



Summer

Driving

Top Tips for Summer Driving

- 1** Check your vehicle; as a minimum check the engine oil, coolant and the screen-wash levels are correct. Additionally, check the tyres for tread and pressure – and don't forget to make sure you have enough fuel for your journey.
- 2** Check ahead for the weather, if it's a weekend, bank holiday or the 'summer season'. Check an online route planner or a mobile phone app for traffic updates (when it's safe to do so of course). You might also be able to pick up the latest travel news on a local radio station.
- 3** You should always look to stop in a safe place before you eat and drink. Avoid getting over-tired or dehydrated; take frequent breaks from driving to rest, drink and eat. These breaks won't add much to your journey time but they'll help to keep up your concentration levels while you're driving.
- 4** If you're travelling with children, pack toys and games that will keep them occupied and reduce the chances of them distracting your attention from the road.
- 5** Stay sharp; keeping a regular supply of cool air circulating inside the car will help you stay comfortable and alert.
- 6** Beware of the glare; driving in the summer can mean bright sun and tired eyes. Keep your windscreen clean, use your sun visor and wear suitable sunglasses if it helps.

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