

What should a guide to proper cell phone use include

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Secondly, there are certain formal restrictions on cell phone usage such as when driving, when crossing the road, or during a flight. This is because talking on the phone while driving or crossing the street may divert one's attention from being alert and therefore lead to accidents. Cell phone usage while driving has been strictly prohibited as being too dangerous to one's safety and also those of others on the road.

Thirdly, there are some etiquettes that go with using cell phones in public. For example, talking loudly on the phone, using loud ring tones, listening in on someone else's conversation are some of the basic etiquettes that one should follow. Also, in certain buildings for security reasons, cell phones are not allowed and the regulations in place by these buildings should be respected.

Finally, mention must also be made of the fact that several tests have proved the harmful health effects of prolonged and excessive use of cell phones. Using these phones for long conversations and also using them several times a day may lead to health problems such that deleterious impact on the brain cells.

In conclusion, it may be said that while they are no doubt useful, it is advisable that cell phones be used in accordance with certain guidelines as mentioned above and also not used extensively