



WINTER TRAVEL: HOLIDAY SEASON

As we take our end of year break, many of us will choose to travel if we are able to. However, we need to ensure we StepBack and plan thoroughly to ensure a safe and sustainable festive season.

THINGS TO CONSIDER



Disruptions

What are the potential travel disruptions? Are engineering works planned? Roadworks? What information can you establish in advance and do you have a Plan B? Leave longer transfer times to/from the airport or station to allow for disruptions.



Timings

Think carefully about travel times and avoid the busiest periods where possible. Route plan in advance to establish potential disruptions, peak periods and delays. Always aim to avoid the rush when you can and give yourself plenty of time.



Return Journey

While the media is often discussing the 'Christmas getaway', the return journey is often overlooked. December 27th is known as one of the busiest days on the roads every year. Have you fully prepared for your return journey?



Overcrowding

There may be overcrowding on public transport and at service stations due to the more heavily concentrated Christmas travel. Allow extra time for travel.



Breakdowns

During the peak holiday period, breakdown firms may be more stretched and operating with a reduced responsiveness/much longer wait times. Do you know how your provider operates over Christmas and New Year? Do you have winter essentials in your vehicle if you get stranded?

TAKE A MOMENT TO THINK ABOUT:

- Utilize intelligent route planning: use the likes of Google 'live' traffic and 'typical conditions' to understand the major road network bottlenecks and consider alternative routes.
- Be realistic about what options are available and watch out for further transport body guidance.
- Take regular breaks to minimize the risk of fatigue.



HOLIDAY PARTY SEASON: ALCOHOL & DRUGS

As the festive period approaches you will notice the campaigns promoting awareness of impaired driving. We are all aware that impaired driving is reckless and against the law, but many people are still convicted every year.

Data suggests that December drink-driving offenses are on the rise each year.

The World Health Organization (WHO) reports that In high-income countries about **20% of fatally injured drivers have excess alcohol in their blood**, while in some low- and middle-income countries these figures may be up to 69%.

Driving while under the influence of drugs is a life-threatening risk to the driver and other road users.

Driving while under the influence can dramatically slow reaction times, reduce the ability to concentrate, alter your vision and distort the judgment of time and distance.

Be aware that some medicinal drugs can also impair your driving. Check the label or ask your doctor/pharmacist for more information.

DID YOU KNOW?

You are:

- **6x more likely** to be involved in a fatal crash, if you have **50-80 mg alcohol** per 100ml blood, compared to 0ml.
- **3x more likely** to die on the roads, if you have **20-50mg alcohol** per 100ml of blood, compared to 0ml.
- **46% more likely** to be at fault in road collisions, if you have **10mg alcohol** per 100ml, compared to 0ml.

Never drive under the influence; it's not worth the risk to you, your license or other road users.

WINTER DRIVING: GUIDANCE

- Is your journey essential? Drivers are nearly 20% more prone to collisions during the dark winter months. The safest journey is always the one not taken.
- Plan your journey: travel on major roads, where possible, that will have been cleared and gritted; allow extra time for safe, unhurried traveling; check for any travel disruptions in advance of leaving; ensure your shoes are clean and dry so as not to slip on the pedals.
- Make sure your vehicle has been maintained recently and carry out thorough pre-drive checks before you travel. This includes checking your tyres, fluids, wiper blades and electrics. In winter, a minimum of 3mm tyre tread is recommended. Check your anti-freeze and top up where needed.
- Ensure you are carrying a winter driving kit. Not sure what you should pack? [Click this link to find out more.](#)
- Fully clear your windscreen of snow, ice and mist to ensure good driving visibility. Clear any snow off your roof to ensure it doesn't slip onto your windscreen while driving and obscure your vision.
- When checking your car lights (e.g. head lights, fog lights, indicators) are working, clean the lenses if they are dirty to ensure other road users have good visibility of your vehicle.
- Low winter sun can be blinding and affect visibility. Keep sunglasses in your car to combat the glare.

Jacobs

