



USER GUIDE

HOW TO USE FATAL VISION® DROWSY AND DISTRACTED DRIVING GOGGLES WITH FATAL VISION® ROADSTER

For this activity, you can ask someone to run the Drowsy and Distracted Goggles phone app.

1. For the most comfortable fit, have the driver put on the goggles before the helmet.
2. Manage the Drowsy and Distracted Goggles through a free app, "Fatal Vision Goggle App," that can be run through a phone or other mobile device. Before beginning the Fatal Vision Roadster demonstration, ensure the device's app is connected to the goggles. It should be in the default "Normal" mode.



3. Explain to the participant that they will be traveling around the course twice without stopping. The first time will be in "Normal" mode with no simulated impairment. The second time, the driver will experience one of three simulated impairment modes:

Mode A: Distracted – Dial – Taking eyes off the road to dial a phone or reach for something off the car floor or in the glove compartment.

Mode B: Distracted – Text – Taking eyes off the road to send or read a text or scroll through social media.

Mode C: Drowsy – Slowly falling asleep, during which time the eyes and brain gradually shut down in microsleep sequences.

4. Instruct the driver to follow the course twice, staying between the cones and following the yellow arrows.
5. For the driver's first time around the course, the goggles will be in the "Normal" mode. For the second time around, use the app to switch the goggles to one of the three impaired modes.
6. After the driver finishes a second lap, switch the goggles back to "Normal" mode on the app, and discuss the experience with the driver.
7. Discussion questions:
 - Describe your experience.
 - The second time around the course, you were in (Distracted Text, Distracted Dial, or Drowsy) mode, which is like taking your eyes off the road while:
 - Dialing a phone or reaching for something in the glove compartment, or
 - Sending or reading a text or scrolling through social media, or
 - Driving while drowsy, during which the eyes and brain gradually shut down.

How did this affect your ability to drive? Name several consequences that could result if you were distracted or drowsy while on the road with other drivers.

- How can you help yourself and others avoid distractions like this?

8. Thank the driver for participating and ask him or her to remove the helmet and goggles and prepare for the next driver.

