

SAFE DRIVING AND CELL PHONES

After 2 years since Nova Scotia implemented a ban on hand-held cell phone usage, a recent survey shows that not everyone is complying with the law. There are still about 25% of surveyed drivers admitting to still using hand-held cell phones while driving. Research has shown that using a cell phone while driving can be as dangerous as drinking and driving – increasing your risks by 4 times. Even using a hands-free cell phone has its dangers, and the existing law hopes to set a tone that any use of a cell phone is a distraction.

Recently, popular television talk show host, Oprah Winfrey, has been actively promoting an on-line “No Phone Zone Pledge”. Signing the pledge commits drivers to end texting when driving, to only use only hands-free calling when driving, and to pull over to a secure location to use the phone otherwise.

Many of us spend quite a bit of time in our vehicles, for work and in our personal lives. But remember, that phone call or text message that you just cannot wait to make can kill you, and other innocent victims. Here is just one of many devastating stories from the No Phone Zone campaign:

A school bus carrying 21 students was rear-ended by an 18-wheel semi-truck. The bus was pushed more than 200 feet before bursting into flames. Twenty students escaped, but 13-year-old Margay Schee was killed. The truck driver admitted he had been texting and hadn't seen that the bus was stopped.

Try this tip: mute your phone until you reach your destination, lessening the temptation to check your messages or answer a call.

Safety begins with each of us – make sure you make the right choice and go home safely to your family and the end of each day. To check out the “No Phone Zone Pledge”, go to: www.oprah.com

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