IOWA'S 'HANDS-FREE' LAW IOWA Injury Prevention Research Center

LAW GOES INTO EFFECT JULY 1, 2025

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Starting July 1, 2025, Iowa drivers can no longer use handheld cellphones while driving. Phones must be used in hands-free mode.

On April 2nd lowa became the 31st state to pass the 'Hands-Free' bill.

PENALTIES



WARNINGS ISSUED FROM JULY TO DECEMBER 2025. STARTING JANUARY 1, 2026:

- STANDARD VIOLATION: \$100 FINE
- CHARGE OF SIMPLE MISDEMENAOR
- HIGHER PENALITIES APPLY IF INJURY OR DEATH OCCURS

FEW EXCEPTIONS

Some professions do not need to comply with the hands-free law.

- Police officers, emergency responders, and those operating farm equipment
- Law does not apply in emergency situations (e.g., weather alerts, reporting an emergency).

PROTECTING IOWANS FROM DISTRACTED DRIVING



This law is intended to reduce distracted driving crashes, injuries, and deaths. Drivers can practice safe driving habits such as:

- Putting your phone on 'Do Not Disturb' Letting a passenger help manage
- Keeping your phone out of reach
- Pulling over to use your device
 Planning ahead and setting up
- Staying hands-free even at stops
- Letting a passenger help manage phone tasks
- Planning ahead and setting up GPS and music before driving

