
Cell Phone Safety- It's Your Call

The convenience of using a cell phone is undisputable. They are a great way to connect with people, save money, and possibly help save a life in an emergency situation. However, there are risks to using cell phones, especially in a car while driving. The National Highway Traffic Safety Administration has found that distracted drivers cause 50 percent of accidents on the road.

Here are a few tips to help keep you from becoming a road hazard:

- 1. Familiarize yourself with the phone controls so you can press buttons without taking your eyes off the road.**
- 2. Try to dial when you are not moving or have a passenger dial for you.**
- 3. If you must dial while moving, dial the first three numbers, assess traffic, then finish dialing.**
- 4. Store frequently called numbers in the phone's memory so you can dial by pushing one or two buttons.**
- 5. Use your hands-free speaker phone whenever possible. It's the best way to keep your hands on the wheel.**
- 6. Check your mirrors every four to five seconds while talking.**
- 7. If your caller gives you a phone number, use the electronic scratch pad (available on most cell phones) rather than trying to write it down.**
- 8. Use your voice messaging service to "take notes" or record reminders rather than attempt to write while driving.**
- 9. If your phone rings while you are in heavy traffic or hazardous conditions, let your voice messaging service take the call. Return the call when conditions have improved.**
- 10. If you need to pull over to give a conversation your full attention, find an off-road place to park that is not hazardous to you or other drivers**

* Use caution when driving with a cell phone. This could help save a life!