

Cell Phone Safety **while driving**



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Dial with care

Get an assistant. Ask passengers to do the dialing, or use their own phones and make the call for you. Teach older children how to operate your phone.

Stop first. Pull off to the road, or wait until you're at a traffic light, then dial.

Dial in shifts. Dial the first three numbers, check the road, then dial the rest.

Just say "no"

Choose the right time. Avoid calls that require mental concentration, or if you expect highly emotional exchanges

Call smart. Avoid making calls in heavy traffic, poor visibility, or if conditions require excessive maneuvering.

Get with the program

Speed dial. Program frequently called numbers into phone memory, to keep dialing to a minimum

Know your phone. Memorize your phones buttons so you can keep your eyes on the road while driving.

Hands-off

Use a hands-free device or speaker phone.

Keep calls short. If conversation lasts more than 5 minutes, hang up and call back once you're parked.

See first, hear next

Before you drive. Place phone so it's easy to see and reach. Avoid looking for notes or reference items.

Know your hazards. Check the weather before you leave for home or work.

Don't look at caller ID. Use a different ring tone instead.

Now hear this. Never read or text while driving.

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