

# MCLB ALBANY SAFETYGRAM



## 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 to avoid temptation
- 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 "You'll call back when not driving"
- Change your voicemail greeting to tell people that you may be driving and you'll call them back when you can safely do so

**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 – doctor visits, auto repairs, court fees

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

**#CallsKill**

### 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.

# Calls kill

Hands-free is not risk-free



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