

Be Safe—Not Distracted!

You can be hurt or killed if you let your cell phone distract you while driving.

Recent statistics show that your chances of getting into a crash increase 400% while using your cell phone.



California Public Utilities Commission

Telecommunications Education and Assistance in Multiple-Languages (TEAM) Program

www.cpuc.ca.gov/team-and-changes

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If you are not able to resolve your dispute with your service provider, call the Consumer Affairs Branch (800) 649-7570

BE SAFE!

Do Not Use Your Cell
Phone While Driving

CALIFORNIA
PUBLIC
UTILITIES
COMMISSION





It is dangerous.

It is dangerous to use a cell phone while driving

- Texting while driving can delay your reactions as much as having a blood alcohol content (BAC) of .08. This is the same as a drunk driver!
- Texting takes your eyes off the road for an average of five seconds. This is long enough to travel the length of a football field at 55 mph. Most crashes happen with less than 3 seconds' reaction time.

BE SAFE! Do Not Use Your Cell Phone While Driving

It is against the law

California law says:

- Texting while driving is against the law.
- Talking on your cell phone while driving is against the law for people under the age of 18. Adults may talk on their cell phones but are not permitted to hold a cell phone while driving. Everyone may use cell phones to make emergency calls. Even then, it's wise to first pull over someplace safe.
- The fines, for texting or failing to use a hands free device with your cell phone, may start around \$160 and may increase with additional tickets.

Statistics

The law and an awareness program went into effect in 2008. Since then, accidents have declined; however, too many people are still hurt or killed because people continue to use their cell phones while driving.

Between 2008 and 2010, 53 California drivers were killed while holding their cell phones. Cell phones were a likely factor in other traffic deaths too, because the main cause of distracted driving is cell phone use.

In a recent study of 5,000 California college students, 18% said they had been in a distracted driving accident. Of those, 22% were due to texting, and 14% to talking on a cell phone.



Inattention Blindness

Studies show that talking on a cell phone is dangerous. People talking on cell phones experience **inattention blindness**. That is when your brain can't see what is right in front of you because you are too busy with your call.

Don't become a statistic. Don't make someone else just a memory. Turn your phone off while driving.

For more information, see the California Highway Patrol's website and the California Office of Traffic Safety.

For true stories involving cell phones and driving, see <http://www.distraction.gov/content/faces/index.html>.