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

Do not read or send text messages while driving

Do not look up phone numbers while driving

Pull over safely and park to make or answer calls

Use voicemail instead of answering your phone 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