



American Safety Council – New Jersey Safe Motorist Course Module 2 Review



Module 2 discusses The Human Factors or things that will affect the way that one drives. These things include the following; emotions, stress in one's personal or work life, stress, fatigue, distractions (such as a cell phone) and drugs and alcohol. Driving while angry or upset or dealing with a stressful condition in one's personal or business life can alter one's judgment when behind the wheel.

In this section of the New Jersey Safe Motorist Course, the three stages the body goes through when responding to stress and how to deal with stress including guidelines to follow are included. We also talk about fatigue, how it affects driving, how to handle it and which drivers are at a greater risk for a fatigue-related crash.

Dealing with emotional stress, how emotionally disturbed drivers are more vulnerable to a crash and the four emotional reactions to a car crash or ticket are important topics that are also mentioned in this module.

Another significant topic when considering The Human Factors are distractions such as cell phones. Use of a hand-held cellular telephone while driving directly impacts a motor vehicle operator's ability to perform essential driving tasks. New Jersey's cell phone law is talked about as well as other pertinent information for drivers such as obeying speed limits, what traits make a good driver, having the appropriate attitude while operating a motor vehicle.

Module 2 also goes into extensive detail about the effects of drugs and alcohol on the driving task as well as the physical and psychological effects on the body. Topics discussed include the following: legal consequences of drinking/drugging and driving, financial consequences, societal losses, and how to drive defensively and be on the look out for drivers under the influence.