



Attentive!driving

Our roads are becoming more dangerous due to new technologies with increased demands on driver attention resulting in increased driver distraction. There remains a lack of acknowledgement of just how deep and serious the problem is. **Driver inattention is regarded as the leading cause of motor vehicle crashes** – as much as 80% of crashes may be due to inattention (NZ AA). This interactive audio-visual workshop allows you to understand and experience “inattentive blindness” and get a feel for the seriousness of the problems facing us *all*, but especially, *younger, newer drivers*. You will also learn of new developments in driver training on how *postural stability* provides the key to increased mental awareness and attention. The result: relaxed but increased control *plus* increased enjoyment of driving!

Driver distraction - *an increasing problem that won't simply go away:*

- Mobile phones, radios, and driving: facts and laws versus good sense?
- The law: \$80 fine + 20 demerit points for using hands-held phone while driving;
- Hands-free *is not safer* than hands-held = driving drunk, .05 BAC);
- Best practice is to limit mental distractions while driving ...*especially phones*;
- Texting while driving? *Do not even attempt!!* And it's illegal.

Videos on attentive driving:	www.tinyurl.com/q3cgjvu
Famous UK anti-texting ad:	www.tinyurl.com/ktl4uj
NZ AA on driver distraction:	www.tinyurl.com/zzo49cw
NZTA on mobile phones:	www.tinyurl.com/jt8jsrj
Videos by PJ Treffner:	www.tinyurl.com/qj7tnek

Attention and control - *understand the psychological process of driving:*

- Perception and action – two sides of the same coin – the “mind”;
- Good *actions* – must be based on good *information* from perception;
- Poor vision, poor hearing, poor feeling = poor perception = poor action;
- Diverted attention – you lose awareness of your goal (“*inattentive blindness*”);
- Awareness/distraction demos: TBA at seminar.

Improving driving skill - *stability is the basis of attention, control, and skill:*

- Postural stability: low centre of gravity frees up the mind to allow better attention;
- Simple foot-leg-knee bracing techniques increase stability...increased awareness/attention;
- Techniques for increasing driving stability: web sites TBA at seminar.

Profile. Paul Jack Treffner conducted the world's first study on the effect of mobile phones on the control of driving in real cars (not a simulator) in collaboration with the Holden Performance Driving Centre. As a cognitive psychologist he has extensive experience in scientific research into human psychology, biomechanics, and how perception and action work in harmony as a basis for everyday skills such as in sport and driving. He brings a unique perspective on driver training: not all defensive or advanced driver training courses are the same! Paul actually has a *technique* to offer – one based on scientific research into how *stable posture leads to increased attention*. Good, safe, attentive driving technique starts with the basics of good posture to allow relaxed—but aware—driving. And of course, attentive driving is the most enjoyable kind of driving! He is the author of many scientific journal articles on human movement science and has featured in various media (see videos) where he discusses the urgent need for attentive driving. Paul is available for consultancy, workshops, and personal tuition.

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