



## BE SAFE! Cell Phone Use While Driving:

### What You Need to Know

#### Tips

1. **Set up before you drive.** Enter GPS directions, start playlist, or podcast, and set your phone to “Do Not Disturb” before you hit the road.
2. **Stay focused, even with hands-free.** Limit calls, avoid deep conversations, and focus on the road- especially in heavy traffic or bad weather.
3. **Pull over for important conversations.** If a call requires focus, find a safe place to pull over and stop before continuing.
4. **Let a passenger handle the phone.** Designate a “co-pilot” if you need assistance while driving.
5. **Lead by example.** Always practice safe phone habits in the car – it promotes safety awareness for everyone.

#### Be Safe—Not Distracted!

You can be hurt or killed if you let your cell phone distract you while driving. Recent statistics show that approximately 3,000 people die in accidents involving a distracted driver each year.

#### Focus on the road, not your phone.

It is dangerous to use a cell phone while driving. Texting while driving can delay your reactions as much as having a blood alcohol content (BAC) of .08. This is the same as a drunk driver! Texting takes your eyes off the road for an average of five seconds. This is long enough to travel the length of a football field at 55 mph. Most crashes happen with less than three seconds’ reaction time.

#### Drive smart. Stay safe. No phones behind the wheel.

For more information, visit the California Highway Patrol’s website and the California Office of Traffic Safety. For true stories involving cell phones and driving, see [www.nhtsa.gov/campaign/distracted-driving](http://www.nhtsa.gov/campaign/distracted-driving).



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## Cell Phone Use While Driving

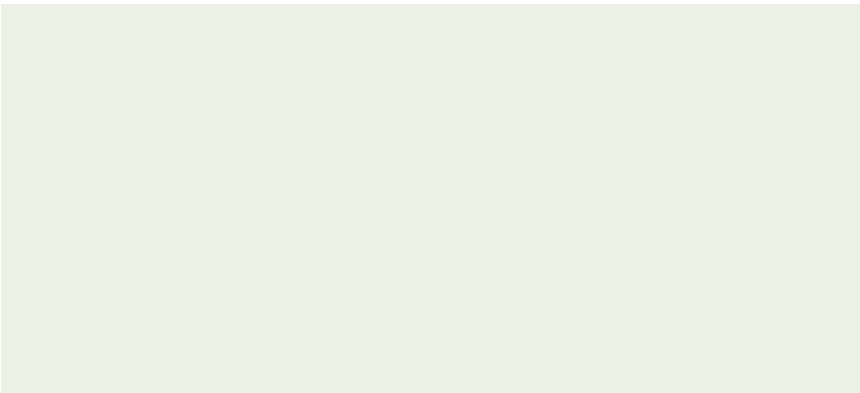
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### **Distracted driving is anything that takes your eyes, hands, or mind away from driving.**

Using your cellphone while driving is against the law: touching or holding your phone while driving is against the law – even to check GPS or change music. Talking on your cell phone while driving is against the law for people under the age of 18. Adults may talk on their cell phones but are not permitted to hold a cell phone while driving. Everyone may use cell phones to make emergency calls. Even then, it's wise to first pull over somewhere safe. The fines, for texting or failing to use a hands free device with your cell phone, may start around \$160 and may increase with additional tickets.

#### **CBO Contact Info:**



### **California Public Utilities Commission**

**Telecommunications Education and  
Assistance in Multiple-Languages**

**(TEAM) Program**

[www.cpuc.ca.gov/team-and-changes](http://www.cpuc.ca.gov/team-and-changes)

[teamandchanges@cpuc.ca.gov](mailto:teamandchanges@cpuc.ca.gov)

If you are not able to resolve your dispute with your service provider, Contact your TEAM CBO.