

# F or Y our D riving



## One Text or Call Could Wreck it All

Earlier this year the U.S. Department of Transportation announced a final rule banning commercial motor vehicle interstate and CDL intrastate hazmat truck drivers from using hand-held cell phones while operating a CMV. The rule prohibits commercial drivers from using hand-held phones while driving a truck, sets federal civil penalties of up to \$2,750 for each offense, and disqualifies drivers from operating a commercial motor vehicle after multiple offenses. Also companies that allow drivers to use hand-held cell phones while driving will face a penalty of up to \$11,000.

The rule does not restrict the use of hands-free mobile phones. The rule prohibits CMV drivers from reaching, holding, or dialing a hand-held cell phone, which includes all push to talk functions. The ban does not restrict the use of CB's, GPS, or other fleet management systems.

Here are some interesting statistics regarding hand-held cell phone use while driving:

- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37% (Carnegie Mellon).
- A driver texting while driving is 23 times more likely to get into an accident versus a driver paying full attention (Virginia Tech).
- A driver reaching for a phone or other device is 7 times more likely to experience an accident (Virginia Tech).
- A driver dialing a cell phone is 6 times more likely to crash (Virginia Tech).
- Cell phone use while driving extends driver reaction time, which is similar to having blood alcohol content of .08% (University of Utah).
- For every 6 seconds of drive time, a driver sending or receiving a text message spends 4.6 seconds with their eyes off the road. At 60 mph, a vehicle travels at a rate of 88 feet per second, and in 4.6 seconds the vehicle would travel approximately 405 feet or 135 yards.

***A lot of people use smart phones, but only a dummy would use a hand-held cell phone while driving!***

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