



CUMBRIA FIRE & RESCUE SERVICE

DRIVE SAFELY



Cumbria
County Council

**Winter and
dark nights
are coming**

Familiar roads can seem very different once the sun goes down. After dark, we lose much of our depth perception, peripheral vision, and colour recognition. This combined with spells of hard frosts, ice, or even snow on the roads, can make driving potentially very dangerous.



Supported by Nuclear Management Partners





TOP TIPS FOR SAFE DRIVING DURING THE WINTER MONTHS-

- 1. Maintenance-** Towards the end of autumn is always a good time to check your car is prepared for winter. These checks include; the brakes, anti freeze levels, winter screen wash, tyre pressures and tread depth, and windscreen wipers are in good working order.
- 2. Slow down-** It is more difficult to judge both speed and distance after dark and black ice patches can not always be seen. Slowing down helps you control the car, making it easier to manage if you need to brake unexpectedly.
- 3. Keep your distance-** Ensure you leave extra room between you and the vehicle in front. This gives you more time to slow down or come to a stand still safely.
- 4. Make sure others can see you-** Check your vehicle lights are working and the lenses are clean, before you set off.
- 5. Clean your windscreen and mirrors-** Ensure windscreens are clean and all ice and snow is removed before setting off. It is a good idea to keep a scraper and a can of de-icer inside your car.
- 6. Be kind with your headlights-** If there's a driver in front of you, or at the first sight of oncoming traffic, don't dazzle them, dip your headlights.
- 7. Be prepared-** For longer journeys, have a planned route including breaks. Check for regular traffic and weather updates, and carry a charged mobile phone.
- 8. Beware of obstructions-** Always expect the unexpected when travelling on country lanes. This could include: standing traffic, farm machinery, pedestrians and wildlife, motorcyclists, rocks, trees, or mud across the road.
- 9. Pedestrians & Cyclists-** Be extra vigilant, especially in built up areas as pedestrians and cyclists can be hard to spot, as they don't always wear the appropriate safety clothing.
- 10. Don't drive if you're drowsy-** Fighting the urge to sleep, especially after dark, is a serious mistake. Pull over, take a break and get some fresh air.

For a **FREE** Home Fire Safety Visit, please phone -

0800 358 4777

PREVENTING PROTECTING RESPONDING
cumbriafire.gov.uk

