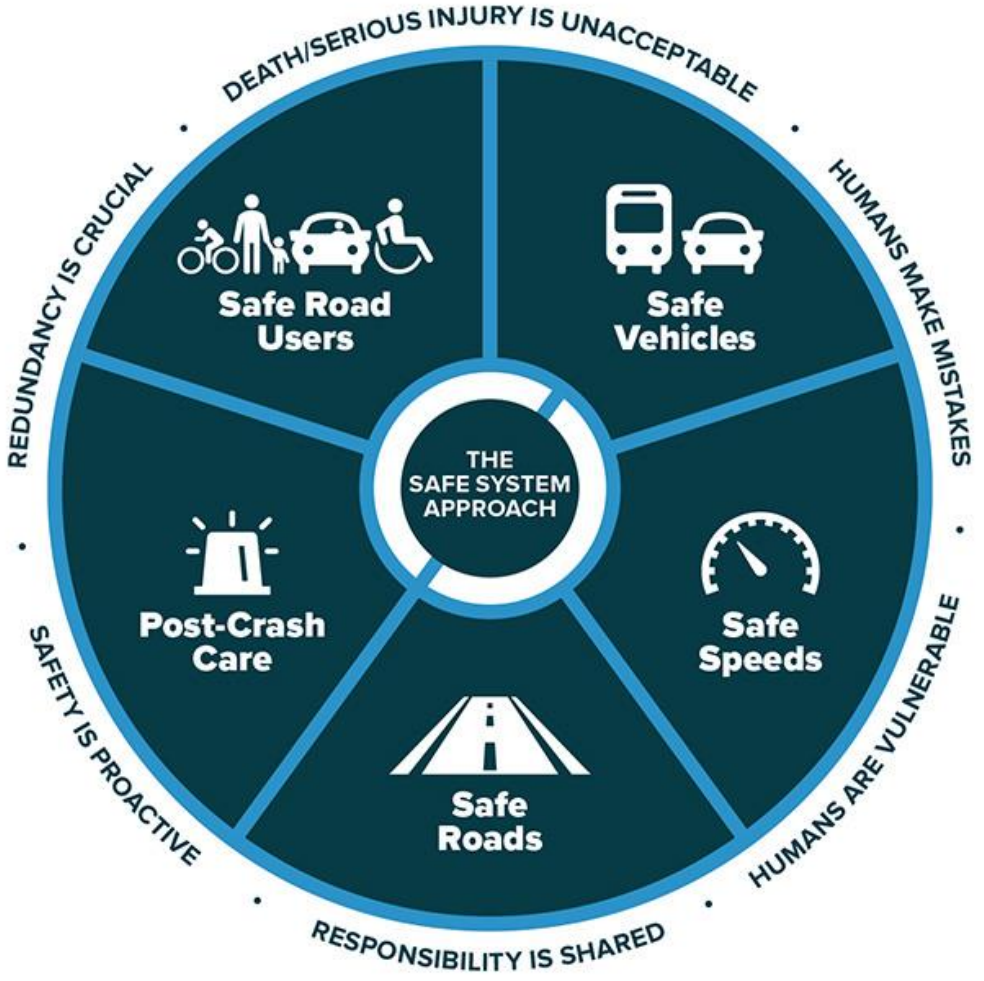
- Provide education and advocacy to reduce injuries and save lives
- Wide range of trainings and formats
- 2024 – 100 Years!
- My role is funded by the NDOT Highway Safety Office.



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Safe Systems Approach (SSA)

- Roadway safety is about all these layers working together.



Source: FHWA.

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Is Driving Really That Dangerous?

- 40,000+ deaths a year – A death every 13 minutes
- Top 5 cause of preventable injury
- Top 5 cause of preventable death
  - Leading cause of preventable death for ages 5-24
- Teen drivers (19 & under) represent 8% of licensed drivers

TEEN DRIVERS (Ages 19 & Younger) WERE INVOLVED IN:

18%	of all reported crashes
20%	of crashes between 9 p.m. and midnight
14%	of crashes between midnight and 3 a.m.
22%	of crashes using a cell phone
24%	of "speed related" crashes
17%	of "failure to yield" crashes
22%	of all single-vehicle rollover crashes
17%	of crashes due to "road conditions" (snow, ice, water)
22%	of rear-end type collisions
7%	of alcohol-involved crashes

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What Are Preventable Causes?

- Speeding
- Distraction (phones, eating, talking)
- Following too closely
- Drinking/drug use

NHTSA estimates 75% of crashes had a preventable cause!

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Learning to Drive – Things to Know

- Driver's Education OR 50 supervised hours with a parent/guardian
- Written exam and drive test.
  - Written exam is available with audio if needed.
- Keep practicing! – Parking lots, different road surfaces, different vehicles.

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Starting to Drive

- Permits have different restrictions (time of day, passengers, destinations)
- Bad habits

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I Don’t Feel Ready Yet

- Your safety matters even if you aren’t the driver!
  - Insist that everyone wear a seatbelt.
  - Do not ride with somebody intoxicated.
- A responsible, safe passenger can help the driver navigate, change music, enter GPS directions, etc.
- Traffic safety occurs off the road, too.

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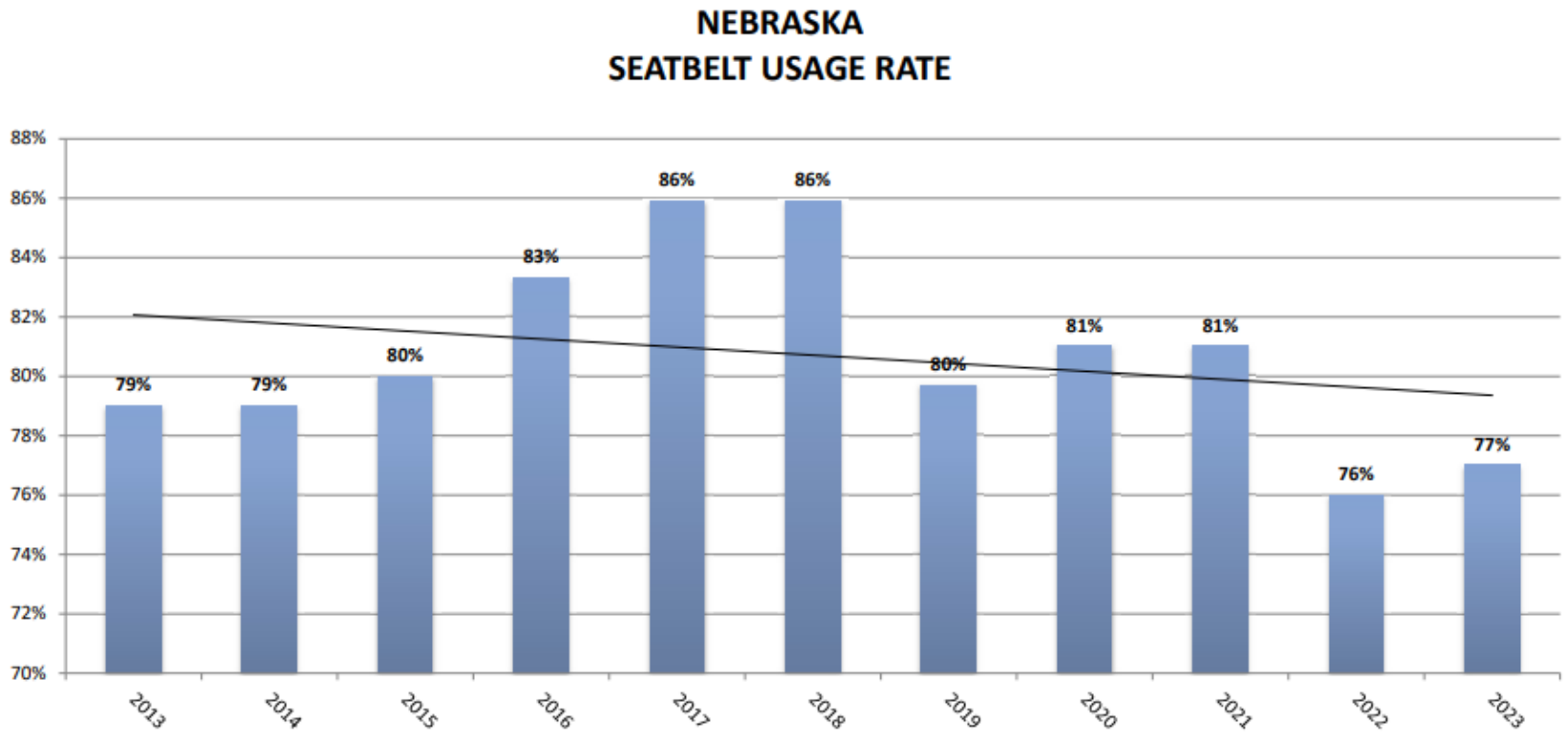
Seatbelt Usage

Nebraska - 2024

- 80%

National - 2023

- 91%
- 70% of fatalities were not using a seatbelt



Provided by : NDOT-Highway Safety Office, PO Box 94612, Lincoln, NE 68509
Phone: 402/471-2515 Fax: 402/471-3865 Updated 2/8/2024

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Defensive Driving

- Starts with attitude!
- You are responsible for keeping yourself safe – this includes being a passenger!
- Example



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Defensive Driving – What Do You Control

- Attention and Attitude
- Your vehicle's condition

- Focus on driving.
- Be patient with others.
- Increase following distance
- Reduce speed
- Check weather & traffic before leaving.
  - Plan ahead!



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What is Distracted Driving

- Distracted driving is any action that takes your focus off the road
  - Texting/Talking/Using cell phone
  - Eating/Drinking
  - Reading
  - Passengers
- Some research suggests adding ‘Auditory’ distinct from ‘Cognitive’



Top 10 Most Used Apps While Driving

- Instagram
- Camera App
- WhatsApp
- Facebook
- YouTube
- Gmail
- Facebook Messenger
- Google Chrome
- Afterpay
- Phone App

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Hand Held vs. Hands Free

- Hands free devices
  - 37% reduction in depth perception and spatial awareness
  - 10% reduction in reaction time
  - Equivalent to a .08 BAC
  - **5 times** more likely to be in a crash
  - You are no safer using a hands free device. The cognitive distraction is equal.
  - Hands-Free is NOT risk free

We're "Looking" but Not "Seeing"



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Aggressive Driving & Road Rage

- AAA found 96% of Americans admitted to at least one aggressive driving behavior in the last 12 months.
- Since 2020, road rage has caused an average of 601 incidents of gun violence per year in the U.S. (GVA)

What Makes You The Angriest on the Road?

Reason	Anger Score (Out of 5)
Being cut off	3.6
Drivers weaving in and out of traffic	3.2
Being stuck in traffic	3
Drivers not using their turn signal	2.9
Drivers going under the speed limit	2.8
Drivers gesturing at me	2.8
Running late	2.6
Drivers that speed	2.2
Driving in poor weather conditions	2.1

Source: Insurify

INSURIFY

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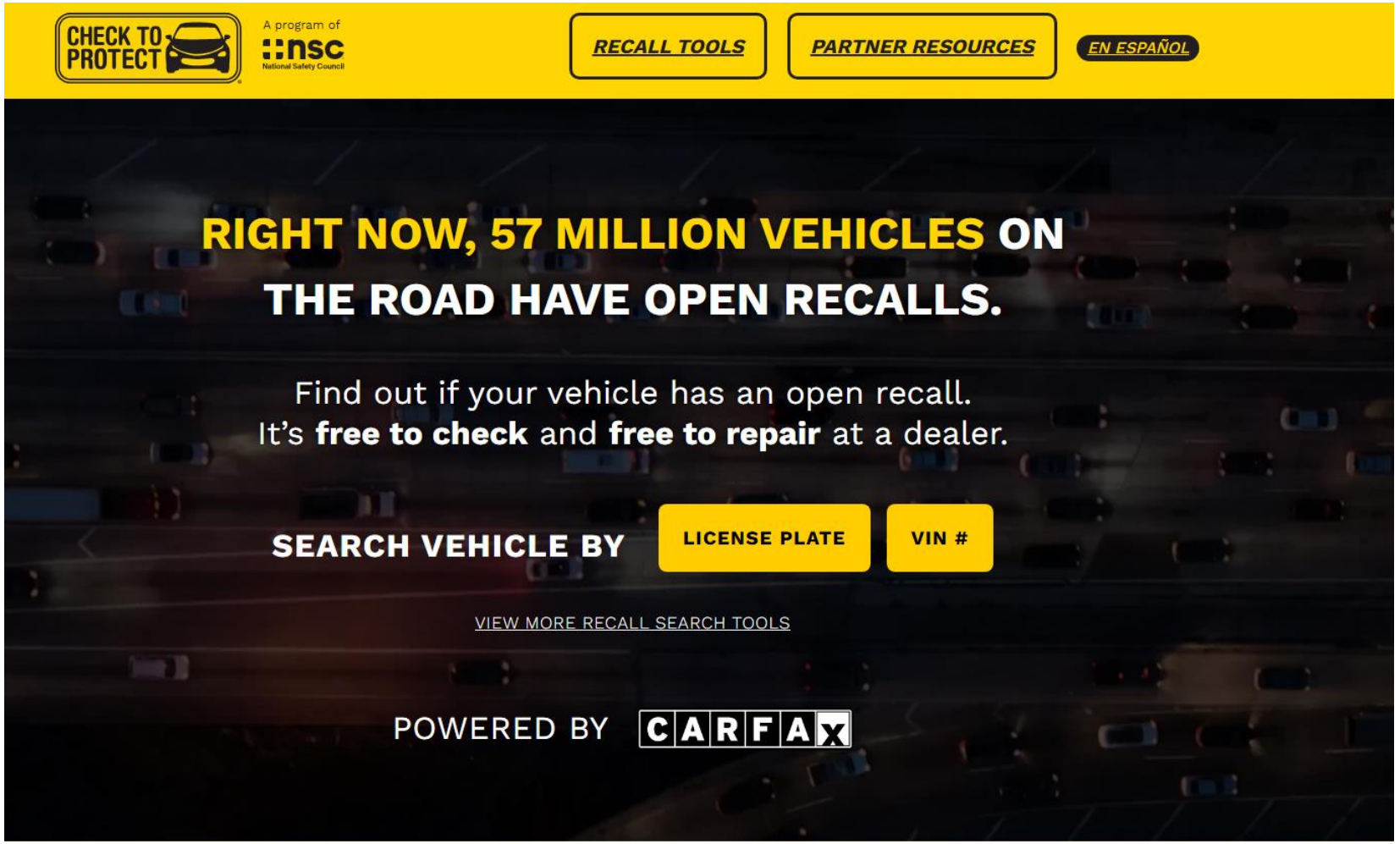
Drowsy Driving

- Under reported and difficult to investigate
  - ~300 crashes/year in NE
- CDC research: Over 1/3 of Americans don't get enough sleep.
- Risk factors are very common



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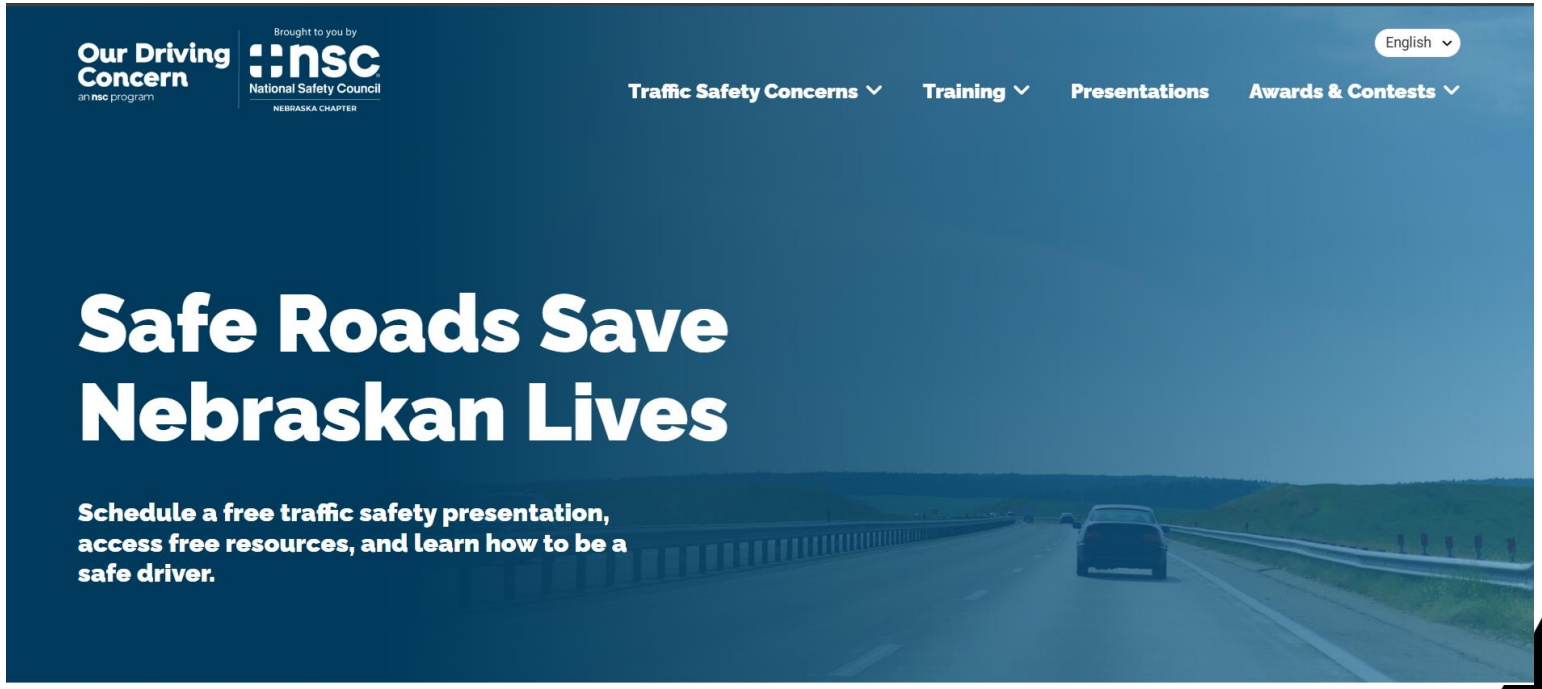
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Our Driving Concern

www.nedrivingconcern.org





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Feedback Survey

https://s.esu10.org/Predriving



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