

EMPLOYEE TRAINING RECORD

TRAINING TITLE Why Shouldn't I Talk on the Cell Phone While Driving

KEY TEACHING POINTS

- People with a cell telephone have a 34% higher risk of having a collision. A study done by the National Public Services Research Institute for AAA in 1991, "The Effect of Cellular Phone Use Upon Driver Attention", used a driving simulator to test reaction responses. The test included tuning a car radio, dialing a cellular phone, and having a simple to complex conversations on a cellular phone. The conclusions were:
 - All forms of cellular phone usage lead to significant increases in response times or non-response to highway traffic situations.
 - Intense or complex conversation leads to the greatest increases in overlooking significant highway traffic conditions and the time to respond to them.
 - The distracting effect is similar to that of tuning a radio. The effect of placing calls or engaging in casual conversation was less of a problem, although it did slow response times.
 - The distracting effect of cellular phone use among drivers over age 50 is two to three times as great as that of younger drivers and encompasses all three aspects of cellular phone use - placing calls and carrying on simple and complex conversation. The effect is to increase non-response by 33 - 38%.
 - Prior experience with cellular phones appears to bear no relationship to the distracting effect of cellular phone use.
 - Car telephones are another distraction that are becoming increasingly common. While car telephones can be very useful to a business person, allow prompt summoning of emergency aid and have been instrumental during disasters, the very safest way to use a car phone is to pull off the road when you need to make a call.
 - Studies suggest that drivers who use car telephones face an accident risk nearly as great as that of driving drunk.
 - The accident risk of using a hands-free model is just as great as using a hand-held phone. The key to using car phones is to remember your primary mission while behind the wheel is driving, and you must pay attention at all times. Certain guidelines must be followed to safely use telephones while driving:
 - Assess traffic conditions. If traffic flow is heavy, or if busy areas are approaching, wait. Let conditions improve before you make that call.
 - Wait until you are stopped at a traffic light or stop sign to dial.
 - Learn to operate the telephone without looking at it. Keep your eyes on the road.
 - Avoid arguing or conversation requiring deep thought.
 - Stay in the slow lane while talking, and do not pass other vehicles.
 - Keep your driving maneuvers simple.
 - Do not read or take notes. If you must write or check information, either pull off the road and park, or hang up and call later when you are out of your vehicle.
 - The same rules apply for dictation and recording equipment.
- RADIOS**
- Do not play a radio so loud that you cannot hear the sounds your vehicle is making or the horns or sirens of other vehicles. It is particularly dangerous to wear headphones while driving. You may not realize your turn signal is still clicking, or you may not hear a noise that means something is wrong with your vehicle's engine. If you cannot hear other vehicles' horns or sirens, you may have a collision that you otherwise could have avoided. In some states it is illegal to play your radio so loud that you can hear it 50 feet or more from your vehicle.
- TELEVISIONS**
- You cannot have a television in a motor vehicle in a location where the driver can watch it. Do not be tempted on a long drive to watch one of today's miniature televisions. Anything that distracts your eyes from the road is dangerous.
- DANGEROUS ACTIVITIES**
- It is very dangerous to remove a coat or jacket while driving. Other activities such as applying makeup, reading maps or reading the newspaper while driving are also dangerous. These types of activities can place you in serious danger of a crash.
- SNACKING**
- It is dangerous to eat and drink while driving. A hectic schedule can put pressure on you to grab a quick lunch at a drive-up window, but you are far safer to pull over and park while eating in your vehicle than to eat while you drive. Your reaction time is slowed if an emergency arises while you have one hand on the wheel, your other hand around a sandwich and a soft drink you are worried about spilling.

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 Applying makeup, reading maps or reading the newspaper while driving are dangerous.		
2 The accident risk of using a hands-free model is just as great as using a hand-held phone.		
3 Do not play a radio so loud that you cannot hear the sounds your vehicle is making or the horns or sirens of other vehicles.		
4 People with a cell telephone have no higher risk of having a collision than those with a cell phone.		
5 All forms of cellular phone usage lead to significant increases in response times or non-response to highway traffic situations.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. False 5. True