FESTIVE TRAVELLING

Safety Bulletin

How to stay safe when driving during Christmas and the New Year

As the festive period during December makes our roads busier than ever, so does the amount of incidents and injuries occur from reported drink or drug driving events.

Journey planning

Plan your journeys in advance and consider changing weather and traffic. Always use main roads where possible.

Are you fit to drive?

If you are drinking alcohol or have taken medicines that make you drowsy, you should not drive. Ask someone to drive for you.

Fatigue awareness

Don't drive tired. Fatigued drivers take longer to react to hazards. Take breaks and share driving when on journeys.

Vehicle Condition

Is your vehicle fit for the road? Carry out pre-drive checks, garages offer free safety winter checks.

Christmas Trees

If you're picking up a Christmas tree, ensure it's securely tied down, or that your vehicle is large enough to fit one.



Important things to remember

- If you had a few drinks the night before, you could still be over the limit the next morning - click here to use a unit calculator.
- Always wear your seat belt, including any public transport such as taxi's. It could save your life or reduce injuries if you're involved in a collision.
- Slow down, and don't rush journeys - it's not worth the risk.
- Don't allow yourself to become distracted when driving with your phone, satnav or with others in the vehicle.
- If you have made a travel essentials checklist - **always check it twice!**

Our Services +

Applied Driving is a leading, global provider of driver safety and performance management solutions. Our dynamic approach analyzes the risks your drivers face and, in turn, gives us information on how to mitigate these risks through best-practice solutions. For detailed information on all our services please get in touch with our team by email or visit our website.

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