

# SafetySpotlight SafetySpotlight SafetySpotlight newsletter

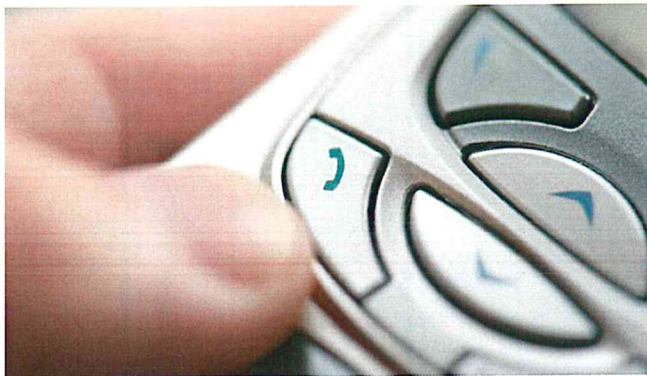
## LEAVE THE PHONE ALONE

Don't drive and dial

It is common knowledge that driving after drinking poses a serious danger to both the impaired driver and other motorists. However, studies have found that talking on a cellphone can impair one's ability to drive even more than alcohol.

More and more states are regulating cellphone use to increase roadway safety. If you are driving and need to make a call or send a text, wait until you find a place to pull over safely or until you reach your final destination. Remember:

- Not only is it unsafe, it may also be illegal. Check to see if your state has laws against texting or handheld use while driving.
- Never use your phone in bad weather, work zones, heavy traffic or in other hazardous conditions.
- It's always illegal to text while driving a commercial vehicle.
- Keep your phone on silent mode while driving to avoid the distraction of ringtones.
- If you have a passenger in the car, let them handle any phone usage.



## BUCKLE UP FOR SAFETY

Safety belts save lives

Here's a startling statistic: In a frontal vehicle collision at 30 mph, an unbelted driver continues to move forward and will hit the windshield at the same velocity that a person would face hitting the ground after falling out of a third-story window.

As you can see, not wearing a safety belt can be deadly if you get into an accident. Remember the following the next time you get behind the wheel:

- Buckling up is the law! According to the Federal Motor Carrier Safety Administration, commercial drivers must wear a safety belt at all times.
- State laws also mandate that drivers must buckle up behind the wheel or they may face a citation.
- Depending on the state, you may also receive a citation if any passengers in the car are unbuckled. Be aware of your state's laws.
- Just because you're in a big vehicle doesn't mean you'll be safer.

Always follow a simple safety belt rule—buckle up, or don't budge.

## Did You Know?

Using a handheld cellphone while driving is illegal in 11 states and the District of Columbia, while texting and driving has been banned in 41 states and D.C.