

# Be Safe When Using a Cell Phone

**Editor's note:** Our Tailgate Training Tip Sheets are [available in Spanish at www.gemplers.com](http://www.gemplers.com).

## **KEY POINTS:**

- Cell phones are a big help in emergency situations.
- Do not answer your cell phone when you are carrying a sharp tool.
- Avoid using a cell phone when driving in hazardous conditions.

**Note to trainer:** Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your ag/hort workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold. If you have a written company cell phone policy, bring it with you to this training session.



## **The increasing use of cell phones**

- The use of cellular phones is becoming more and more common in the United States.
- In fact, tens of millions of people in this country now use cell phones for personal calls or for business.
- There are many benefits to having a cell phone. Among them are:
  - Cell phones enable you to talk to someone you need to reach without having to leave your current location or look for a regular telephone.
  - Cell phones are extremely helpful in emergency situations. If you are involved in an accident or spot an accident nearby, you can use your cell phone to immediately call 911 or another emergency number for help.
  - Cell phones enable supervisors to communicate with workers in remote areas or with those who are on the road.
- Because of the benefits of cell phones, certain people here are authorized to carry them.

**Note to trainer:** Let trainees know whether their supervisor or any of their co-workers are authorized to use cell phones at work.

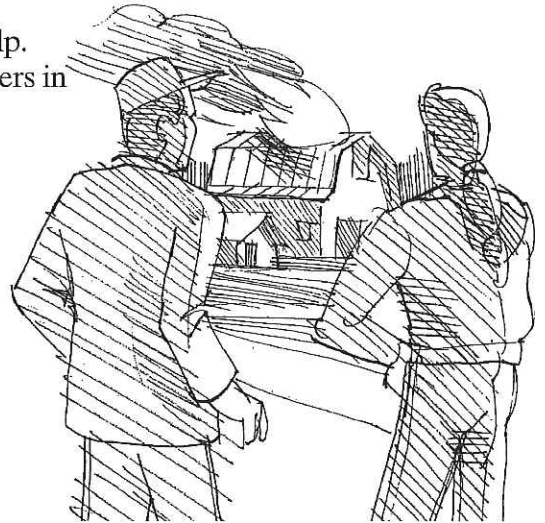
- Others of you may own cell phones for your personal use.

## **The dangers of cell phones**

- While cell phones are an important tool, there are certain dangers associated with them.
- For example, if you are cutting, pruning or using any sharp tool and your cell phone rings, answering the call will divert your attention away from what you are doing – and can result in a serious injury.
- Using a cell phone while you're driving – whether it's a tractor, a truck, an ATV, or your personal vehicle – also distracts you from paying attention to what's ahead, and can cause you to run into someone, go off the road, or become involved in another serious accident.
- Because of these and other potential dangers, we have certain rules that must be followed concerning the use of cell phones at work.

**Note to trainer:** Review your company's specific cell phone policy or rules with trainees.

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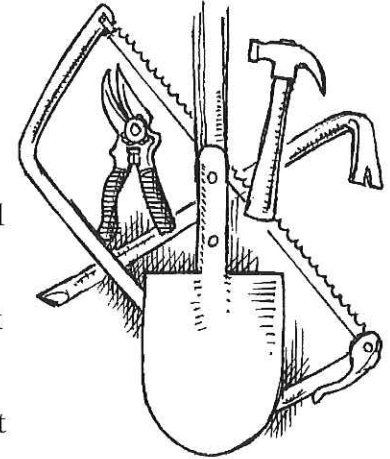
**Cell phones are extremely helpful in emergency situations.**

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.

# Be Safe When Using a Cell Phone

## Cell phone safety tips

1. Unless you are in an emergency situation, pull over and park before making a cell phone call while on the road.
2. If you are operating a tractor, an ATV, or other farm machinery in the field, come to a complete stop before using your cell phone.
3. Do not make or answer cell phone calls when you are carrying a knife, pruner or other sharp tool. Even a temporary distraction from the work you are doing can result in a serious injury.
4. Avoid using a cell phone in hazardous conditions. For example, if your cell phone rings while you are driving in heavy traffic or a storm, pull over when you can safely do so before answering the call.
5. If your job involves driving and you are authorized to use a cell phone, ask your supervisor about getting you a “hands-free” cell phone device.
6. If you must make cell phone calls while on the job, keep your conversations short, and try to avoid emotional or stressful topics that could distract you from the task at hand.
7. Become familiar with any cell phone you use. Be sure you understand how the various functions work.
8. If you are buying a cell phone for your own personal use, look for one with the lowest radiation output possible.
9. Follow all state and local laws regarding cell phone use on the road. Talk to your supervisor if you are unfamiliar with the laws here.
10. Use your cell phone to assist others when they need emergency help.



**Do not use a cell phone when you are working with tools that could injure you.**

## More important information

- Always keep your hands on the wheel and your eyes on the road ahead when you are driving. Using a cell phone, arguing with a passenger, or tuning the radio are all distracting actions that can result in a serious accident.
- Know that there are laws in some areas of the country that specifically require the use of hands-free cell phone devices when driving. Ask about these laws if you will be driving out of the area.



**Always keep your hands on the wheel and your eyes on the road ahead when you are driving.**

## Are there any questions?

*Note to trainer: Take time to answer trainees' questions. Then review the **Cell Phone Safety Do's and Don'ts**.*

### CELL PHONE SAFETY DO'S AND DON'TS

**DO:**

- Use your cell phone to assist others in emergency situations.
- Keep your conversations brief, and avoid emotional or stressful topics if you are using a cell phone at work.
- Become familiar with the laws regulating the use of cell phones while driving.

**DON'T:**

- Answer a cell phone call if you are carrying a sharp tool.
- Talk on a cell phone when you are driving in hazardous conditions.
- Forget to ask your supervisor about getting you a “hands-free” cell phone device if you are authorized to use a cell phone when you are on the road.

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