

Driver Education
Classroom and In-Car Curriculum

Unit 12

**The Effects of Fatigue and
Emotions on Driving**



The Causes and Effects of Fatigue

Worksheet 12.1

How Sleepy Are You? Questionnaire

Name

Date

Use this questionnaire from the National Road Safety Foundation to measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS). Each item describes a routine situation. Use the scale below to rate the likelihood that you would doze off or fall asleep during that activity.

0	1	2	3
Would never doze	Slight chance of dozing	Moderate chance of dozing	High chance of dozing

Sitting & reading



_____ chance of dozing

Watching television



_____ chance of dozing

Sitting inactive in a public place, for example, a theater or meeting



_____ chance of dozing

As a passenger in a car for an hour without a break



_____ chance of dozing

Lying down to rest in the afternoon



_____ chance of dozing

Sitting & talking to someone



_____ chance of dozing

In a car, while stopped in traffic



_____ chance of dozing

Sitting quietly after lunch (when you've had no alcohol)



_____ chance of dozing

If your total is 10 or higher, consider discussing these results with your physician or other health care provider. Keeping a sleep diary for two weeks or longer can help you identify behaviors that might contribute to your fatigue. Source: The National Road Safety Foundation

Unit 12 The Effects of Fatigue and Emotions on Driving

Aggressive Driving and Road Rage

Worksheet 12.3

How Aggressive Are You? Questionnaire

Name _____

Date _____

Use this questionnaire from the *National Road Safety Foundation* to measure how aggressive you or someone you know is while driving. For each behavior or possible violation check the current action.

	A's	B's	C's
Seatbelts	<input type="checkbox"/> always	<input type="checkbox"/> sometimes	<input type="checkbox"/> never
Obeying Speed Limits	<input type="checkbox"/> drives at limit	<input type="checkbox"/> drives 10 mph over limit	<input type="checkbox"/> drives 20 mph over limit
At Stop Signs	<input type="checkbox"/> comes to a complete stop	<input type="checkbox"/> slowly rolls through	<input type="checkbox"/> does not stop
Frequent Lane Changes	<input type="checkbox"/> never	<input type="checkbox"/> rarely	<input type="checkbox"/> very often
Yellow Signal	<input type="checkbox"/> slows/stops as appropriate	<input type="checkbox"/> rolls through	<input type="checkbox"/> speeds up and goes through
Slow Driver in Front	<input type="checkbox"/> changes lanes/ passes safely	<input type="checkbox"/> changes lanes/ passes dangerously	<input type="checkbox"/> tailgates
Bad Weather Conditions	<input type="checkbox"/> adjusts as necessary	<input type="checkbox"/> drives at normal speed	<input type="checkbox"/> drives too fast
Mood While Driving	<input type="checkbox"/> calm and patient	<input type="checkbox"/> a little frustrated	<input type="checkbox"/> screaming at others
Lane Changing	<input type="checkbox"/> always signals	<input type="checkbox"/> sometimes signals	<input type="checkbox"/> never signals
Attention Span	<input type="checkbox"/> maintains attention	<input type="checkbox"/> generally good	<input type="checkbox"/> distracted with other things
Use of Headlights	<input type="checkbox"/> at all times	<input type="checkbox"/> for bad weather and darkness only	<input type="checkbox"/> never
Stopping at Red Lights	<input type="checkbox"/> always	<input type="checkbox"/> only when there is traffic	<input type="checkbox"/> never
Allowing Pedestrians to Cross	<input type="checkbox"/> always	<input type="checkbox"/> sometimes	<input type="checkbox"/> never
Faced with an Aggressive Driver	<input type="checkbox"/> move out of way	<input type="checkbox"/> proceed with caution	<input type="checkbox"/> compete with driver
When Parking	<input type="checkbox"/> take up one spot	<input type="checkbox"/> take up two spots	<input type="checkbox"/> park horizontally
Stopping to Talk to Other Road Users	<input type="checkbox"/> never	<input type="checkbox"/> sometimes, if they're cute	<input type="checkbox"/> always (when they cut me off or get in the way)

Your score is Mostly A's – You are a Duke Bugsky and you are OK...
 Mostly B's – You are a Big Sid which is unsafe and unacceptable
 Mostly C's – You are a Law Violator and will get pulled over by Trooper Dale, you are a GOTCHA!! *Source: National Road Safety Foundation*



Unit 12 The Effects of Fatigue and Emotions on Driving

Unit 12 Words to Know Matchup

Worksheet 12.6

Name _____

Date _____

Directions: Match the clues on the left with the words in the list on the right. Place the matching letter in the blank to the left of the number.

- | | | |
|-------|---|----------------------------|
| _____ | 1. A type of aggressive driving in which the driver complains, rushes, competes or resists with another driver | A. Aggressive driving |
| _____ | 2. A degree of aggressive driving in which the driver rushes constantly, lane jumps, believes others are in his/her way, ignores road signs and regulations, and drives with distraction | B. Epic aggression |
| _____ | 3. A type of aggressive driving in which the driver yells, cusses, stares, honks or insults another driver | C. Fatigue |
| _____ | 4. A type of aggressive driving in which the driver cuts off, blocks, chases, fights, or shoots another driver | D. Quiet aggression |
| _____ | 5. A degree of aggressive driving in which the driver carries a weapon, just in case, deliberately bumps or rams another vehicle, tries to run a car off the road, or uses a weapon | E. Road rage |
| _____ | 6. Occurs when a driver uses the vehicle or some other weapon to threaten or cause harm to another roadway user in response to a traffic incident with the intent to harm others | F. "Rush-in" area |
| _____ | 7. Physical or mental weariness that can be caused by strain, repetitive tasks, illness or lack of sleep | G. "Total aggression" area |
| _____ | 8. A degree of aggressive driving in which the driver constantly ridicules and criticizes other drivers to self or passengers, speeds past another car, tailgates, honks, yells or makes visible insulting gestures | H. Verbal aggression |
| _____ | 9. Occurs when a driver operates a vehicle in a pushy or bold manner, without regard for others safety | I. "Violence" area |

