

Driver Distraction: Cell Phones and Driving could equal hazardous conditions

There are many examples of car accidents attributed to driver distraction. A distraction is anything that takes your eyes or your mental focus off of the road. It could be as simple as turning up the volume on the radio, or putting your cup of coffee into the cup holder in your car – distracting you from your task at hand, driving.

Most of us are aware of the distractions cellular phones and electronic devices can pose. We have all had our “close calls”. A U.S. study estimated driver distraction is a factor in 80 per cent of North American car crashes.

More than 50 countries ban cell phone use in vehicles to some degree, including Australia, Britain and France. In Canada, Newfoundland, Nova Scotia and Quebec ban cell phone use in vehicles, with fines ranging from \$115 in Quebec to \$400 in Newfoundland.

Get to know the legislation in your area and remember when you’re driving to keep your eyes on the road and minimize *all* driving distractions which will result in safer roads and lives saved.

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