TOPIC



MOBILE PHONE ETIQUETTE AND SAFETY

INTRODUCTION

Australia remains one of the leading users of smart phone with 88 percent of Australians now owning one.

Thirty-five percent of us check our phone within five minutes of waking up in the morning, with 70% using phones during mealtimes with family and friends.

This toolbox talk is to warn employees of the suggested risks that mobile phones pose and to suggest steps to attempt to prevent injury.

HEALTH AND SAFETY RISKS OF MOBILE PHONES

CANCER RISK

- ARPANSA (the Australian Radiation Protection and Nuclear Safety Agency), maintains the position that 'there is no clear evidence in the existing scientific literature that the use of mobile telephones poses a long-term public health hazard, although the possibility of a small risk cannot be ruled out'.
- For those people who use the phone for 30 minutes or more each day here are some ways of reducing exposure :
- use land-line phones with cords where practicable, especially for long calls;
- Making fewer mobile phone calls;
- Spending minimal time on mobile phone calls;
- Texting instead of calling;
- Using the loudspeaker setting on the mobile phone and holding the phone away from the head and body;

- Using 'hands free' vehicle mobile phone kits (ideally while parked)
- Using a wired ear piece with electromagnetic radiation shielding;
- Holding the phone away from your ear;
- Keeping the mobile phone away from your head while sleeping.

OTHER RISKS

- A 'mobile phone culture' is risking the safety of trades people working at heights, with falls from below head height injuring thousands every year at work. Do not talk on the phone while using a ladder.
- Do not use mobile phones in hospitals and aircraft as their use may interfere with equipment
- Do not use mobile phones in potentially explosive atmospheres, including blasting operations, fueling areas such as petrol stations, and in a number of manufacturing situations.

DATE:

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SUPERVISOR/ MANAGER:

EMPLOYEE NAMES:

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The information should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional.

DRIVING RISK

The use of a mobile phone while driving is illegal in and is a major safety risk.

Research has shown that using a mobile phone while driving increases crash risk by at least 4 times. There is no safe level of mobile use while driving. A driver's attention is needed at all times.

The rules from the Drivers Handbook SA Government

You must not use a hand-held mobile phone while your vehicle is moving or is stationary in traffic (for example, at traffic lights). You may, however, use a hand-held mobile phone while your vehicle is parked.

- If a person wishes to make or receive a call, including dialing a number and needs to touch any part of the phone to do so, that phone must be mounted (in a mounting commercially designed and manufactured for that purpose).
- If the phone is being used via bluetooth, a headset or earphones without touching, holding or resting the phone on their body, the driver may touch the earpiece or headphone to operate the phone (the phone may be located anywhere in the vehicle, including the driver's pocket or pouch they are wearing).
- It is an offence to create, send or look at a text, video message or email on a mobile phone.
- It is an offence to make or receive a video call on a mobile phone whilst your vehicle is moving.
- You can use the GPS function on your mobile phone only if the phone is fixed to the vehicle in a commercially designed and manufactured cradle and you do not touch it while you are driving. You will need to set the GPS location on your mobile phone before starting your journey and, if you need to make any changes while you are driving, you will need to pull over and park before making those changes.

If you are a learner's permit or provisional (P1) license holder you are prohibited from using any type of mobile phone function while driving. The mobile phone ban includes:

- Using hands-free mode
 including Bluetooth technology
- GPS
- Text messaging
- Loud speaker operation

QUESTIONS / ANSWERS TO GENERATE DISCUSSION

Q - What is the fine for using a mobile phone while driving?

A - \$327 and 3 demerit points

Q - What are the +ve and/or -ves for employers having access to mobile phones at work ?

A - Less productive, distractions, can contact that employee at all times, Allows the employee to work flexibly, used as a workplace tools

Q - Our mobile phone policy is.....

References: http://mylicence.sa.gov.au/road-rules/the-drivers-handbook/mobile_phones_while_driving

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