

SAFE DRIVING

CELL PHONE SAFETY WHILE DRIVING



This talk gives an overview of the dangers of distracted driving and some tips for safe cell phone use.

Materials to have on hand:

- Recent story about a distracted driving-related traffic accident
- Company cell phone/distracted driving policy
- Applicable state laws related to distracted driving

Points to consider:

- Why is using a cell phone while driving dangerous?
- Do voice-activated features and hands-free devices make cell phone use safer while driving?
- What are some ways you can stay in touch on the road while staying safe?

TALK

Cell phones make communication easier and help you stay connected from any location. But using a cell phone while driving endangers not only you (the driver) but also your passengers, other motorists, and pedestrians.

In a recent year, more than 3,300 people were killed in distracted driving-related traffic incidents, and over 400,000 people were injured in motor vehicle crashes involving a distracted driver. *[Discuss recent/ local example or incident.]*

Texting while driving is one of the most dangerous behaviors because it involves three types of distraction at the same time as you look away from the road, use your hands to type a message, and think about what you are reading or writing.

In fact, sending or reading a text message while driving at 55 miles per hour is like traveling the length of a football field blindfolded! Other common smartphone activities, such as reading e-mail, browsing the Web, and manipulating navigation applications, are equally hazardous and should not be done while driving.

Many mobile devices now include voice-activated features and other hands-free options. These may seem safe, but they are not. When you talk on a cell phone while driving, regardless of whether the phone is handheld or hands-free, you experience slower reaction times because your mind is on your phone conversation, not on your surroundings—and when it comes to detecting and avoiding hazards on the road, every second counts.

The safest way to use your cell phone while driving is simple—*don't do it*. Many cell phones allow you to program an automatic message that informs anyone who tries to contact you while you're behind the wheel that you're driving and will get back to him or her as soon as possible.

If you're on the road frequently for work, one way to stay in touch while staying safe is to assign a distinct ringtone to important business contacts. If you hear

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Talk Date: _____

Attendees: _____

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Supervisor/ _____

Comments: _____

Presenter: _____

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that ringtone while driving, pull over to a safe area to return the call.

[Mention applicable company policies regarding distracted driving.]

Using a cell phone while driving is also illegal in many places. In 44 states, text messaging is banned for all drivers, and in 12 states, all drivers are prohibited from using handheld cell phones while driving. *[Mention specific applicable state laws here.]*

Finally, using a cell phone while driving is dangerous, but having a cell phone in your vehicle is an important safety measure. If you experience vehicle trouble, witness an accident, or encounter another emergency situation, you can use a cell phone to call for help—but make sure you do so safely.

Remember, your cell phone is a valuable tool, but it's important to make sure you don't create hazards for yourself and others by using it behind the wheel.

