

Mobile Phones

Using a hand held mobile phone while driving impairs driving performance. It impairs the maintenance of lane position and the maintenance of appropriate and predictable speed, reaction times, judgement and general awareness of other road users.

Drive responsibly

Phones in cars can have many benefits. They provide security and help in an emergency. However, they are distracting if used when driving and this increases the risk of a crash. It is hard to do two things at once and to drive safely you must concentrate on the road.

Switch off before you drive off, or divert it to voice mail.

It is illegal to use a hand-held mobile phone when driving, even when you are stopped at traffic lights or in a queue of traffic. This includes making or receiving calls, pictures, text messaging or accessing the Internet. You must pull over to a safe location.

Risk using a hand-held mobile phone when driving, and you risk a fine.

Using a hand held mobile phone while driving is illegal and you could be fined up to £1,000.

If you have to take a call use a bluetooth hands free device which is fitted to some cars or can be bought as an accessory for £30 a saving of £970 on the maximum fine.