

Summer driving

Summer driving brings unique driving challenges: more vehicles on the road, more children playing outside, more tractors, caravans, cyclists, and motorbikes. The following information should help to keep you safe on busy summer roads.

Vehicle maintenance

Maintaining your vehicle in summer is as important as any other time of year.

You should check your vehicle's coolant levels and ensure that your air conditioning is working effectively. Also, keep washer bottles full and have an additional bottle of screen wash in the vehicle.

Checking tyres for damage and tread depth is also very important as hot weather increases the risk of puncture and sudden summer showers can leave road surfaces flooded or slippery.

Allergy time

Hay fever can cause a real distraction to drivers. If affected use non-drowsy antihistamines such as Loratadine and Cetirizine. Dehydration can make symptoms worse so keep a bottle of water in the vehicle.

Regularly vacuuming the vehicle cab to remove pollen, and wearing sunglasses to keep pollen away from your eyes helps keep the effects of pollen to a minimum.

The Country Code

Be careful near tractors. They do not need indicators for daytime driving and can turn unexpectedly. Keep in mind that the mud they leave on the road can be extremely slippery after rain. Also, take care around caravans by allowing enough space and being patient.

Warm weather fatigue

Keeping windows closed and using the air conditioning system to keep the vehicle cab cool and help combat fatigue caused by driving in warm weather.

You should avoid eating a heavy meal before driving (chewing gum can stop yawning) and take a break of 20 minutes at least every two hours to take in some fresh air.

Avoid the glare

Clear sight of the road is always important. Keep sunglass lenses protected so they don't get scratched and don't drive in sunglasses with deep arms because they obstruct your periphery vision.

If your vision needs to be corrected ensure that your sunglasses have prescription lenses. Remember Class 4 sunglass lenses are not suitable for driving use two hours, even if it's a shorter journey.

Drivers should be advised to avoid eating a heavy meal before driving (chewing gum can stop yawning) and to drink a cup of coffee when necessary.

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