



FACT SHEET

SAFETY TIPS FOR USING YOUR MOBILE WHILE DRIVING

As part of everyday life people move around in motor vehicle in a bid to meet social-economic, psychological or health needs. Some people have been driving either long distance or within town as hobbies. On a daily basis it is either one is driving or is being driven; in our world today vehicles are inescapable. The aim of this write-up is to educate road users on the dangers of making or receiving phone calls while driving.

Driving and talking on the phone at the same time could be really dangerous, as a matter of fact it could lead to loss of life. Below are some safety tips for road users who want to make or receive calls on the road.

STOP THE CAR TO MAKE OR RECEIVE CALLS

The Federal Road Safety Commission has made it an offence punishable under law for any person to make or receive calls while driving. Similarly, text messages have been prohibited from being sent or read while driving or riding a motor cycle. You are allowed to make or receive calls only when your vehicle is securely parked by the side of the road preferably with the engine not running.

ALWAYS USE HANDS FREE DEVICES

It is better to pull-up your vehicle to make or receive calls as a safety measure. However, where you must take a call, you must make use of the "HANDS FREE DEVICES". These are devices that help a person to a large extent make or receive calls while driving and still concentrate on the road to avoid accidents. These device are cheap but most times come in the pack with the mobile handset.

AVOID EMOTIONAL CONVERSATION

Often people get carried away when driving and using the phone especially during emotional conversations. Experience has shown that accidents occasionally occur as a result

of that (emotional) state of mind. It is thus advisable to avoid such conversations even with the use of the hands free devices. If you are driving or seated close to a person driving, ensure that you do not engage in emotional conversations which may lead to unpleasant consequences. The high way is full of hassles and challenges that require drivers to be alert, focused and emotionally stable.

AVOID SCROLLING YOUR PHONE FOR ANY REASON WHILE DRIVING

Do not scroll your phone for any reason whether it is the phonebook, message box, log, gallery etc while driving as it takes your attention away from the road. This is a common but dangerous habit and could lead to serious accidents.

NEVER USE YOUR MOBILE WHILE DRIVING EVEN FOR EMERGENCIES

Using your mobile while driving is very risky business. No emergency is worth risking your life for; as a matter of fact such emergency calls could lead to the emotional state of mind not suitable for driving. Therefore, even during emergencies a person should still endeavor to adhere to the safety driving rules or tips, you must; park your vehicle to make or receive calls. With this write-up we hope we hope to keep you, other road users and the road safe. Work with us to make Nigeria an accident free nation by abiding to all road safety driving rules and regulations.

YOU MUST ALWAYS:

1. Park your car to make or receive calls
2. Use Hands Free Devices if you must receive the call
3. Concentrate more on your wheels than the call

YOU MUST NEVER:

1. Use mobile phones while driving
2. Enter into emotional conversations while driving
3. Give emotional information to those driving
4. Drive immediately after an emotional interaction.

JOIN IN THE FIGHT AGAINST ROAD ACCIDENT

JOIN IN THE CAMPAIGN FOR SAFETY ON OUR ROADS

JOIN IN THE CAMPAIGN FOR SAFE DRIVING

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