

There is increasing concern about the safety of drivers who use their mobile phones while driving. This has been exacerbated by the increased use and popularity of SMS text-messaging, and potential dangers of high-tech mobile phones featuring email, video, games and delivery of advertising messages.



#### HANDS-FREE MOBILE PHONES

- One in five people (18 per cent) admits they often use their mobile phone without a hands-free kit while driving (source: *2007 AAMI Crash Index*)

#### TEXT-MESSAGES

- Four in 10 drivers have sent or read a text message while driving (39 per cent) (source: *2007 AAMI Crash Index*)
- Texting while driving is most common among drivers in South Australia (48 per cent) (source: *2007 AAMI Crash Index*)

#### MOBILE PHONES AND DRIVING SAFETY TIPS

- Always use a hands-free device if you must speak on the phone while driving – ensure it is set up and working before you start to drive.
- Plan your trip and only make calls when stationary – try to make calls before you begin your journey, or after you reach your destination, or during rest breaks in long trips.
- Avoid making and accepting calls when driving in heavy traffic or bad weather conditions – inform the person you are speaking with that you are driving and may have to end the call if driving conditions change.
- Do not engage in complex or emotional telephone conversations while driving – they are distracting and can be dangerous.
- Use your phone's message service to answer calls where possible – if a call is unnecessary or it is unsafe to answer, allow it to be diverted to voicemail or an answering service.
- Pull over safely if you stop to make or answer a call, or to retrieve a message – don't stop where you could be a hazard to other vehicles or pedestrians.
- Never take notes, look up phone numbers, or read or send SMS messages while driving – always keep your eyes on the road. If required, use a directory assistance service that connects you directly to the number (source: Australian Mobile Telecommunications Authority).