Don't Let Your **Cellphone** Drive You

Québec ⚜⚜

At the wheel, there are many sources of distraction that can interfere with the driving task. You, as driver, are responsible for showing safe behaviour. Driving demands full attention and concentration so as to react when the unexpected rears its head.

Use of cellular telephones by drivers is a source of distraction. Prudent drivers avoid using their cellphone when they are at the wheel, because they are aware of the higher accident risk that talking on the telephone while driving involves. Take these precautions to stay away from danger:

- **Turn off your cellphone before setting out on the road and let your voice mail take messages.**

- **If you cannot avoid answering or making a call, pull over into a spot that is safe for both you and other road users. Have a passenger handle the call in your stead, when this is possible.**

Do not allow your cellphone to distract you

If, for one reason or another, you really must use your cellphone while driving, the SAAQ urges:

- **Have your cellphone within easy reach at all times.** Do not be forced to search for it; let your voice mail take over.

- **Take a call only if you are sure it can be done free of danger.**

- **Advise the other party that you are at the controls of your vehicle.** The person will then understand that your concentration must be directed at the roadway, and the conversation subject to interruption if the situation requires.

- **Avoid taking notes or reading while using a cellphone.**

- **Enter the numbers you call most often into the unit's memory ahead of time.**

- **Avoid stressful or emotional conversations** as well as ones that require deep thought or a lot of attention, because of demands on your concentration.

- **Be brief.** Do not make calls that could wait until you reach destination.

Remember: a "hands-free" device is not risk-free.

The Société de l'assurance automobile du Québec

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