

CHAPTER 14

Effects of Driver Condition

Vocabulary

- Emotion
- Aggressive Driving
- Road Rage
- Visual Acuity
- Field of Vision
- Central Vision
- Peripheral Vision
- Fringe Vision
- Tunnel Vision
- Color Blindness
- Depth Perception
- Night Blindness
- Glare Resistance
- Glare Recovery Time
- Speed Smear
- Disability
- Temporary Disability
- Carbon Monoxide
- Permanent Disability
- Chronic Illness

Emotions and Driving

- **Emotion**-a strong internal feeling.
- Strong emotions block your ability to judge and reason
- Use courteous driving strategies to reduce risk and negative emotions when you drive!!!

Mental Effects of Emotions

- Strong Emotions can interfere with your ability to reason and can increase chances of making a mistake
- You could miss important signs or stop lights that could be fatal to you or someone else
- Strong emotions could also cause you to overreact and get upset, losing focus of what is going on around you.

Physical Effects of Emotions

- Your heartbeat could also speed up as a result of Emotions
- If you are angry your body might be preparing to fight
- If you are afraid your response could become flight
- Flight prevents you from correctly using the IPDE Process
- Don't let stress affect you negatively, stay strong and respond to adversity and remain focused!!!

Anger While Driving

- Always keep your cool!
- If other drivers cut you off or disrespect you when driving, keep your cool and don't develop road rage!
- **Aggressive Driving**-driving without regard for others safety
- **Road Rage**-driving with the intent to hurt others!
- Anger can impair your driving skills!
- Ways to keep your cool!!!
 - Think Positively
 - Leave Punishment to the Police
 - Model good behavior
 - Give benefit of doubt to other driver...maybe they have good reason to act the way they are...ie: emergency!!!

Other Emotions...

- Sorrow, Depression, Anxiety, etc.
- Emotions and the IPDE Process requires total concentration
- Passengers and emotions:
 - Don't let other passengers take your concentration from the roadway!!!
 - After games of excitement or depression, don't let those emotions affect your driving!!!
- Ways passengers can help control a driver's emotions:
 - Avoid disrespecting the driver
 - Discourage reckless actions
 - Compliment the driver

Effects on Risk Taking

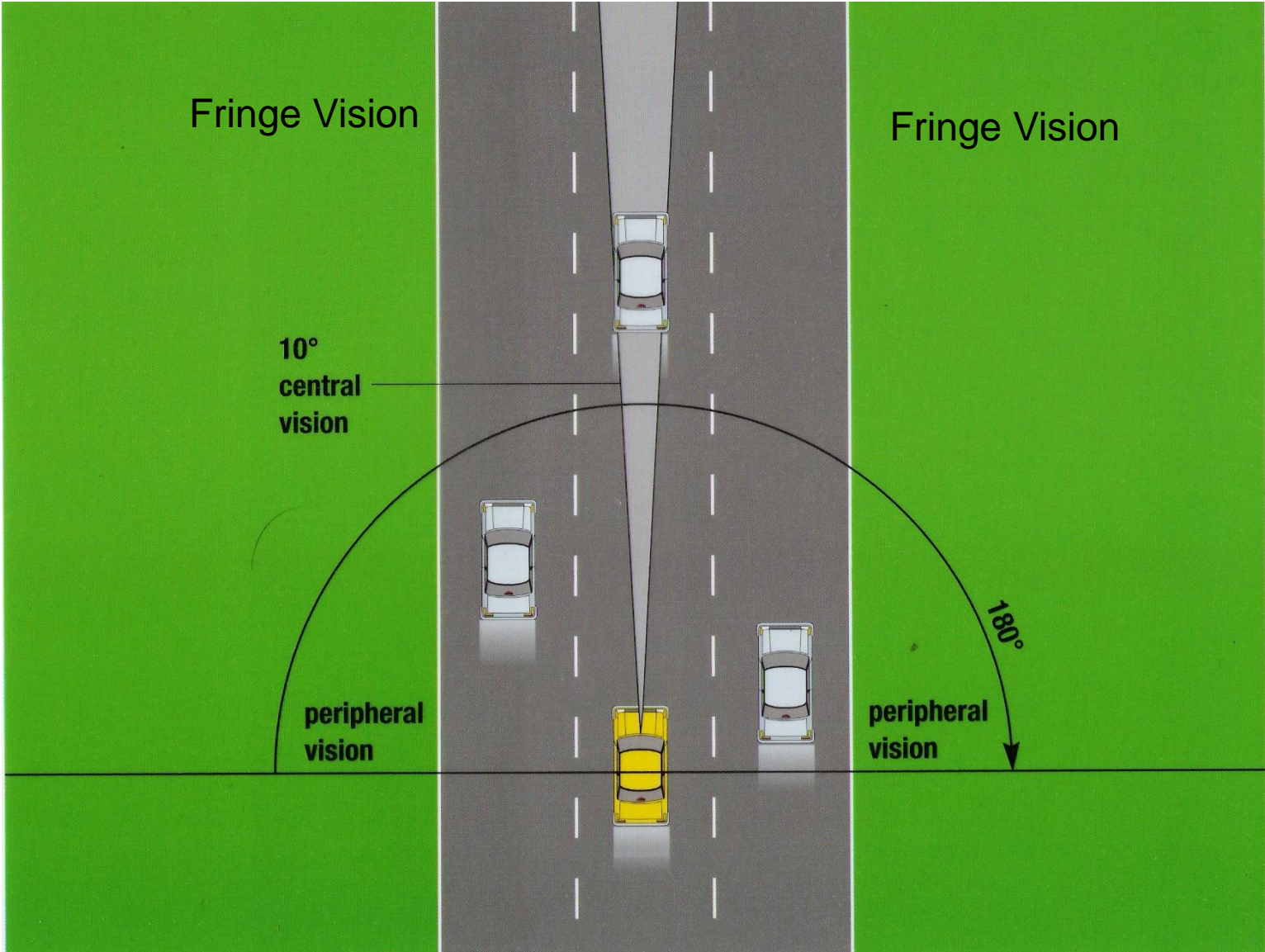
- Control your emotions to avoid taking risks!
- Mature, responsible drivers know how to control their emotions!
- If it is an emergency situation, then make sure you keep your cool and remain calm!
- Don't be a victim of highway hypnosis and space out and cause an accident

Controlling Emotions

- Coping with motions:
 - Use IPDE to drive in organized manner!
 - Anticipate emotional driven situations
 - Separate yourself from dangerous drivers
 - Adjust your route
 - Pull Over and get out if you are tired!
 - Analyze your mistakes!
 - Always be Courteous!!!

14.2 Physical Senses & Driving

- Seeing...
 - More than 90% of the information you collect while driving is received through your eyes!
- **Visual Acuity**-the ability to see things clearly
 - You must have at least 20/40 vision in the U.S. to be able to drive
- **Field of Vision**-all the area that you can see around you while looking straight ahead
- **Central Vision**-the straight ahead part of your vision
- **Peripheral Vision**-the area surrounding your central area...sensitive to light and motion
- **Fringe Vision**-the part of your peripheral vision closest to your central vision
- **Tunnel Vision**-narrow field of vision 140 degrees or less



Factors that affect vision

- Color Vision-the ability to distinguish one color from another
 - A color blind driver can compensate by: remembering the order of traffic lights
 - Knowing meanings of signs
 - Checking all zones and 90 degrees to the left and right of you central vision
 - Taking cues from other drivers

Depth Perception

- Depth Perception-the ability to judge distance between yourself and other objects
- Night Vision-Not being able to see well at night
- Glare Resistance-the ability to continue seeing when looking at bright lights
- Glare Recovery Time-the time your eyes need to regain clear vision after being affected by glare

Recovery from Glare

- Avoid looking directly at bright lights
- Anticipate glare situations and glance away
- Use side fringe vision
- Slow Down
- Wear Sunglasses
- Adjust rearview mirror
- Speed Smear-a blur you see as other vehicles while driving

Other senses and driving

- Hearing-can alert you to trains, horns, and emergency vehicles
- Smell-ID's an over heated engine or over heated brakes or exhaust fumes
- Sense of motion-tells you if you are sliding on the roadway in slick or icy conditions

Managing Sensory Distractions

- Audio-Keep the volume of the stereo down as much as possible
- Cell Phones-Can be helpful in emergencies, but not while the vehicle is in use on the roadways

14.3 Physical Limitations

- Disability-a diagnosed physical or mental impairment that interferes with or prevents normal activity or achievement in a particular area
- Temporary Disability-a disability that can improve or clear up
- Fatigue-an overload of physical or mental stress
- Temporary Illness or Injury-illness or injury for a limited amount of time

Effects of Medicine

- Many have side effects that can make you drowsy and affect your driving ability making it very dangerous to drive
- Effects of Carbon Monoxide-it is a colorless, odorless, and tasteless gas that can make you drowsy or even kill you!
- Smoking-raises the carbon monoxide level and reduces oxygen levels in a person's blood
- Permanent Disability-disabilities that don't go away such as epilepsy, blindness, or loss of a limb

Aging & Chronic Illness

- 1 in 6 drivers is over the age of 65
- 75% of these people are on prescription medications
- Chronic Illness-an ailment that lasts over a period of years and has the ability to take your life like cancer!!!