

Distracted Driving

Cell Phones & Texting

There are ways to take advantage of the safety benefits of cell phones without risking the hazards of cell phone use while driving. Follow these safe and responsible driving & cell phone habits:

- Avoid unnecessary calls
- Make the driving task your top priority
- Wait until you have arrived at your destination or pull over to the side of the road to begin your cell phone conversations
- Do not program your GPS while driving. Pull over in a safe place or ask a passenger to help
- Keep your hands on the wheel and your eyes on the road
- Use a hands-free model or blue tooth device at all times and only for absolutely necessary business calls. Tell the person you will call them back when you arrive at your destination
- Let the call go to your voice mail or read your text message after arriving at your destination
- Do not initiate any phone calls while driving
- Never dial, text, email, or browse the web while driving; it is illegal in all states
- Don't try to get your phone when it's out of reach
- Know when to stop talking and avoid emotional conversations
- Keep the phone in its holder
- Drive defensively

TEST YOUR KNOWLEDGE – True or False

1. Because cell phones are wonderful safety tools (e.g reporting a breakdown), there are no restrictions on their use.
2. Some phone conversations – especially disagreements – can divert your attention from driving safely and alertly.
3. A good, safe driving practice is to pull over to the shoulder or off the road before you enter an address into your GPS, answer a phone call, or find a playlist.
4. You should tell family and friends not to call when they know you'll be driving.
5. Safe driving means driving defensively and giving your full attention to operating your vehicle.