

Winter Driving Tips

- A two minute check prevents a wreck



Protecting local communities

Plan your journey and prepare for all conditions!

F^{FUEL}

- ~ Do you have sufficient fuel for the journey you are making?
- ~ When do you plan to refuel? Do you have sufficient money?
- ~ Which garage will you use?

L^{LIGHTS}

- ~ Do all of your lights work? This includes your indicators, headlights, rear lights and fog lights

O^{OIL}

- ~ Have you checked your oil, is there an oil warning light on your dashboard? If so don't ignore it!

W^{WATER}

- ~ Check your coolant levels. Do you have sufficient screen wash at the appropriate concentration to resist freezing?

E^{ELECTRICS}

- ~ Check demisters, air conditioning and anti-lock braking systems

R^{RUBBER}

- ~ Have you checked your tyres, do they have sufficient tread and are they correctly inflated? Are your wiper blades free from tears and in a good condition?

S^{SELF}

- ~ Are you fit to drive and not under the influence of alcohol or drugs? If you need to wear glasses or contact lenses for driving use them. Are you alert, stress free, not fatigued?

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Did you know?

It takes roughly 1 hour for your body to breakdown 1 unit of alcohol?



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Never drive under the influence of drink or drugs. Even a small amount can impair your driving.

Take into account the morning after effect - give yourself sufficient time for alcohol to leave your body before you drive.

Here is a rough guide to how many units are in popular drinks:

1 Unit	-	25ml Gin/Vodka/White rum (37.5%)
1.5 Units	-	275ml alcopop (5%)
2 Units	-	330ml premium beer (5%)
2.5 Units	-	275ml strong cider (7.5%) 175ml wine (12%) pint of beer (4%)
3 Units	-	Pint of cider (5%) Pint of premium beer (5%) 250ml wine (12%)
9 Units	-	Bottle of wine (12%)



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