



Plan your journey

Reduce risk, save time and drive more efficiently

The Facts

- The UK has the 5th worst traffic congestion in Europe [1]
- Congestion-related stress can cause suppressed immune function, raised blood pressure and elevated blood sugar levels [2]
- Traffic congestion can increase stress in male drivers by 60% [2]
- Bad delays can even cause road rage and often lead to excessive speeding afterwards [3]
- Congestion increases vehicle wear and tear due to constant clutch and brake use [3]
- There is a higher likelihood of low speed collisions in traffic queues because of inattention and smaller gaps between vehicles [3]
- Diversions and delays reduce employee productivity and waste human resources [3]

The Advice

- Do you actually need to make the journey by road? If yes, confirm your vehicle is in good mechanical condition before you set out. Always check fluids and tyre pressures
- Try to get a night of uninterrupted sleep before any long journey
- Ensure you haven't drunk any alcohol for the preceding 24 hours
- If you're taking any form of prescription or over-the-counter drugs, check if they have any potential side effects that might impair your judgment while driving
- Pinpoint your destination exactly. If you rely on a sat nav, ensure you've got the most appropriate postcode; it may not be the Royal Mail one
- Plan a route that takes into account any known delays by listening to traffic reports or checking travel websites in advance
- Avoid travelling during the high risk hours of 4.00am-6.00am, when your psycho-motor skills are at their lowest ebb
- Think of the implications of the weather. For example, if there is a chance of snow or ice, you might be better choosing a motorway route with fewer inclines
- If there is a chance you could get stranded in your vehicle, ensure that you have: drinking water, a few high energy bars, a blanket, a torch, a hat, gloves, warning triangle, high vis jacket and first aid kit
- Plan a stop of at least 15 minutes every two hours to avoid fatigue
- If the journey is likely to take over eight hours, it's best to plan an overnight stay
- Always carry an operational mobile phone and in-vehicle charger with you, in case you have to stop to phone ahead
- Ensure that you take and use any eyewear that has been prescribed for you
- Always carry an up-to-date road atlas in the vehicle, in case the sat nav fails or loses its signal

Sources [1] INRIX website [2] Moxon, The Stress of Driving 2011 [3] AA DriveTech 2005