

HOLD THE PHONE...DON'T DRIVE AND DIAL!

It is common knowledge that driving after drinking poses a serious danger to the impaired driver and other motorists. However, a recent study from the University of Minnesota found that talking on a cell phone while driving impairs one's ability to drive safely **EVEN MORE** than driving under the influence of alcohol.

If you are driving and need to make a call, wait until you find a place to pull over safely or until you reach your final destination. If making the call is absolutely necessary, remember these safety tips:

- Use speed dial or a hands-free device to place calls.
- Do not take notes or search for phone numbers while driving.
- Never use your phone in bad weather, work zones, heavy traffic or in other hazardous conditions.



*Dialing while driving is dangerous!
Pull over safely out of traffic before you dial.*

Buckle Up for Safety behind the Wheel

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 result in a life-threatening injury 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 or the vehicle cannot be driven.
- State laws also mandate that drivers must buckle up behind the wheel or they may face a citation.
- Follow our simple safety belt policy — buckle up, or don't budge!

Did You Know?

The first cell phone was invented in 1973 by Dr. Martin Cooper, a general manager in the systems division of Motorola. Though AT&T's Bell Laboratories first introduced the idea of a cellular communication device in 1947, Motorola devised the technology first. Who did Dr. Cooper call first on his invention? His professional rival at Bell Laboratories, Joel Engel!