

Message from Gary Simpson

Message from Gary Simpson: never use your mobile while driving

We are introducing a new policy banning colleagues from using mobile phones, PDAs or any other device that may cause distraction, whilst driving on behalf of Royal Mail Group. This includes using your phone 'hands-free'. The policy will apply from 18 June.

Please print this 'Mobile phone ban for drivers' PFW News Update and distribute to your teams.

Stay focused

Many of you spend a lot of time on the road and your health and safety is our number one priority. While UK law does not forbid the use of mobile devices hands-free, it does say that drivers must not be distracted whilst driving. If you are using a device, even hands-free, your attention will be distracted, and even a moment's distraction can cause accidents, with devastating consequences.

Research has found that drivers are four times more likely to crash when talking on the phone at the wheel, even if hands-free. If you are texting whilst driving, that risk increases to 23 times.

[Click here](#) to watch the shocking story of Elaine, who was knocked off her motorbike by someone who was using their mobile hands-free when driving.

Avoid using your mobile on the road

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

Please note

The policy applies to all colleagues, including car drivers, whether you're driving a Royal Mail Group vehicle or your own vehicle for business use. Non-compliance is a conduct issue, and could result in you losing your job.

Please also be aware that the 'hands-free' use of mobile phones can be, and is, used as evidence to support convictions for careless or dangerous driving, including the very serious charge of causing death by dangerous driving. Sentences for causing death by dangerous driving include a custodial sentence to a maximum of 14 years.

If you have any questions, please contact your local SHE advisor.