

TIP OF THE MONTH

We love our modern conveniences, most notably, cell phone use. Try this; watch cars that pass and take note of how many drivers are using their cell phones. The results are astonishing. From my own experiences when driving on the expressway, most everyone that passes me (yes I drive 70, so everyone passes me) is on their cell phone. Studies have shown that cell phone use can decrease your brain function while driving by as much as 40%. Have you ever been on the phone while driving and suddenly realize the light is red and slam on your brakes, or the light is green and someone is honking at you to move? Not everyone is affected to such a degree while driving, but when it comes to accidents, even taking 1% of your attention off driving could mean a difference. Do I use a phone while driving? Yes, sometimes I do. Normally however, I try to pull over or make the call before I leave. Fortunately, I have a cell phone with voice command (I can tell it who to call). When you take your attention AND your eyes off the road, things get even worse. I don't want to be someone who gets in an accident because I was paying more attention to my cell phone, than my driving task. Remember, we have voicemail and caller ID, so we can always call back and if the call is an emergency, they will call back again. If you can pull over in a safe place, do so. Most importantly, if you recognize that your cell phone use is affecting your driving, hang up. Don't have an emotional conversation while driving. This can lead to road rage and take even more attention off your driving. When we get in our vehicles, let's remember what we are doing.....driving.

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