



## **TIPS FOR DRIVING CELLPHONE-FREE**

*What call is worth a life?*

- Turn off your cellphone/Blackberry before you start driving.
- If you can't turn your phone off, let it ring.
- Let your callers know that you are a cellphone-free driver and are not available to make calls while in transit. Put a message on your voicemail that says you are either driving or in a meeting and will call them back as soon as possible.
- Are you addicted? Avoid temptation; put your cellphone/Blackberry in your trunk.
- Do not attempt to make calls or send e-mails or text messages while you are at a stoplight as a majority of crashes occur at intersections.
- Establish regular times for callers to contact you and for you to return calls.
- Let someone else drive so that you can freely make or receive calls.
- If you are travelling with a passenger, allow them to operate the phone.
- Enjoy cellphone-free driving; view it as downtime or an opportunity to listen to your favorite CD.
- Be a role model for young drivers be it either your teenager or fellow colleague.

Visit [www.cellphonefreedriving.ca](http://www.cellphonefreedriving.ca) for more information.

**BECOME AN ADVOCATE FOR CELLPHONE-FREE DRIVING!**