Fellow Passengers

Generally, passengers can assist the driver by answering the mobile phone, navigating, adjusting the radio and other dials and alerting the driver to speed limits and approaching hazards.

However, current research has revealed that young drivers have a greater risk of crashing when they have friends in the car as they may be distracted by their comments or encouraged to engage in risky (e.g. speeding, tail-gating) driving behaviours.

What the ACT Government is doing

› Implementing awareness campaigns to emphasise the risks of driver distractions.
› Implementing awareness campaigns to encourage all road users to reduce the use of mobile phones while driving.
› Enforcing the laws on using a mobile phone while driving.

What you can do

› Don’t use hand-held mobile phones while driving – either turn the mobile phone off; or if it is safe, pull over to take the call.
› Don’t send text messages or read text messages while driving.
› Enter destination information into your route guidance systems before starting your journey.
› Adjust your radio or CD system before setting off.
› Avoid eating, drinking or smoking while driving.
› Refrain from performing any other activity while driving (e.g. reading, writing, grooming) that might take your focus off the road.

To obtain more information on this or other road safety topics visit: www.justice.act.gov.au

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ENGLISH If you need interpreting help, telephone:
ARABIC إذا احتاجت المساعدة بالترجمة التلفونية اتصل بالشام:
CHINESE 如果您需要口译服务，请拨电话:
CROATIAN Ako trebate pomoć tumača telefonirajte:
DARI اگر به کمک ترجمه نیاز دارید به این شماره تلفن کنید:
GREEK Αν αναγκάζεσαι την υποστήριξη του αρματουργού, τηλεφωνήστε:
ITALIAN Se avete bisogno di un interprete, telefonate al numero:
LAO ລາວພາສາກາງຊາຍເລັ່ນກ້ອງທືນເຫັນມາ:
MALTESE Jekk ghandek bżonn 1-għajnuna t’interpretu, ċempel:
PERSIAN اگر به ترجمه نیاز دارید به این شماره تلفن کنید:
RUSSIAN Если вам нужна помощь переводчика, звоните по телефону:
SPANISH Si necesita la asistencia de un intérprete, llame al:
VIETNAMESE Nếu bạn cần một người thông ngôn hãy gọi điện thoại:

TRANSLATING AND INTERPRETING SERVICE
131 450
Canberra and District - 24 hours a day, seven days a week

www.justice.act.gov.au
Canberra Connect 13 22 81
Mobile Phones and Driving

Using a mobile phone while driving can significantly impair a driver's:

› attention on the road environment,
› reaction-times and decision-making processes,
› ability to judge safe gaps in the traffic, and
› ability to maintain speed and position on the road.

Research has found that talking on a mobile phone while driving, whether hand-held or hands-free, can increase the risk of being involved in a collision by up to four times. And sending a text message is even more distracting than talking on a mobile phone.

Mobile phone use also often involves other tasks such as writing down phone numbers, dates or notes that may further distract the driver.

In the ACT, it is illegal to drive or ride a vehicle while using a hand-held mobile phone. It is also illegal to use a hand-held mobile phone when your vehicle is stopped but not parked – for example when you are waiting at traffic lights.

Route Guidance Systems

Entering destination information into a route guidance system while driving is a very distracting task, and all destination information should be entered into your system before starting your journey. The use of voice input technology may reduce the distraction associated with this task.

Also, systems that give navigation instructions using voice output are less distracting and more usable than those systems that present the information on a visual display.

Entertainment Systems

Tuning a radio or operating a CD player while driving takes your full attention off the road, and places you at a greater risk of being involved in a crash.

It would be best if you made any adjustments before setting off on your journey.

Eating, Drinking and Smoking

Eating, drinking and smoking while driving can take your focus off the road, and increase the risk of you causing a crash.

A recent American study has found that eating while driving can be more distracting than talking on a mobile phone, and doubles the risk of being involved in a crash.