



Cell Phones

Most people have cell phones and they are useful tools. They are also great distractions, especially while driving. These distractions can lead to serious fines and even cause hurt to you and those around you.

What is the definition of using a Cell Phone?

- Using at least one hand to hold a mobile phone to make a call
- Dialing a mobile phone by pressing more than a single button
- Reaching for a mobile phone in a manner that requires a driver to maneuver so that he or she is no longer in a seated driving position, restrained by a seat belt.

Cell phone use applies to all three types of distracted driving a driver can face while operating his or her vehicle—visual, manual, cognitive.

1. Visual Distractions

- a. Visual distractions are those that cause the driver to take his or her eyes off the road. A prime example would be texting while driving, which the [FMCSA banned in October 2010](#).
- b. What exactly is “Texting”?**
 - i. Texting means manually entering text into, or reading text from, an electronic device.
- c. What does this rule mean to you?**
 - i. Fines and Penalties**
 1. Texting while driving can result in driver disqualification.
 - a. Multiple convictions for texting while driving a CMV can result in a driver disqualification by FMCSA.
 2. Penalties can be up to \$2,750 for drivers and up to \$11,000 for employers who allow or require drivers to use a hand-held communications device for texting while driving.

2. Manual Distractions

- a. A manual distraction is one that causes the driver to take his or her hands off the wheel.
- b. Using a hand-held mobile phone is risky because it requires the driver to reach for and dial the phone to make a call. Reaching for a phone out of the driver’s immediate area is risky as well as dialing because these actions take the driver’s eyes off the roadway.

3. Cognitive Distractions

- a. When a driver takes his or her mind off driving, they are cognitively distracted. Talking on the phone,

Focus - Simply do not type or read a text message while driving a CMV!

Anticipate - Receiving calls while driving. Between work and family contacts, many calls are made.

Correct - Put phones out of reach to avoid temptation while driving. Turn off notifications to minimize distractions. If a call must be made, pull over and don’t use your phone while driving.

Talk - During breaks to minimize unnecessary calls made while driving. Communicate the policy to family and friends.