

# Easter Period Safety

*a message from company fleet*

***Easter is approaching and for many people it is a chance to take a break and relax. It may seem obvious, but good planning and preparation will be the key to having a safe holiday.***

When many of us plan trips away and spend extra time on the road, you and your family may be exposed to extra risk. This Easter, here are some useful tips to stay safe.

## **Vehicle Check List:**

Before leaving for a long drive, it is important that you make sure that your vehicle is operating in a safe manner. Always remember to check your vehicle and refer to your drivers handbook in your glove box.

A simple acronym to follow when carrying out a vehicle check is; POWDER

- P** – Petrol – Ensure you have enough fuel to reach your destination on time
- O** – Oils – Check all Oil levels and ensure the vehicle is on a level surface when checking
- W** – Water – Check all the water and coolant levels
- D** – Damage – walk around the exterior of the car and check for any damage or defects
- E** – Electrics – Ensure head, tail, brake, hazard and indicator lights are working
- R** – Rubber ( tyres and wipers ) – Check tyre pressure and wipers including the spare

## **Fatigue:**

It's common on long trips for drivers to suffer from fatigue and to increase their speed to arrive faster. This type of behaviour leads to dangerous driving

- Be aware of fatigue symptoms:
- Sore or heavy eyes.
- Delayed reactions.
- Erratic driving.
- Inconsistent travelling speed.

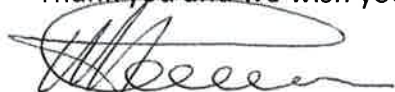
## **Alcohol and Drugs:**

No amounts of alcohol or drugs are safe while driving. Even a small amount will affect your concentration and reaction times, increasing your risk of collision. For prescribed medication, make sure you have medical clearance to drive.

## **Speeding:**

Be alert to temporary speed zones and if in doubt reduce your speed. If possible, use the cruise control option to maintain a selected speed. Adjust your speed to suit road and weather conditions.

Thank you and we wish you and your families a happy and safe Easter!



**Mike Rausa**

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### **Helpful Tips**

- ✓ Get a good night's sleep before your trip
- ✓ Don't drive for more than eight to ten hours a day
- ✓ Take regular breaks – at least every two hours
- ✓ Share the driving wherever possible
- ✓ Take a 15 minute powernap if you feel yourself becoming drowsy

