

Transcript for the mobile phone video

It's illegal to use a hand-held phone or similar device while driving, or riding a motorcycle.

The rules are the same if you're stopped at traffic lights or queuing in traffic.

The facts

Studies show that drivers using a hands-free or handheld mobile phone are slower at recognising and reacting to hazards.

Even careful drivers can be distracted by a call or text – and a split-second lapse in concentration could result in a crash.

The law

- It's illegal to use a handheld mobile when driving, or riding a motorcycle.
- This includes using your mobile phone to follow a map, read a text or check social media. This applies even if you're stopped at traffic lights or queuing in traffic.

Penalties

If you're caught using a handheld phone while driving, you'll get six penalty points on your license and a fine of £200.

This would be an immediate ban for newly-qualified drivers who have a ceiling of six points for the first two years after passing the test

Switch off before you drive off ... don't risk it!