

DANGER IN EVERY STEP (DIES®) USER GUIDE

OPIOID IMPAIRMENT MAT

OVERVIEW

This activity involves participants navigating the DIES® Opioid Mat while experiencing the impairment modes of the Fatal Vision® Opioid Goggles. Spectators are engaged in the activity by observing participants' performance and identifying the impacts of an opioid impairment simulation on driving safely.

MODELED IMPAIRMENTS

The Fatal Vision Opioid Impairment Goggles and DIES Mat model how opioid abuse can impair motor coordination and reaction times. Opioids depress the central nervous system, causing divided attention failure, nodding out, contrast sensitivity impairment and a feeling of heaviness in the extremities. These impairments can negatively impact an individual's ability to safely operate a motor vehicle.

OBJECTIVES

At the end of this activity, participants will be able to:

- List the driving errors they observed
- Describe the impact of acute opioid impairment on driving skills.
- Develop strategies for avoiding driving under the influence of opioids or riding with an opioid impaired driver.

RESEARCH-BASED APPROACH

The Fatal Vision Opioid Goggles and DIES Mat provide an experience that highlights the *severity* of the potential consequences of operating a motor vehicle while under the influence of opioids. The experience undermines some people's mistaken belief (*optimistic bias*) that they can successfully and safely operate a motor vehicle.

MATERIAL LIST

- Fatal Vision® Opioid Goggles
- Hand/wrist & ankle weights
- DIES® Opioid Impairment Driving Mat (4'x14')
- Standard Steering Wheel



Scan QR code or visit
<https://vimeo.com/1014464995>
to watch the instructional video.



To use the carrying strap, fold mat in half vertically, roll mat and slide the strap loops around each end of the mat.



To clean your mat, shake out and wipe with a damp cloth if needed.

ACTIVITY STEPS

1. Lay out the DIES® Opioid Mat flat.
2. Describe a scenario where the driver stops briefly at two locations before returning to the starting point.
3. Invite the group to observe each driver's performance without impairment and with impairment.

BASELINE ATTEMPT

1. Give the driver the DIES steering wheel.
2. Instruct the driver to drive from location to location while obeying the "Rules of the Road."
3. The instructor sets the app to normal mode, by pressing NORMAL and START on the baseline timer and the driver follows the route described in Step #2.
4. Press STOP when the driver is finished. Note the time it took to drive the route.



IMPAIRED ATTEMPT

5. Have the driver put on the Fatal Vision® Opioid goggles. If the driver veers off the road 3 times or keeps driving off the road for more than 3 seconds, end the drive for the participant.
6. Set the goggles to MODE A-DIVIDED ATTENTION FAILURE. Press IMPAIRED and repeat the activity.
7. Set the goggles to MODE B-NODDING OUT. Have the participant put on the hand and ankle weights to demonstrate the effect of heaviness in the extremities. Press IMPAIRED and repeat the activity.
8. If time is short, use MODE C-PROGRESSIVE SEQUENCE instead. Press IMPAIRED and repeat the activity



DISCUSSION

QUESTION FOR THE PARTICIPANT:

- Ask the participant how they felt about their performance as they traveled from location to location.

QUESTION FOR THE OBSERVERS:

- Ask the observers what kind of errors in performance and decision-making they saw with the participant while driving on the mat.

QUESTIONS FOR THE GROUP:

- How important are coordination, clear thinking, focus and perception to maintain the ability to react to traffic situations?
- Can you think of traffic situations where you have needed to, or would need to, assess and respond to immediately?
- What impact would a delay on their processing and reaction time have in that driving situation?
- What strategies might you employ to avoid driving under the influence of opioids or riding with an opioid-impaired driver?

National Forensic Laboratory Information System 2022 report:
After alcohol, 6 of the top 10 most frequently encountered drugs from impaired case samples submitted to lab testing are opioids. Collectively, opioids are approximately 20% of all tested drug cases. https://www.nflis.deadiversion.usdoj.gov/nflisdata/docs/13915NFLISDrugMidYear2022_v2.pdf



PRESENTATION TIPS

- If the participants continue driving off-road when they cannot see, as they only focus on completing the stops within the baseline time, ask them what they would do in real life if they experienced that kind of impairment. As they think about this, remind them to drive and behave as they would in an actual driving situation.
- Introduce additional challenges such as:
 - Have another participant drive to 3 locations on the mat simultaneously as the first participant.
 - Sudden stops like an animal crossing the street
 - Background sounds for sensory input.
- Record a video of the participant doing the activity in Normal and Impaired mode. view the video during class and review the observable differences in performance together. Discuss how the internal effects of impairment could impact external real-world driving situations.