

## **Tips for Cell Phone Safety**

AAA's first tip: **Don't use a cellular phone while driving.** But if you must:

- Familiarize yourself with the features of your cell phone *before* you get behind the wheel.
- Use message-taking functions and return calls when you are stopped at a safe location.
- Use the cell phone only when absolutely necessary. Save casual conversations for times when your vehicle is stopped. Plan your conversation in advance, and keep it short - especially in hazardous conditions such as rain, snow or traffic.
- Let the person you're speaking with know you are in a vehicle.
- Do not engage in emotional conversations while driving. Pull off the road to a safe spot before continuing this type of conversation.
- Do not combine distracting activities such as talking on your cell phone while driving, eating *and* tending to a child.
- Ask a passenger in the car to place the call for you and, if possible, speak in your place.
- Secure your phone in the car so that it doesn't become a projectile in a crash.

## **Tips for Managing Distractions**

- Before you get behind the wheel, familiarize yourself with your vehicle's features and equipment.
- Preset radio stations, MP3 devices, and climate control.
- Secure items that may move around when the car is in motion.
- Do not text message, access the internet, watch video, play video games, search MP3 devices, or use any other distracting technology while driving.
- Avoid smoking, eating, drinking and reading while driving.
- Pull safely off the road and out of traffic to deal with children.
- Do your personal grooming at home - not in the car.
- Review maps and driving directions before hitting the road.
- Monitor traffic conditions before engaging in activities that could divert attention away from driving.
- Ask a passenger to help you with activities that may be distracting.
- Recognize driving requires your full attention. If you find your mind wandering, remind yourself to stay focused on the road.