

# Take *the* Pledge



## Cell Phone Safety While Driving

Distracted driving is a rapidly growing problem and cell phone use is the number one source of driver distraction. Take a pledge to put down the cell phone to protect yourself and others on the road.

### Research reported by the National Safety Council indicates:

- An estimated 28 percent of car crashes (1.6 million per year) involve cell phone use at the time of the crash.
- Drivers who use cell phones are four times as likely to be involved in a car crash.
- Talking on the phone or texting while driving is as dangerous (or more so) than driving drunk.
- Talking on a hands-free device, though it eliminates the physical distraction, causes the brain just as much distraction as using a handheld phone.

### Pledge to take the following steps:

- ✓ I will not talk on a handheld phone or text while driving.
- ✓ I will pull over or let voicemail pick up the call if my phone rings while I'm driving.
- ✓ If I must talk on the phone, I will use a hands-free device (though the safest choice is no cell phone at all).
- ✓ I will encourage my family and friends to take this pledge as well.

