



## Driving Like You're Drunk



The chances of getting into a car accident while talking on a cell phone are nearly equal to the chances of having an accident while drunk. Studies have shown that talking on a cell phone while driving is a lot like driving with a blood alcohol level of 0.10%. (MS's blood-alcohol limit is 0.08%) For comparison, that's about like the alcohol level of a 150 lb person drinking 5 beers in one hour.

Cell phones distract from what you should be focused on – driving. When cell phones first became popular it was thought that dialing and holding the phone is what caused accidents, so there was a big push on hands-free devices. But it is now evident that the major distraction is from the conversation itself. You get so engrossed in the conversation that you aren't aware of the light turning red, the car in front of you slowing down, or even the pedestrian crossing the road.

If you must talk on the cell phone, do not do it while driving. Pull off the road or tell the caller you will ring them back. Scheduling that next meeting or "what's for dinner" is not worth the risk!