



Just Drive

TAKE ACTION AGAINST DISTRACTION

The UC San Diego TREDs program offers **Just Drive -Take Action Against Distraction** to promote safe and responsible driving on San Diego roadways.

WHAT IS THE PROBLEM?

Distracted driving now 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 four-fold, while texting increases crash risk by 8 to 23 times. Consequently, the National Safety Council estimates that 26% of collisions in 2012 were attributed to cell phone use while driving.

WHAT IS 'JUST DRIVE'?

A free one hour class delivered by safety experts and the California Highway Patrol is available to businesses and organizations in San Diego County as part of employee safety and wellness programs.

WHAT WILL EMPLOYEES LEARN?

- Risks associated with driving distracted
- Consequences distracted driving can have on one's life emotionally, physically, and financially
- Practical strategies for reducing distracted driving habits and influencing others
- Distracted driving laws in California

WHAT ARE THE POTENTIAL 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 San Diego roadways

**For more information or to schedule a class, contact
treds@ucsd.edu or (858) 534-8524**

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