

## Further Information - Driving In Adverse Conditions

### 1.1 Seasonal Variations

Before you embark on a winter journey make sure that the screen wash contains sufficient water and winter additive and that all the lights are in full working order. Know the route and make sure that your mobile phone is working. In case of an emergency, always carry:

- Warm clothing
- A high-vis jacket
- A torch with fresh batteries
- Pieces of old carpet to aid traction
- Cans of high energy drink and energy bars
- A spade or shovel
- A charged and functional mobile phone

Local authorities are actively improving road surfaces in and around incident black spots. However, normal surfaces can still lead to incidents. Scan the road surface for black ice in cold, wet weather and potholes that can cause tyre deflation or crashes and remember that braking distances can be ten times as long in adverse conditions. Leave a four second gap between you and the vehicle in front if the conditions are icy or wet. If you start to skid come off the brakes or accelerator, turn into the skid and look in the direction you want to go.

Summer driving can also bring challenges. On long journeys drink plenty of fluids and ensure there is a supply of fresh air through the cab, as excess heat can cause drowsiness. If the sun is directly in front of you and reducing forward vision, reduce your speed when it is safe to do so.

### 1.2 Driving Off Road

You will often need to drive off road to access track points and working areas.

- Use your gears to control your speed, use brakes as little as possible
- Take your time and assess obstacles before attempting them even if this means getting out of the vehicle and walking ahead
- When negotiating slopes avoid changing gears, on steep descents select the lowest gear possible to give better vehicle control

On rural roads, match your speed to the conditions and be aware of pedestrians, cyclists, hay, mud or manure, slow-moving tractors and on-coming vehicles encroaching your side of the road.