



You may find you will arrive at your destination more relaxed and refreshed.

## 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.
- Don't pair your phone with your vehicle's communication system, to reduce the temptation to use hands-free features.
- Put your cell phone in your trunk.
- Record a voice mail 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, schedule stops on your route to return calls when you are safely parked. For employees who drive frequently, this method can help maintain productivity and accessibility.

### While You Drive

- Do not make or answer cell phone calls, even with hands-free and voice recognition 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 e-mail.
- 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 phone-free driving. You may find you will arrive at your destination more relaxed and refreshed.
- Do not make or answer cell phone calls, even with hands-free and voice recognition devices. If you must make an emergency call, leave the road and park in a safe area.

## Tips for Distraction-Free Driving

### Before You Drive

- Familiarize yourself with the controls in your vehicle, especially if you are borrowing someone else's car or driving a rental.
- Adjust vehicle controls such as mirrors, seat, radio, heat, or air conditioning.
- Plan ahead. Read maps and check traffic conditions.
- Program directions into your navigation system. Enable the audible directions feature so GPS can verbally share step-by-step directions.



## While You Drive

- Do not program a navigation system, either manually or by voice, while the vehicle is in motion.
- Do not reach down or behind your seat, pick up items from the floor, open the glove box or try to catch falling objects in the vehicle. These actions lead to significantly increased crash risk.
- Avoid emotional, angry or stressful conversations with passengers, or pull off the road and park in a safe area. But for normal conversation, passengers in the vehicle can often help lower crash risk for adult drivers.
- Do not focus your eyes on objects away from the road for longer than the quick glances. In particular, be careful about how long you look at navigation maps or other controls on your vehicle dashboard.

## It is up to each of us to take responsibility for our actions behind the wheel.

- You are the only person who can control your behavior behind the wheel.
- Every driving decision you make has consequences, for you and others.
- The consequences of a poor driving decision can range from a traffic violation to a costly crash, a life-changing injury or even a fatality.

Make it your goal to be a distraction-free role model for other drivers.  
Visit [distracteddriving.nsc.org](http://distracteddriving.nsc.org) for more information.



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