Reducing the Distraction Risk for Law Enforcement
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Lifesavers 2019

Presentation Overview
- Program development
- Curriculum highlights
- Program evaluation
- Bringing the program to your state

Collaboration

**COMMON GOAL:** Reduce crash-related injuries and deaths

**PUBLIC SAFETY**
- Education
- Engineering
- Enforcement

**PUBLIC HEALTH**
- Research
- Education
- Evaluation

Partnership increases effectiveness

DISTRACTION OVERLOAD
Risk Reduction for First Responders

Class Overview
- Cell phone use trends
- How cell phone use increases risk
- Impact of fatigue on officer safety
- Consequences of distraction-related collisions
- Strategies to reduce risk

Following are select slides from the complete presentation

Mobile Office

Officers spend approximately 70% of on-duty time in patrol vehicles

What can you do without?
Simultaneous Distraction

Officer juggle many tasks while on patrol

- Driving
- Using computer
- 55% performed a third task
- 11% performed four or more tasks

Officers and Fatigue

- Most officers sleep less than 6.5 hours per night
- 91% are regularly fatigued
- 85% drive drowsy
- 40% test positive for sleep disorders
- 39% have fallen asleep while driving

Take Action Against Distraction

Personal Responsibility

- Discourage others from calling or texting me while I’m driving
- Stop or limit cell phone and MDC use while driving
- Find a safe area to stop and use phone/MDC
- Have partner manage my phone/MDC
- Prioritize tasks—what can wait?

Program Implementation

- Buy-in from decision makers
- Personalization of curriculum
- Resources
  - Dedicated personnel
  - Consultation and technical support
  - Trainer fees
  - Toolkit and material development

Washington’s Experience

- How the Washington Traffic Safety Commission and the Lewis County Sheriff’s Office personalized this program for Washington state
- Program modifications included Washington statistics, policies, and case examples
- A Train-the-Trainer program was delivered by a TREDS Traffic Safety Expert
- Implementation and evaluation

Contact

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