



Mobile phone road safety card

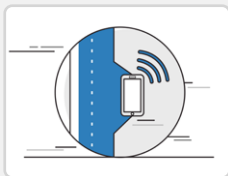


Using a mobile phone is a major source of distraction, impairing driving performance. Distracted drivers are

23 times more likely to be involved in an accident.



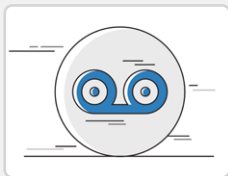
Do not make or answer calls while driving



Pull over safely and park to make or answer calls



Do not read or send text messages while driving



Use voicemail instead of answering your phone while driving



Do not look up phone numbers while driving



Plan breaks in your trip for phone calls

This checklist is provided to you by the **IRU Academy**, the training arm of the **International Road Transport Union (IRU)**.

See our training programmes on www.iru.org/academy