

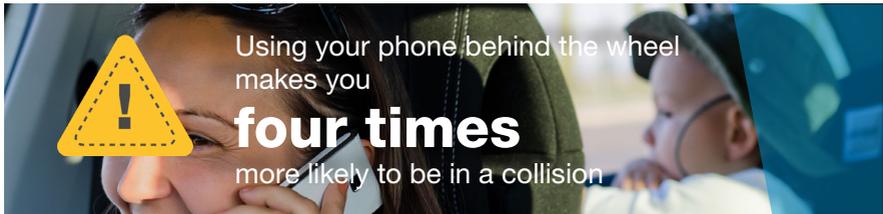
Leave your phone **alone**



Research shows using your phone while driving doubles your reaction time.

Are you and your passengers in danger?

Using a mobile phone at the wheel is dangerous. It puts your life, your loved ones, other road users and road workers at risk.



Source: THINK!

In 2019 there were **17 people killed and 119 seriously injured** in Great Britain due to the driver using a mobile phone while driving.

source: <https://www.gov.uk/government/statistical-data-sets/reported-road-accidents-vehicles-and-casualties-tables-for-great-britain>

Know the law

It is illegal to use a hand-held mobile phone whilst driving.

- You can get 6 penalty points and a fine if you use a hand-held phone when driving.
- If you have passed your test in the last 2 years, you will lose your licence.
- If you are a professional driver, you could face fines of up to £2,500 and removal of your Vocational licence.
- Penalty points poses risk of higher insurance premiums and a reduction in car insurance products available to you.

The Highway Code, Rule 149 states;

You **MUST** exercise proper control of your vehicle at all times.
You **MUST NOT** use a hand-held mobile phone, or similar device, when driving or when supervising a learner driver.'

Tips to help you resist using your phone while driving and reduce distraction

Before you start your journey;

- Complete urgent tasks, make calls or exchange messages.
- Set up your navigation, music and pick a refreshment stop to remove the temptation to use your phone.
- Reduce need - place your phone out of sight, turn it off or put it on silent mode.
- Newer devices and some applications offer a 'driving mode' functionality. Use this, to eliminate distraction from alerts.

During your journey;

- Pull into a service station to use your phone, or wait until the end of your journey.

Using a mobile phone while driving takes your attention off the road.

Any activity, such as using social media, the internet or camera distracts you and reduces your ability to react to potential hazards.

Your life and the life of others are more important than using your mobile phone.

Leave your phone **alone**



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