

# WINTER DRIVING

## TAKE CARE OF YOURSELF

### Dress Warm

Wear comfortable warm clothes that won't restrict movement. Keep clothes in your cab in case you get stuck or stranded.

### Eat Well

- Keep healthy by avoiding junk food which causes highs and lows in your blood sugar level.
- Eating frequently keeps your energy levels up and helps you stay awake during long trips.
- Keep extra packed food in cab in case you are stuck or stranded.

### Rest

Stop in a safe place. Stretch your legs and get fresh air. Do this for 10 minutes or so every 2-4 hours.

### Medication

Avoid medication (even prescription) which may make you sleepy or affect your driving ability.

## TRUCKERS WINTER SURVIVAL KIT



**In case you are stranded keep the following in your ride.**

- Extra blankets.
- Extra clothes, shoes, jackets.
- Non-perishable energy foods, chocolate, tinned food, juice, instant tea/coffee, soup and bottled water (enough for 3 days supply).
- Matches, torch and batteries.
- Can opener and eating utensils
- First aid kit.
- Road flares, warning lights.
- Spare battery/charger for your cell phone.

### For your vehicle

- Jumper cable
- Spare tyre, wheel wrench, jack

## TAKE CARE ON THE ROAD

### Safe Distances

The normal driving guide is the 'two second rule' distance between vehicles. In winter you need to double or triple this distance, lower your speed and leave extra room to stop.

### Listed to officials

- If directed to use an alternative route, don't argue – use it.
- Don't stop in a way that will block the road and prevent emergency vehicles getting through.

### Speed

- Posted speed limits are for ideal conditions. GO SLOWER in cold conditions.
- When going down a hill, pick your maximum safe speed at the top and stay under that speed with gentle on/off braking.
- Use lower gears to keep traction down the hill.

### Braking

- Cold wet conditions can cause brakes to be weak, apply unevenly or grab. This causes a lack in braking power, wheel lock-ups, pulling to one side and jack-knifing if pulling a trailer.
- Brake gently to avoid skidding if wheels lock, and ease off all brakes.

### Visibility

- Dust, pollution, and smoke from veld fires and snow reduce visibility. Slow down!
- Travel with lights on.
- Keep lights, reflective tape and windscreen clean.
- Avoid passing other vehicles.
- Drivers have limited visibility in poor conditions and the road may be worse in front.

### Slippery Surfaces

Slow down! When driving in high altitude areas e.g. Lesotho or Van Reenen's Pass – be aware of black ice on the road.

## TAKE CARE OF YOUR VEHICLE

**In winter it is even more important to ensure your vehicle is well maintained and serviced.**

- Check that the battery is always fully charged.
- Remove any ice from the windscreen, windows, mirrors and lights before you set off on your trip. Make sure your windscreen washer bottles are full.

### Tyres

- Frost on the road requires you to ensure that all your tyres have adequate tread depth.
- Tyre pressure constantly goes down at a rate of about 1 psi per month. This is simply from oxygen molecules leaking out through the rubber. During winter, tyres lose 1 psi for every 10 degree drop in temperature. Check pressure more frequently.

### Fuel

- Keep your tank more than half full as warm daytime temperatures fill the empty space in the tank with moisture that condenses during the cold nights so water can sink to the bottom of the empty tank and cause major problems.

### Oil

- Check your vehicle's oil level, especially before long trips, and more often in winter as it uses more oil than in summer.
- Check with your supplier for their range of winter oils.

## DID YOU KNOW?

- Black ice is water which has frozen on wet road.
- Even at higher temperatures there can be ice in shady areas or exposed areas like bridges.



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