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Cell Phones Safety – Are They a Risk ?

By Martin Smith

Cell phones are everywhere and I believe they are here to stay. With the advent of cellular phones

for public use came a whole host of issues that I don't think anyone expected, at least not in the magnitude we are seeing today. There are two kinds of cell phone safety and then there is cell phone etiquette. There is practical cell phone safety, which addresses the safest ways for you to use your cell, and etiquette plays a huge part in this. The other safety concern is that there are some health risks to those who use cellular phones. We will look at each issue in turn and hopefully give people something to ponder.

Cell phones and driving are a big controversy. As a matter of fact many states in the United States are contemplating enacting legislation that would ban the use of cell phones in a car. While I think something has to be done about using cell phones while driving, I don't think it is a practical idea to ban their use altogether in vehicles. I don't know how it would be monitored except to develop technology that would block all numbers while driving except emergency numbers. Until such a thing occurs or people start refraining as much as possible from using a cell phone in their cars we must be extra careful on the road.

Driving safely while using a cell phone is a contradiction I think. There are however, some things you can do to improve your safety and that of others. The most important thing is to learn about your phone and all its features, (i.e. speed dial and redial). Memorize the keypad in the event you need to make a phone call while driving. Learn specifically about the speed dial feature. The numbers you should put on speed dial is your spouse, 911, your job, your child's school, and the number of a close relative that is not your spouse. As it is conversations on the cell phone while driving will take your attention off the road.

If you have to use your cell phone while driving a hands free kit is a good choice. Conversations however, still should be kept to a minimum and where possible you should not talk if you are moving or in a hazardous situation (i.e. icy roads or heavy traffic). A speaker phone kit is available as well as a safety choice. Here again be mindful of when and where you are talking on the cell phone. While you may be able to maintain your attention on the road while using a speakerphone take care to ensure that the conversation is not intense and is as quick as possible.

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Place your phone within relatively easy reach so you don't have to fumble for it. You might not be able to get the phone without taking your attention off the road. The safest way to handle calls while you are driving is to let your voice mail pick up the call. You can always call whomever it was that called you. Do not take notes, or look for a phone number while driving. If you absolutely must dial a number while driving punch two or three numbers then look at the road and so on.

Cell phones operate using radio frequencies (RF) to make and receive calls. Government standards call for a low SAR. If it is a high number there is a serious risk of radiation emissions from your phone into your ear. High emissions heat tissue in very much the same manner as a microwave oven does. This essentially cooks the tissue. On the other hand however, low emissions have not been proven to cause any health risks. You can minimize the amount of exposure to radiation by properly using your antenna or not blocking it. If an antenna is blocked it begins to heat up and the radiation only has one place to go your ear. Usually if you hold your phone at the bottom of the phone you probably won't

block your antenna.

You can use your cell phone to call for help in the event of an emergency; emergency calls are free. Use your cell phone to be a 'Good Samaritan.' If you see an accident, a car on the side of the road with mechanical trouble, or a crime in progress, call 911. If someone is in danger you can call 911 as well. An example of this follows: while driving across a bridge I noted that a group of kids jumping from the edge of the bridge into the water below. There were sharp rocks below and anything could have happened.

Identity theft is also a serious concern with cellular phones. There is technology available that enables the recording of your frequencies, they are then decoded, and can be programmed into another phone using your information. People have been known to run up astronomical bills using this method. In recent weeks a new device has come on the market that jams cell phone signals rendering cell phones in a radius of just a few miles useless. Be responsible, be safe, and be a considerate cell phone user.

Martin Smith is a successful freelance writer providing advice for consumers on purchasing a variety of products which includes

Cell phones Plans

His numerous articles provide a wonderfully researched

resource of interesting and relevant information.

Cellular Phone Buyers Information

By vince ohare

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The Hottest thing with cell phones is the ability to take pictures with your cell phone. You can take pictures with your cell phone and e-mail them to family and friends with the touch of a few buttons.

There are no tricks involved and it is a fairly simple process. Just aim and shoot to capture all the fun right on your cell phone. Press a few buttons and bam it's right on your freinds phone or sent to their email.

Factory-to-dealer sales of camera phones grew from 1.2 million in 2001 to 6.3 million last year with estimates that last year's sales will double this year and triple in 2005. Some say that this is going be the next standard on cell phones to come but video cell phones are being marketed to Japan as we speak.

If you are in the market for a new cell phone check out camera phones at <http://www.cell-phone-buyersguide.com>

I hope I have helped you In choosing the right Cell phone

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