



Helping each other **break the habit**

Cell phone use while driving has become an unfortunate part of our culture, but it is a dangerous activity. It does not need to be a business necessity. There are steps you can take to make it easier to put down cell phones when you are behind the wheel, and break the habit for good.

- Schedule calls for times when you will not be driving
- Plan your workdays ahead of time so you won't need to use a cell phone while driving
- Change your voicemail greeting to something like:

"Hi, you've reached (insert name). I'm either away from my phone or I'm driving. Please leave a message." You also can let callers know approximately what time you will be available again so they know when to expect to hear from you.
- If a ringing phone is too tempting, get in the habit of silencing your phone before you start to drive, or lock it in the trunk or glove box
- Work with your coworkers on breaking the habit and hold each other accountable
- Allow enough time during your commute for stops so you can pull over and park in a safe location to check email and voicemail messages
- Consider using call-blocking technology when you are driving
- Remember, hands-free devices don't make you safer – while they allow for one more hand to be placed on the steering wheel, they do not reduce cognitive distraction to the brain

Want to do more? Encourage your family and friends to put down their cell phones while driving, and speak up if you are riding with a driver who is using a cell phone. You also can refrain from talking on the phone with others if you know they are driving. **Take the pledge to drive cell free at nsc.org/pledge.**

Tell others about the dangers.
distracteddriving.nsc.org

