



# DRIVER DISTRACTION



## Did you know?

- Mobile devices are a major distraction but they are not the only one.
- Distractions can include eating, drinking, setting satnav, radios etc - anything that takes your eyes off the road or distracts your concentration on driving.
- Distraction is a major cause of collisions with drivers 4 times more likely to be in a crash if using a mobile device (even hands free).

40% of drivers name hand-held mobile phone use as one of their top 4 road safety concerns.

Drivers must not text, make calls, play games, scroll through playlists, take photos or videos, or browse the web while driving. An offence is triggered whenever a driver holds and uses a device, regardless of why they are holding it.

It is illegal to hold and use a phone, sat nav, tablet, or any device that can send or receive data while driving. If caught doing so, drivers can face fines of up to £1,000, receive 6 points on their licence, or a full driving ban.



Many employers will also discipline drivers for doing so and it will increase the cost of vehicle insurance.

Just reading a text or email takes a driver's eyes off the road for at least 5 seconds.

## Best practice tips:

- If using hands-free devices, make sure they are fully set up before starting to drive.
- Only use hands-free devices when you are happy it is safe to do so.
- Always ensure a clear view of the windscreen and road ahead.
- Do not hold or interact with a mobile device while driving.
- Where possible, switch mobile phones to a form of safe-driving mode e.g. silent mode or switched off.
- Using a mobile phone for navigation is legal, as long as it is kept in a cradle and not in the driver's hand.



The government has implemented the penalty of life imprisonment by causing death whilst driving when using a hand-held device.

Although the law allows drivers to use their phone while driving, if it is properly set up as a hands-free device, your employer's policy may not allow this.

Hands-free devices attached to the windscreen or dashboard should not obscure the driver's view of the road. Drivers can get 3 penalty points if they do not have a full view of the road and traffic ahead or proper control of the vehicle.



Distracted drivers who cause death by dangerous driving face life imprisonment, unlimited fine and obligatory 5 year minimum driving ban.