

## Cell phone use

### Introduction:

Cell phones can be a great convenience and a great tool. However, it can be dangerous to use one at the wrong time or place. Inattention or a distraction while driving may cause an accident resulting in property damage or personal injury.

### Hazards to watch for:

- Cell phone users are four times more likely to crash than other drivers.
- Using a cell phone while driving reduces your field of view.
- Using a cell phone while driving poses a risk comparable to driving under the influence of alcohol.
- A ringing cell phone may startle the driver and cause an accident.
- Cell phone users have significantly poorer driving performance whether measured by speed control, following distance, or reaction time.
- Drivers take longer to react to the traffic signals and are twice as likely to miss a traffic signal when they are talking on a cell phone.

### Safe procedures:

Eliminate cell phone use while driving:

- Never take a phone call while driving.
- Allow passenger to answer or let it go to voice-mail.
- Never send or read text messages while driving. It is against the law in Minnesota.
- Do not use email function or surf the web while driving.
- Cell phone laws apply while at stop sign or stop light as well.

### In conclusion:

Remember, cell phones have become a valuable tool in the world today. Although hands free telephones reduce manual and visual distractions, cognitive distractions are still present.

But no call or text message is that important to risk your life while driving. If it is an emergency, pull over and then make the call to ensure that roads stay safe.

Let's make the decision to stop using cell phones while driving and tell others to do the same.