



ROAD
TRAVEL
REWARDS

NRMA Young Driver Road Safety Program
Unit 2: The Fatal Five
Teaching Notes

PROGRAM DESIGN

Students to watch the video either individually or as a class group. The following multiple choice questions appear throughout the video to check engagement and understanding - If students have logged into EdPuzzle individually their responses and progress will be shared with you at the start of the following week. This document contains further discussion questions and extension tasks.

SUPPORTING QUESTIONS

These questions pop-up as part of the video to check student engagement and understanding.

Which of the following is NOT considered one of the fatal five?	<ul style="list-style-type: none"> a. speeding b. drink driving c. fatigue d. no seatbelt e. mobile phones & distractions f. extreme weather
True or False: Speeding even by a small amount can double the risk because it reduces driver reaction time and lengthens stopping distance.	<ul style="list-style-type: none"> a. True b. False
Which is NOT one of the 'three crashes' that occur when a vehicle has a crash?	<ul style="list-style-type: none"> a. vehicle's collision with the object b. internal collision of the organs within the human body. c. the tyres skidding on the pavement d. human's impact with the inside of the vehicle
Drink driving is the number one cause of 30% of fatal crashes in Australia. 1 in 4 killed have a BAC over the limit. What does BAC stand for?	<ul style="list-style-type: none"> a. Blood Alcohol Count b. Blood Above Conjecture c. Blood Alcohol Content
Alcohol slows down reaction ____, causes a reduced ____ span, blurred ____ and reduced hearing, reducing a driver's ability to identify hazards around them.	<ul style="list-style-type: none"> a. velocity; attention; vision b. time; attention; vision c. time; wing; vision
True or False: Young drivers are at least risk of fatigue on the road because they need less sleep than older adults.	<ul style="list-style-type: none"> a. True b. False
You are driving home late at night and start to feel very sleepy. What is the safest action to take?	<ul style="list-style-type: none"> a. The best cure for driver fatigue or sleepiness is fresh air, loud music, and caffeine. b. Pull over in a safe location and take a short nap before continuing your journey.

<p>Seatbelts are the only safety device that will save you from being ejected from a car in a crash. It's important for seatbelts to be fitted correctly, sitting across the two strongest bones in your body. What bones are these?</p>	<ul style="list-style-type: none"> a. hip bone and shoulder bone b. pelvic bone and shoulder bone c. hip bone and collar bone
<p>The difference between speaking to a passenger who is in the car compared to someone on the phone is:</p>	<ul style="list-style-type: none"> a. The passenger can take control of the steering wheel in an emergency situation b. The passenger can stop talking if the person driving needs to concentrate c. The person on the phone is able to more safely give directions, if needed
<p>Select which TWO of the following tips are related to speeding:</p>	<ul style="list-style-type: none"> a. Take breaks every 2 hours, share the driving and look out for warning signs that you or the driver are tired b. Plan ahead and choose to use public transport/Uber c. Reduce speed in poor conditions and leave more than a 3 second gap between the car in front of you d. Check your speedometer and speed signs
<p>You have completed Unit 2 -Are you informed to make good decisions about your safety?</p>	<ul style="list-style-type: none"> a. Yes b. No



DISCUSSION QUESTIONS

Facilitated class or group discussion is highly recommended for these questions.

DISCUSSION QUESTIONS:	SUGGESTED ANSWERS:
1. Why might it be not safe to walk home whilst drunk?	<i>A drunk person may not be thinking straight, so might behave as an unsafe pedestrian. If someone is drunk and walks onto the road, they could get hit by a car.</i>
2. Explain at least two distractions drivers are faced with and how these distractions can be avoided.	<i>Mobile phones are a physical distraction because they take the driver's hand off the steering wheel. Second, they're a visual distraction taking the driver's eyes off the road. And thirdly they're a mental distraction causing the driver to miss hazards on the road.</i>

EXTENSION ACTIVITIES

ON THE MOVE – Transport for NSW

Driven to distraction | On the move

Students learn about the dangers of being distracted while driving and how to counteract the effects of music and mobile phones, as well as developing strategies to reduce distraction when driving.

Dealing with distractions | On the move

Students learn about the dangers associated with distractions as a pedestrian and examine media strategies, marketing and influences associated with health issues affecting young people.

Mobile drug testing | On the move

Analyses situations where external influences may impact our abilities to make healthy and safe choices, and investigates how those decisions affect individual safety and wellbeing.

VIDEO TRANSCRIPT

Hello future driver, my name is Stephanie and I work at the NRMA. In Unit 2 of our young driver road safety program we'll learn about the Fatal Five, or the five leading causes of death on NSW roads.

A driver's licence opens up a world of possibilities. Knowing the facts will help to keep you and your friends safe. Learning about the Fatal Five isn't to scare you; it's to prepare you.

Can you guess what the five leading causes of death on the road are? They are speeding, drink driving, driving when tired, not wearing a seatbelt, and driver distraction.

First let's talk about speeding. Speeding is not just driving faster than the speed limit, it's also driving too fast for the weather, light, traffic and road conditions. Research shows that even a small increase in speed can significantly increase the risk of having a crash. In cities, an increase of just 5 km per hour above the speed limit doubles the risk of having a crash, while on rural roads 10km per hour over the limit doubles the crash risk.

This graph clearly shows the impact of speeding as a leading cause of fatalities in crashes over the past 5 years.

Speed and energy transfer in a crash and the severity of the injuries is directly related to the speed of the vehicle at the time of impact.

When a car crashes, [there are actually three crashes that occur.](#)

NOTE: Explore "The Physiology of a Car Crash" here: [Physiology of a car crash – The Bloody Physiologist \(wordpress.com\)](#)

The first is the vehicle's collision with the object. The second is the human's collision with the inside of the car and third is the internal collision of the organs within the human body. Speed related crashes can cause lifelong injuries and even death.

(FOT segment)

Drink Driving

Research from 2018-2022 shows that drink driving is related to around 18% of fatal crashes and that almost 1 in 5 drivers killed had a Blood Alcohol Content over the legal limit.¹

Alcohol slows down a driver's reaction time, which you really need in an emergency situation where you have to act fast. It also dulls the thinking process and reduces the attention span, which makes it hard to pay attention to what other road users are doing, and that can be dangerous.

Drivers who have been drinking can have blurred vision and reduced hearing too, which makes it harder to identify hazards.

NOTE: [Mobile drug testing | On the move](#)

Analyse situations where external influences may impact our abilities to make healthy and safe choices, and investigate how those decisions affect individual safety and wellbeing.

Driving and Fatigue

Research shows that fatigue (or tiredness) is a leading cause of crashes. Fatigue is when you're really tired or sleepy. The injuries are usually severe if a driver falls asleep behind the wheel

because if the driver is asleep, they can't prevent the crash from happening or brace themselves for impact.

Young drivers are most at risk from fatigue-related crashes as research tells us that they need 8 to 10 hours per night but usually get much less than that.

([VIDEO](#) :31)

Sleepiness becomes a factor in all trips that occur during normal sleep times or after a day of working or study. Long stretches of road travelled at high speeds are particularly dangerous for fatigue-related crashes.

Some signs of fatigue are wandering in the lane, sudden unplanned changes in speed, heavy eyelids, poor concentration, head nodding and microsleeps. If you are feeling sleepy or tired stop driving immediately. Sleep is the only cure for sleepiness.

No Seatbelts

A seatbelt is the only technology in a car that can stop you from being ejected from a car in a crash.

This video shows the dangers of an unrestrained passenger to other people in the car.

It's really important to know the law – it's the driver's responsibility to make sure all the passengers are restrained. Because the Driver will receive a fine plus lose 3 demerit points for every unrestrained passenger AND the passenger will also get a fine. Camera detection of seatbelt offences, including the hefty fines and penalties that come with them, started on 1 July 2024.²

Correct fit of seatbelts is essential: Seatbelts need to sit across the collarbone and the hip bones. The reason for this is that these bones are strong enough to withstand the force of a crash. Never put your seatbelt across your ribs. Your ribs could crack and that can lead to internal injuries.

Driver Distractions

Mobile phone use whilst driving increases the risk of having a casualty crash by 4 times, and texting increases the crash risk even further. In NSW from 2017–2021, there were 109 casualty crashes involving a driver/rider using a handheld mobile phone, resulting in 13 deaths and 163 injuries. Mobile phone use is likely to be underreported in crash data due to the difficulty in obtaining evidence.

[NOTE: Driven to distraction | On the move](#)

[Learn about the dangers of being distracted whilst driving and how to counteract the effects of music and mobile phones, as well as develop strategies to reduce distraction when driving.](#)

Mobile phones distract the driver in three different ways:

First, they're a physical distraction because they take the driver's hand off the steering wheel. Second, they're a visual distraction taking the driver's eyes off the road. And thirdly they're a mental distraction causing the driver to miss hazards on the road.

Talking on a mobile phone causes lapses of attention, concentration and judgement.

So why is talking on the phone different to talking to someone who's in the car with you? The reason is that when a passenger is in the car with you they can stop talking when they sense the driver needs to concentrate, but someone on the other end of your phone call can't see what's happening around you in the car, and won't know to stop talking if a hazard pops up while you're driving.

Conclusion

Let's go over your key learnings from Unit 2:

Speeding:

- Keep checking your speedometer and speed signs
- Reduce speed in poor conditions
- Leave at least a 3 second gap in front of you

Alcohol:

- Plan ahead, have a safe way to get home
- Use public transport or call a rideshare
- Don't walk home when you've been drinking

Fatigue:

- Don't drive when tired
- Take a break every two hours and share driving long distances if possible
- Be alert to the warning signs of fatigue and get some sleep

Seatbelts and Mobile Phones

- Always wear a seatbelt and ensure your passengers' are fastened too.
- Put away your mobile phone so it's not a distraction. Out of sight and out of mind.

[NOTE: Dealing with distractions | On the move](#)

[Learn more about the dangers associated with distractions as a pedestrian and examine media strategies, marketing and influences associated with health issues affecting young people.](#)

Key learnings:

- Car crashes are not accidents. They happen as a result of poor judgement made behind the wheel. They are all preventable.
- Be aware of the Fatal Five.
- Apply simple and effective tips - the ones we have shared with you today - to reduce the risk of crashes on the road.

When we get on the road as a driver, passenger, or pedestrian, we join a network of people who are connected by a shared responsibility to get each other where we are going safely. Remember: you're counting on others to make good choices, and others are relying on you!

In addition to this program, the NRMA offers a range of support services to help young drivers. Find out more by searching for us online.

[NOTE: Visit \[Roadside assistance for young drivers\]\(#\) | \[Free2Go up to 2 years free\]\(#\) | \[The NRMA to explore support services for young drivers.\]\(#\)](#)

