We drive the way we live: Insights into safer driving for work
Moderator

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Today’s presenters

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Webinar is = 45 mins
Question time = 15 mins
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Please type your questions here
1. Research

2. Driving for work

3. Best-practice driver training
Decades of research, distilled down into

5 KEY INSIGHTS
1. We steer in the direction we look

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2. Most drivers are poorly calibrated

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More than 80% of drivers over-estimate their driving skills.
• I’ve driven for a long time
• I’m the 'main driver' of the family
• I drive a lot for work
• I’ve never had an at-risk or a serious crash
• I have a big, newer model car
• I don’t have any speeding tickets
• I get places safely and quickly

• My passengers trust me
• I’ve taught my kids to drive
• I see terrible drivers everywhere, and compared, I'm not one of them
• I see others making mistakes all the time
• I’m smart, so I must be a good driver
• I think driving is easy
• Higher level driving skills
• Defensive driving
• Looking ahead and eye-scanning
• Expecting the unexpected
• Anticipating what happens next
• Being focused on only one task - safe driving

• Being prepared for different conditions
• Knowing what you don't know
• Being able to check in with yourself and determine if you’re ok to drive
• Understanding that driving isn't an exact science - it depends hugely on the human component
3. Training needs to use a coaching approach

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4. Almost everyone can improve

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5. The way people drive is directly related to how they live their lives...

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...and how they do their work.

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Mental disorder

Languishing Moderate mental health

Flourishing

% of population

Mental health
Positive psychology 🌟
Mental disorder

Languishing

Moderate mental health

Flourishing

% of population
Flourishing drivers... are safe drivers
It’s all about

HAZARD PERCEPTION
Effective eye movements are vital

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Situation awareness

Visual search  Attention

= Improved Hazard Perception

Smotherer driving  Fuel savings

Safer driving
Anxiety  Distraction  Depression  Stress  Inattention
Fatigue  Inattentional blindness
Drugs  Alcohol  Change blindness  = Impaired Hazard Perception

Overtaking dangerously  Speeding/driving too slowly
Following too closely  Abrupt stopping
Risky driving
“The learner driver shall, after the education, achieve increased insight in the **advantages of avoiding risks** and has the opportunity to realistically **assess his/her driving skills.**”

What should we be teaching?

BEST-PRACTICE DRIVER TRAINING
Training of Calibration skills
Kuiken and Twisk, 2001
Insight skills

Hatakka et al., 2002
Higher level skills rather than car handling skills

Hatakka et al., 2002, Isler et al., 2011, Horswill & McKenna, 2004
Effective visual search patterns can be trained via video-based simulations

Chapman, Underwood & Roberts, 2002

Image: University of Waikato
Training behind the computer screen is safer, and works better than training in a car

Screenshot from the Fleetcoach programme
• It’s important that you train your drivers.

• The wellbeing of your drivers reflects on how they drive, how they work, and how they live.