

## 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...



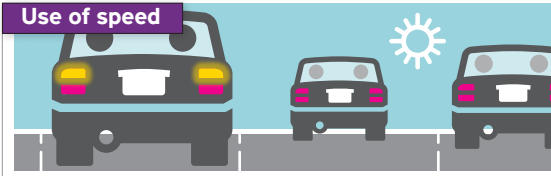
When left in direct sunlight, a vehicle interior can exceed 50°C.



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.



### Use of speed

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.

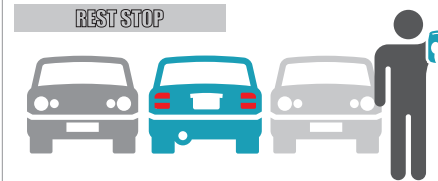


Reduce the effect of dazzle by keeping your windscreen clean, replacing worn or damaged windscreen wipers and keep a clean pair of sunglasses in your car all year round.

### 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

