

# Contents

Introduction	viii
<b>PART I: BACKGROUND INFO</b>	<b>1</b>
<b>CHAPTER 1: THE YOUNG DRIVER ACCIDENT CRISIS</b>	<b>1</b>
<i>Statistics</i>	<i>1</i>
<i>Driver Error</i>	<i>5</i>
<i>Pilot Error</i>	<i>5</i>
<i>A Common Problem</i>	<i>8</i>
<b>CHAPTER 2: PILOTDRIVER CONCEPTS</b>	<b>10</b>
<i>Compounding Events</i>	<i>10</i>
<i>Decision Compression</i>	<i>11</i>
<i>Competency Silos</i>	<i>13</i>
<i>Task Saturation</i>	<i>16</i>
<i>POP Zone Defense</i>	<i>17</i>
<b>CHAPTER 3: THINKING LIKE A PILOT: PILOT HABITS FOR EVERY DRIVER</b>	<b>21</b>
<i>Anticipation</i>	<i>21</i>
<i>Build Your Outs</i>	<i>22</i>
<i>Cockpit Resource Management</i>	<i>23</i>
<i>Err to the Conservative</i>	<i>24</i>
<i>Compounding Events</i>	<i>25</i>
<i>Expect the Unexpected</i>	<i>26</i>
<i>Proactively Look for Trouble</i>	<i>28</i>
<i>Situational Awareness</i>	<i>30</i>
<i>Think Two Steps Ahead</i>	<i>31</i>

<i>Walk Around</i>	32
<i>See and Avoid</i>	32
<i>Break the Trend</i>	33
<i>Get-there-itis</i>	34
<b>PART II: THE THIRTEEN YOUNG DRIVER VULNERABILITIES</b>	37
<b>CHAPTER 4: RISK TAKING</b>	37
<i>Driving Motivations</i>	38
<i>Young Driver Bias</i>	41
<i>Cumulative Risk</i>	42
<i>Risky Behavior Tendencies</i>	43
<i>Risk-Channeling Environments</i>	47
<b>CHAPTER 5: DECISION MAKING</b>	49
<i>Decision Making While Driving</i>	50
<i>Decision Making Prior to Driving</i>	53
<i>Attitudes and Decision Making</i>	54
<i>Stressors and Decision Making</i>	56
<i>Task Saturation</i>	57
<b>CHAPTER 6: SPEEDING</b>	60
<i>Stopping Distance</i>	60
<i>Speed and DUI</i>	64
<i>Speed and Night Driving</i>	65
<i>Speed and Impatience</i>	66
<b>CHAPTER 7: INTERSECTIONS</b>	68
<i>CLEARing an Intersection</i>	71
<i>Running Red Lights</i>	78
<i>Left Turns</i>	80
<i>Right Turns</i>	81
<i>Railroad Crossings</i>	81
<b>CHAPTER 8: NIGHT VISION ADAPTATION</b>	85
<i>Night Vision</i>	85
<i>Daytime Viewing</i>	87

*Nighttime Transition* 88  
*Headlights* 88  
*Shadow Detection* 89  
*Preparing for Night Vision* 90

CHAPTER 9: DRIVING UNDER THE INFLUENCE (DUI) 92  
*DUI Driver Characteristics* 93  
*Five Young Driver DUI Traps* 99  
*Driving While Impaired* 101  
*Being the Passenger of an Impaired Driver* 103  
*Recognizing Impaired Drivers* 104  
*Seeing and Avoiding Impaired Drivers* 107

CHAPTER 10: PEDESTRIAN AVOIDANCE 109  
*Walk Alert* 109  
*Children* 110  
*Adults* 112  
*Strategies for Drivers* 113  
*Bicyclists* 115

CHAPTER 11: DROWSY DRIVING 116  
*Drivers at Greatest Risk* 116  
*The Circadian Sleep Cycle* 119  
*Countermeasures for Drowsiness* 120

CHAPTER 12: DISTRACTIONS 122  
*Distractions: Simple and Complex* 122

CHAPTER 13: ROAD RAGE 131  
*Aggressive Driving* 132  
*Road Rage* 135

CHAPTER 14: ADVERSE WEATHER 143  
*Fog* 143  
*Flash Floods* 145  
*Summer* 148  
*Winter* 153

CHAPTER 15: SAFELY APPROACHING YOUR VEHICLE	158
<i>Vehicle Walk Around</i>	158
<i>Carjacking</i>	160
<i>Verifying the Safe Vehicle</i>	163
<i>Managing an Assault While Driving</i>	164
<i>Have an Action Plan</i>	165
CHAPTER 16: VEHICLE CONTROL	167
<i>Unfamiliar Roads</i>	167
<i>Rollovers</i>	167
<i>Underwater Entrapment</i>	168
<i>Blind Spots</i>	170
<i>Roadside Hazards</i>	172
PART III: SUMMARY	175
CHAPTER 17: FIVE STEPS TO REDUCING DRIVER ERROR	175
<i>Step 1: Understanding Risk</i>	176
<i>Step 2: Practice the Thirteen Pilot Habits</i>	177
<i>Step 3: Understand the Five Pilot/Driver Concepts</i>	178
<i>Step 4: Apply Pilot/Driver Concepts to the Thirteen Young Driver             Vulnerabilities</i>	179
<i>Step 5: Build a Master POP Zone Defense</i>	180
CHAPTER 18: TEEN–PARENT CONTRACT	185
Notes	190
Bibliography	195
Glossary	198