

DRIVING DURING THE FESTIVE SEASON

Pack safely, prepare for the traffic, stay alert and awake



Packing for your trip

The way you pack your vehicle can impact the way your vehicle handles and the safety of the passengers. When preparing for your trip consider the following:

1. Avoid anything on the roof, it increases the centre of gravity making the car less stable.
2. The boot is the best place for your belongings, placing heavy items on the bottom and distribute the weight evenly.
3. If driving a wagon or SUV utilise the cargo shield and/or secure items to ensure they don't move around. Minimise items in the cabin
4. Ensure you can see out the back window
5. Don't overload your vehicle and utilise a trailer. Ensure the trailer is packed with heavy items on the bottom and the weight is evenly distributed.

Preventative skills reduce the chance of incidents:

Traffic increases at Christmas time. More cars mean more risk!

1. Keep a 3 second gap, 2 seconds is too close
2. Let cars in, DON'T stand your ground no one gains from it.
3. 2 hours of focus is long enough, take a break, get fresh air and revive.
4. Look further ahead, stretch your vision. Be aware what other drivers are doing
5. Plan, driving times, stops and let someone know your plans keep them updated



What causes Fatigue at Christmas

You have been working hard all year, look forward to the break and stay safe. It's too easy to relax too soon.

1. Ensure you are well rested 48 hours before your trip commences
2. Avoid heavy foods, eat light & healthy
3. Avoid alcohol 24 hours prior to your trip.
4. Avoid midafternoon driving
5. Avoid driving when you would normally be sleeping
6. Take breaks at least every 2 hours and don't drive more than 8 hours.
7. Share the driving if you can.
8. Take a 15 minute power nap if you are feeling tired.
9. Yawning, sore or heavy eyes, daydreaming, stiffness, cramps, loss of motivation... **STOP**. Fatigue has set in; these signs should act as a warning for you to take a break.

Safe travels and Merry Christmas from The Team at the Australian Driving Institute