

Mobile phone ban for drivers

- **From 18 June, colleagues will be banned from using mobile phones, PDAs or any other device that may cause distraction, whilst driving on behalf of Royal Mail. This includes using your phone 'hands-free'.**
- **New policy applies to all colleagues on Royal Mail business, whether you're driving a Royal Mail vehicle or your own.**

Sue Whalley, MD Letters & Network: 'Your health and safety is our number one priority. We want to do everything we can to minimise the risk of road traffic collisions. If you're using a device, even hands-free, your attention is distracted and this can be the difference between life and death. That's why we're following the advice of road safety experts and introducing this ban.'

No call or message is worth a life:

- » Drivers are **4 times** more likely to crash when talking on the phone at the wheel, even if hands-free*.
- » Texting whilst driving increases that risk to **23 times**.
- » Driver reaction times are **30% slower** on a hands-free phone than driving at the drink-drive limit.

What the law says

- » UK law does not forbid the use of mobiles devices hands-free, but it does say that drivers must not be distracted whilst driving.
- » Hands-free use of mobile phones can, and is, used as evidence to support convictions for careless or dangerous driving.

Change your routine

1. Programme your sat nav before you leave on your journey – never whilst driving.
2. Switch your phone to driving mode before you set off, or turn it to silent and put it out of sight.
3. Take regular breaks to check your messages, have conversations or take part in conference calls.
4. If you're making a call to a Royal Mail colleague, terminate it immediately if the colleague is driving.

REMEMBER:
Non-compliance with Royal Mail policy is a conduct issue, and could result in you losing your job.

*Research findings provided by road safety charity, Brake. Find more details at www.brake.org.uk/campaigns/other-campaigns/be-phone-smart

For more information, watch **RMtv** and visit **myroyalmail.com**

