



Mobile Phones and Driving: Tips for Drivers

The GSMA has produced the following
Mobile Phones and Driving: Tips for Drivers

1. Never use a hand-held mobile:

In many countries it is illegal to use a mobile phone while driving unless you use an appropriate handsfree in-car kit or portable handsfree device. A handsfree device can reduce the physical effort to make and receive calls, however, it alone does not make using a mobile phone while driving safe.

2. Never send SMS or email, look up phone numbers or access the internet:

Always keep both eyes on the road and do not read, write or send SMS text messages or look at the Internet. Also, do not email or take notes during a call while driving. If required, use a directory assistance service which connects you directly to the number and do not look up phone numbers from the phone's memory.

3. Plan your trip - pre-set navigation and make calls when stationary:

Plan your trip and always preset the destination in navigation software before starting to drive and make use of turn-by-turn voice guidance. Try to make calls when stationary or during rest breaks on long trips.

4. Do not call in heavy traffic, poor road conditions or bad weather:

Do not make or accept calls if traffic, weather or road conditions would make it unsafe to do so.

5. Do not engage in complex or emotional conversations:

If a call becomes complex or emotional tell the person you are speaking to that you are driving and suspend the call. Complex and emotional conversations on a mobile phone, or with other passengers, and driving do not mix.



6. Use message services to answer calls:

If it is unnecessary to answer a call immediately or you consider it unsafe to answer at the time, let it divert to voicemail or an answering service.

7. Pull over safely when stopping to use your phone:

If you stop to answer a call or use your phone pull over carefully in a safe area or wait until the end of your journey. Do not stop where you could be a hazard to other vehicles, pedestrians or yourself.

8. Use phone features to reduce effort:

Use the phone's instruction manual to learn the use of the speed dial and redial features. If possible, use a phone with voice activated dialling and automatic answering features to reduce the effort to make and receive a call.

9. Tell callers you are driving:

Always let the person you are speaking to know that you are driving. This lets them know that you may not always respond immediately and that you may have to end the call if driving conditions change.

10. In emergencies use your phone to call for help:

Dial your national emergency number in case of emergency. Many networks support the international GSM emergency number '112'.



DISCLAIMER

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The "Mobile Phones and Driving: Tips for Drivers" are intended to assist mobile phone users with general information regarding the use of mobile phones while driving. Users of the "Mobile Phones and Driving: Tips for Drivers" are required to comply with relevant national laws and rules covering the use of motor vehicles, including the use of mobile phones while driving. These safety tips should be read in conjunction with those laws and rules and do not replace or modify those laws or rules. Circumstances may also exist where use of a mobile phone is unsafe. Users must use their own judgement and these safety tips do not suggest that the use of a mobile phone while driving is necessarily appropriate. Users must make their own enquiries and where necessary obtain specific advice in relation to any of the activities referred to in the "Mobile Phones and Driving: Tips for Drivers".



Where to go for more information
GSMA: <http://www.gsma.com/health>



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