

Cell Phones



Cell phone use increases by the millions each year. People of all ages use them for business, pleasure, entertainment, and for emergencies. Many cell phones now offer features that let you take pictures, play games, watch videos, and even listen to music. Although cell phones often make our lives easier and more practical, they can become a serious safety concern.

When you're at work, consider that your employer or supervisor may have a cell phone policy that restricts where and when you can use cell phones. Be aware of your surroundings while you use cell phones. Concentrate on where you're going to avoid slips, trips, falls, and collisions due to inattention caused by cell phone conversations. If you don't think you can avoid being distracted by your phone at work, leave it in your car and check for messages during breaks.

Having a cell phone in your car while you drive may give you peace of mind—you can report accidents, unsafe drivers, and call for help in case of an emergency. But with this convenience also comes a large responsibility. If you are talking on a cell phone and operating a motor vehicle, your mind is not on your driving. You may think that you're driving as well as you always do, but studies show that cell phone users have slower reaction times and are mentally distracted even when their eyes are on the road.

Follow these safety tips anytime you drive with your cell phone in the car:

- Make driving your priority
- Turn your phone off to keep from being distracted. You can always check your voicemail and return calls when you've reached your destination.
- Avoid unnecessary calls.
- If you must use your phone, pull over to make the call. Never dial your phone while driving.
- Familiarize yourself with your phone's features before you try to operate it while driving.
- Use your phone's speed dialing or one-touch dialing features so you don't have to look away from the road.
- To help you keep both hands on the wheel, use the hands-free mode.
- Don't attempt to take notes or look up phone numbers.

Due to the increase in cell-phone-related accidents on roadways, many states and municipalities have enacted legislation prohibiting the use of cell phones in vehicles. In some cases, you may be ticketed or fined. Sometimes it's best to hang up!

Cell Phones



Company Name: _____

Superintendent: _____

Foreman: _____

Project: _____

Work Area: _____

Date: _____

Instructor Signature: _____

Title: _____

ATTENDEE SIGNATURES:

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

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20. _____

JOB HAZARD ANALYSIS (JHA)

<u>Major Tasks to Complete</u>	<u>Hazards Involved</u>	<u>Control Measures</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Additional Topics of Discussion: _____