

SAFETY FIRST
`YOUR CELL PHONE
A DANGER WHILE DRIVING!

A 2005 study suggesting that when teenagers and young adults talk on cell phones, while driving, their reaction times are as those of elderly drivers. The AAA Foundation for Traffic Safety in the USA also recommends that you not use your cell phone while driving -but if you absolutely have to, **the AAA suggests:**

- ❖ Recognize that driving requires your full attention.
- ❖ Before you get into the car, become familiar with the phones features.
- ❖ Use the phone only if it is absolutely necessary.
- ❖ Use the phone only when and where it is safe to do so.
- ❖ Ask passenger to place the call for you and to do the talking.
- ❖ Keep the call short.
- ❖ Tell the person at the other end that you are driving.
- ❖ Get off the phone as soon as possible, especially in traffic or bad weather.
- ❖ Do not combine a phone conversation with other distractions.
- ❖ Secure your phone so it does not become a projectile in a crash

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