

As the winter weather is now upon us please take some time to read the below tips communicated previously which will hopefully act as a useful reminder around things you can do to stay safe.

Don't forget **FROST**

- F – Suitable **footwear** – especially between buildings and vehicles
- R – **Road** risks – drive defensively, ensure vehicles are fit for conditions
- O – Look after **others**, in particular vulnerable customers
- S – **Safety** first!
- T – Cold **temperatures** can trigger health issue

During December take ten minutes using these tips to prepare yourself and your vehicle for winter

You

- A blanket, warm clothes, hat and wellington boots
- Torch
- First aid kit
- In-car mobile phone charger
- Emergency rations e.g. a drink and snack
- Money

Your vehicle

- Fluids topped up – fuel, water, screen wash etc
- Lights working and lens clear, keeping sidelights on all day
- Oil topped up – is a service required?
- Wipers in good condition
- Equipment - high visibility vest, hazard warning triangle, de-icer and scraper, shovel, pressure gauge
- Rubber tread depths 1.6mm legal minimum and check tyre pressures
- Self - make sure your fit to drive

And finally.....

Personal Safety

- Before you open the door and step out, check the road or pavement
- Can you see the kerb? It may be covered by leaves or snow?
- Don't overload yourself when moving to and from your vehicle and around your workplace
- Carry items in one hand, leaving the other free
- Fresh snow shouldn't be too slippery on the first lay. If it snows again before a thaw it could be snow on top of ice
- Wear footwear with good tread for grip and keep them clear from mud and other debris

Driver Safety

- Drive at a safe speed, adjust to the changing conditions, especially heavy rain or low sunlight
- Keep your distance using the two second rule and increase significantly in rain and snow
- Take regular breaks - don't drive if you're tired

- Plan your journey - if you're not local to home be prepared in case you get stranded
- Be seen - lights on early, or keep your side lights on all day
- Keep to well-lit roads
- Keep your hi-visual jacket over the passenger seat so it's at hand and not in the back of the vehicle