



Strategies for Driver Wellness

National Institute for Driver Behavior

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“All the essentials learned for Zero Crashes!”



Three UNITS of ACTIONS for Driver Wellness

“Mastered by Co-Drivers.”

A. Awareness Actions

- 01 • Selective Attention Matrix for Awareness
- 02 • Future A Zone - Present B and C Zones
- 03 • Find Critical Seconds
- 04 • Go or Slow Condition for Speed Control
- 05 • Six Searching Locations
- 06 • Use of Central and Fringe Vision
- 07 • Search 45° and 90°
- 08 • Gaps and Holes in Traffic Flows
- 09 • Closed Zones
- 10 • Closed Unstable Zones
- 11 • Reading Others' Actions
- 12 • Communication Cues
- 13 • Traffic Signs and Markings as Action Cues
- 14 • Rear Zone Open, Closed, Unstable
- 15 • Nighttime Driving Conditions

B. Space Management Actions

- 01 • Courtesy — a Gift to Yourself
- 02 • Control of Separation Space
- 03 • Solve and Control of Critical Seconds
- 04 • Managing LOS-POT Blockages
- 05 • Reference Points for Vehicle Placement
- 06 • Lane Positions LP1, 2, 3, 4, 5
- 07 • Control of 4-Second Danger Zone
- 08 • Control of 2-Second PONR
- 09 • Timing Traffic Lights for Open Zones
- 10 • Control Rear Zone

C. Car Control Actions

- 01 • Mental and Physical Fitness
- 02 • How to Detect and Correct Drowsiness
- 03 * Lane Placement
- 04 • Deliberate Practice for Habit Development
- 05 • Speed Control
- 06 • Value of Safety Belts
- 07 • On-Off-Target Skid Control
- 08 • Smooth Motion Control
- 09 • Transition Pegs for Vehicle Balance
- 10 • Control of Pitch, Roll, Yaw Axes

Guides for Driving Routines

“To be Mastered during the Driving Phase.”

- G01. Entering and Exiting the Vehicle
- G03. Starting Vehicle in Motion and Stopping
- G04. On-Target, Off-Target Vision Control
- G05. Reference Point Discoveries
- G6A. Entering and Crossing Traffic Flows
- G6B. Precision Turns
- G10. Managing LOS-POT Blockages on Straightaways
- G11. Turnabouts
- G17. Approaching and Entering Danger Squares
- G18. Use of Mirrors and Cameras
- G19. Stopping in Traffic
- G20. Traffic Light Timing, Left Turns at Green Light
- G21. Entering and Exiting Roundabouts
- G22. Precision Lane Changes
- G23. Parking and “Unparking”
- G25. Approaching and Exiting Curves and Hills
- G28. Timing Side Zones
- G32. Passing and Being Passed
- G33. Responding to Problems
- G34. Entering and Exiting Freeways

NOTE: These 20 Routines require performance of 315 Actions.

**Strategies for driving are like those in chess
— it's not knowing how to make a move —
it's knowing *when* to make the move!**



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