



# SAFE CELL PHONE TIPS

Drivers who use their cell phones are four times more likely to be involved in a crash. It's a habit that's worth breaking - avoid the temptations of answering a ringing phone or text!

## Remove the temptation

Either place your phone on silent, turn it off or toss it somewhere not accessible like the trunk or glove box. You can also install an app that disables your phone while your vehicle is in motion.

## Prepare before you start driving

Pre-set your navigation system and music playlists before you depart. Then plan scheduled stops along the way to check any missed calls or texts.

## Enlist your passenger

If you're driving with a passenger, ask them to navigate and / or answer an incoming call or text.

## Pull over

If you must answer an incoming call, first pull off to a safe place.

## Model the behavior

Start all conference calls by asking if anyone is driving and have them call back when they are in a safe location. If coworkers, friends and family know you will be driving, ask them not to call or text you.