


# SUMMER CHECKLIST FOR YOU

**95 ALIVE**

The York & North Yorkshire  
Road Safety Partnership



As a driver you have a responsibility to yourself, your passengers, and other road users. Here are some suggestions as to what you can do to assist you in having a safe journey.

1. Be sure you are properly rested and not feeling unwell before setting off.
2. Plan your journey (route and timing) allowing yourself extra time for hold-ups.
3. Ensure your eyesight is up to the relevant standard and be aware if your eyes are sensitive to bright light – have you packed your sunglasses? (have your eyes checked at least every two years)
4. Consider joining a recognised breakdown / recovery service.
5. Do you suffer from hay fever? (Remember that some medication can make you drowsy).
6. Remember to carry with you any medication that you may need during the journey and whilst on holiday.
7. Drive at a safe distance. Remember that roads can be very slippery when it rains after a long dry spell.
8. Beware of the effect of sun stroke. Particularly in open top cars or with the sun roof open.
9. The strobing effect of the sun through trees can be distracting and can even induce fits in some people.
10. Do not use footwear that could come off and get caught between the pedals. Open back shoes and flip flops are not suitable for driving.

## **Suggestions -**

If you are travelling to another country, make sure you know the legal requirements in that country and any other countries you may have to travel through.

**PLEASE KEEP THIS CHECKLIST  
IN YOUR CAR**

# SUMMER CHECKLIST FOR YOUR CAR

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At least a day before starting your journey check the car thoroughly. Pay particular attention to the following.

1. Tyre pressures, tread depth and damage. Don't forget the spare.
2. All lights, indicators and controls are working properly.
3. Your wipers are in good condition and the wash bottle is full with a good summer solution.
4. Your engine oil and coolant are at the correct levels. (Most summer breakdowns are due to overheating).
5. Brake and, where fitted, power steering fluids are at the correct levels.
6. All windows are clear of smears, dirt and insects.
7. Make sure the cars ventilation / air conditioning system is working correctly. (Drivers can become drowsy in hot conditions).
8. You have enough fuel and you know where to fill up.
9. Seatbelt, head restraint and mirrors are adjusted correctly for you.

Consider carrying the following.

1. A light waterproof hi-visibility jacket.
2. A fully charged mobile phone. (With some credit)
3. Sunglasses.
4. A first aid kit
5. Some cold drinks. (water is good).
6. A spare bulb kit.

Proper preparation can save a lot of problems later.

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