



Stop & Talk: Use of Mobiles Whilst Driving

Health, Safety, Security, & Environment

SaferTogether

Using mobiles and other devices whilst driving (even hands free) causes distractions that increase the risk of road traffic incidents. In the UK in 2019, 1,870 people died and over 27,000 people were seriously injured in road traffic accidents (up to 2% of these may be attributed to uses of mobiles).

What is the issue?

Research shows that increased demands on a driver's attention impair driving performance, including decreased hazard perception, longer reaction times, poor lane discipline and an increased risk of being involved in a collision

Drivers using hands-free mobile phones tend to 'look at' but not 'see' objects, with estimates that drivers using a mobile phone look but fail to see up to 50% of the information in their driving environment. This is known as *inattention blindness*.



What should you do?

Stantec does not allow the use of mobile phones (even hands free) whilst driving (see SWP124)

Avoid being distracted by other devices (e.g., adjusting radio / SatNavs) when driving

If you are using a hire car, make sure you are familiar with its controls / systems before you set off

Turn on **Do Not Disturb While Driving** on your iPhone [Go to Settings > Do Not Disturb > Scroll to Do Not Disturb While Driving choose Active > Automatically]

If you need to make a call or check / adjust your SatNav then find a safe place to stop first

If you have questions, please contact your supervisor, Office Safety and Environment Coordinator (OSEC), or local HSSE representative

*HSSE Stop & Talk are written for educational purposes and are not intended to replace safe work practices or procedures.
ver. November 2019*

