



Summer Driving Tips

Read the tips provided in our guide to help keep you safe on the road this summer.

Summer Driving Tips

There is a common perception that winter is the time to take most care on the road, but summer can bring its own set of driving dangers too and right now the road is calling for travellers to get out and enjoy the sunshine!

Therefore, before you pack up the car and leave on your holidays, we have some key advice for staying safe on the road this summer:

Check Your Vehicle

- Make sure your car is well serviced and in good shape for a long journey
- Check tyre pressures, engine oil and radiator coolant levels
- Check the wiper blades for splits or damage before you travel

Fact:

The Rubber Manufacturers Association (RMA) found that 29 million drivers believe that tyres require no regular maintenance. The RMA also found that only 11% of drivers are correctly checking their tyre pressure once a month.



Tip:

We recommend motorists ensure they arrange preventive maintenance inspections and services to make sure their vehicle's mechanical and electrical systems, as well as the brakes, battery and transmission, are able to perform in hot summer driving conditions. A well-maintained vehicle is also an effective way to increase fuel efficiency.

Plan Your Journey

- Remember your sunglasses! Don't let the sun dazzle you
- Check for roadworks on your route
- Keep an up-to-date road map in the car
- If you're driving your car overseas, make sure your car insurance covers you
- Check your motor insurance and driving licence allows you to tow if applicable
- Consider breakdown cover. It could save your holiday

Take Extra Care

- Know the speed limit if you are towing - and stick to it
- Don't fill your fuel tank up to the brim - heat expansion could cause a fuel leak
- Keep your distance if you are towing a caravan, boat or trailer
- Don't overload your car with luggage. If using a roof rack, make sure your load is well secured
- Farmers are busy so look out for agricultural machinery on windy country B roads
- It's a busy time for animals too: stay alert for rabbits, badgers and foxes on the road

Never:

Leave pets in the car in direct sunlight – they can dehydrate and die quickly. Park in the shade; leave them with a window open and a bowl of water. If you cannot park in the shade, always take your pet with you.

Keep it Clean

The summer months mean more bugs are flying about:

- Keep the windscreen and front and rear lights clean
- Keep a bottle of screen wash in your car
- Don't forget the inner side of your windscreen, the sunlight can mean reduced visibility

Be Ready for a Breakdown

- Keep a fully-charged mobile phone with you
- Keep oil and suitable water with you
- Travel with a supply of cold drinks and snacks

Fact:

Warmer weather, as well as increased usage during the summer months, can put a strain on vehicles and their systems, making them susceptible to breakdowns.

Be Ready for a Weather Change

- Thunderstorms and heavy downpours can start suddenly, reduce visibility and leave roads awash
- Listen to local weather reports and slow down if it begins to rain
- A short shower on a warm, dry day will leave the road slippery, so keep a healthy distance from the vehicle in front

Keep Cool

The hot weather and heavy traffic can increase stress levels:

- Keep plenty of water in the car
- Open your window or use your air-conditioning to keep cool keeping the car well ventilated to prevent drowsiness
- Take regular breaks



Tip:

A well-functioning air conditioning system is essential during hot weather. It is important to have your system checked periodically and have regular maintenance performed to avoid the discomforts of driving without ventilation and to ensure the air conditioning system is working efficiently.

Hay Fever

Hay fever symptoms are worse in the summer months and sneezing at 70mph can mean losing your vision for as much as 100 metres. Anyone who has tried to keep their eyes open when they sneeze will know it's almost impossible.

Here are some tips:

Only take medication that doesn't cause drowsiness.

Ask about pollen filters for your make and model of car.

Keep tissues close to hand.

Slow down if you are about to sneeze.

Wear sunglasses to block out bright sunlight.

Close windows and air vents to reduce pollen grains in the car.

Vacuum car mats and carpets regularly during the summer to get rid of dust

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