



# Tips For Driving Cell Free

## Before you drive

- Develop a habit of turning off your cell phone when you get in your vehicle, and turning it back on when you are done driving. If you can't turn your phone off, put it on vibrate or silent mode.
- Put your cell phone in your trunk to avoid temptation.
- Record a voicemail greeting telling callers it is not safe to make calls while driving, and you will return their call as soon as you are able.
- If you spend a lot of time on the road, organize your route and schedule to allow time to make and return phone calls from the parking lot of one location before leaving to drive to the next one. This strategy has helped employees who drive frequently to maintain productivity and accessibility.

## While you drive

- Do not make or answer cell phone calls, even with hands-free devices. If you must make an emergency call, leave the road and park in a safe area.
- Do not send or read text messages or email.
- If you are driving with a passenger, allow them to operate the phone.
- Let someone else drive so that you can freely make or receive calls.
- Enjoy cell-free driving; focus on the road. Protect your life and those around you.