

Safe drivers
know to



So when you're on the road, stop all distractions, which includes your mobile phone

Mobiles and road safety

On the road, mobiles have many benefits such as access to emergency services, weather and traffic information, and security when travelling alone.

But research shows that using a mobile while driving, or while crossing the road as a pedestrian, can cause mental and physical distraction and increase the risk of an accident.

Our advice for pedestrian safety

Talking or texting on your phone reduces your awareness of traffic around you. When you're crossing a road your focus should be on other road users. Tell your caller you need to take a short break from the conversation, or stop texting, or picture messaging until you've safely reached the other side.

Our advice for safe driving

The primary responsibility of any driver is the safe control of their vehicle.

When it comes to driving, our advice is simple: **don't use a mobile when you're at the wheel, and never send or read a text or picture message while driving.**

Why not switch off and just let your mobile go to voice messaging and pick up the message when you've stopped driving?

If you really need to make or receive an important call, find a safe place to pull over and park. This will eliminate the risk of distraction.

Alternatively, you can use hands-free equipment, but the keep call short; and use voice-activated dialling or answering to reduce the level of distraction.

Hands-free options range from simple ear-piece extensions that plug into your mobile, to built-in car kits with their own microphones and speakers. Car kits can be fitted by a professional installer.

However, it's strongly recommended that you keep calls short, and preferably find a safe place to pull over and park before using your hands-free kit.



Some options for safer driving

- Don't use a mobile when you're at the wheel. It can cause distraction and increase the risk of an accident.
- Never send or read a text or picture message while driving. It will cause mental and physical distraction and increase the risk of an accident.
- Switch off and let your phone go to voice messaging and pick up the message when you've stopped driving.
- If necessary, find a safe place to pull over and park so that you can make or receive a mobile call.
- Use a hands-free kit with voice-activated dialling and answering, but keep the call short, and preferably find a safe place to park before using your hands-free kit.
- Ask a passenger to make calls with the hands-free kit. They can take care of the dialling while you take care of the driving.

For more information see our website vodafone.co.nz