



A Habit Worth Breaking

The ringing of a phone or pinging of a text creates irresistible urges for many people to answer the call, read the message or respond.

To Avoid These Temptations:

- Turn off your cell phone, or put it on silent, before driving
- Toss your cell phone in the trunk or glove box
- Pre-set your navigation system and music playlists before driving
- Schedule stops to check voicemails, emails and texts
- Set special ring tones for important incoming calls, and pull off to a safe place to take them
- Tell coworkers, family and friends not to call or text you when they know you're driving
- Start all conference calls by asking if anyone is driving, and have them call back when they are in a safe location
- Install an app on your phone that disables it while your vehicle is in motion
- Ask a passenger to answer incoming calls and say "I'll call them back when I'm not driving."
- Change your voicemail greeting to tell people that you may be driving and you'll call them back when you are parked.

Positive side effects of not using a phone while driving:

- More likely to arrive safely at your destination
- Feeling more relaxed; some of our best ideas and solutions come when we are at ease
- Not letting your phone control you
- Being able to have a conversation with your passengers
- Avoiding crashes and their associated costs – missed time from work, doctor visits, auto repairs, court fee
- By setting this good example to others, you may help to keep your friends and family safe.

Take the "Focused Driver" Challenge today. You can find more information on the risks of using cell phones while driving at nsc.org/cellfree.

It feels good to take back control.

Check out the story of Debbie Z. on breaking the habit:

I had a long commute. To keep from being bored, I often used my drive to call friends and catch up.

I was then educated by my employer on the risks of distracted driving, and it began to make sense. I realized when talking on the phone I could get home and not remember seeing any of my usual roadside milestones. My mind wasn't focused on driving – kinda scary.

I also realized I wasn't a quality participant in the phone conversations I was having. I never talked about anything so important that it was worth putting someone's life – including my own – at risk.

Armed with this knowledge, I decided to quit cold turkey. Before each drive, I put my phone on silent in my purse. I put my purse in the back seat and out of reach to avoid temptation.

Sure, this caused me a little anxiety the first few days, but pretty soon it just became my new routine. Now my phone doesn't control me, and I'm a safer driver for it.