

## **Using mobile phones when driving – the law**

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.

It's also illegal to use a hand-held phone or similar device when supervising a learner driver or rider.

You must [stay in full control of your vehicle](#) at all times. The [police can stop you](#) if they think you're not in control because you're distracted. This includes if you're using devices like your sat nav or car radio.

### **When you can use a phone in your vehicle**

If you're the driver, you can only use your phone in a vehicle if you:

- need to call 999 or 112 in an emergency and it's unsafe or impractical to stop
- are [safely parked](#)

### **Penalties for using your phone while driving**

You could get 6 penalty points on your licence and a fine of £200.

Your case could also go to court and you could be [disqualified from driving or riding](#) and get a maximum fine of £1,000. Drivers of buses or goods vehicles could get a maximum fine of £2,500.

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<https://www.gov.uk/using-mobile-phones-when-driving-the-law>