

The Facts.

Summer can mean high temperatures, increased stress levels, and extra demands on your car – so here’s some advice to help with the challenges of summer driving.

The Advice.

Driving in Extreme Heat...



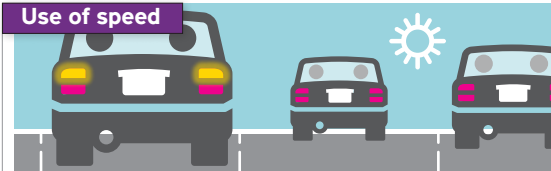
When left in direct sunlight, a vehicle interior can exceed 50°C.



When very hot tarmac melts and is as slippery as when driving on wet road surface.



Always wear suitable shoes, keep hydrated and check your tyres are accurately inflated.



Drive to suit the road conditions and always within the speed limit. To judge a 'SAFE' driving speed, consider the weather, road conditions but also the potential impact of a collision.

Driving abroad



If driving abroad, familiarise yourself with the local traffic regulations of each country.



If driving abroad worries you arrange for driver training or use taxis & public transport.

Towing a caravan or trailer



Company vehicles might be allowed to tow, check your policy. Follow the manufacturer's guidelines on towing capabilities. The tow-bar fitted must be approved by the manufacturer.



Glare



Dazzle from the sun causes many accidents.

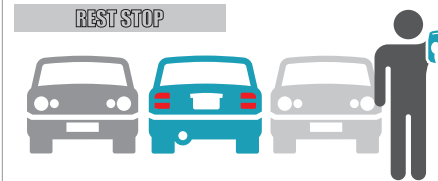


Reduce the effect of dazzle by keeping your windscreen clean, replacing worn or damaged windscreen wipers and keep a clean pair of sunglasses in your car all year round.

Driver fatigue



Tiredness causes collisions. Employees should organise schedules to avoid fatigue.



Driving breaks must be taken before fatigue sets in. A MINIMUM recommendation is a 15-minute break for every two hours of driving.

References: 1. <http://www.telegraph.co.uk/news/health/news/11547199/Not-drinking-enough-water-has-same-effect-as-drink-driving.html>
2. Loughborough University – Professor Ron Maughan. 3. Phil Watson, PhD