



Winter Driving Tips

Be prepared this winter

The team at CPC Drive wants to make sure you and your family are safe on the roads this winter and have put together some essential tips to help you prepare for some of the challenges which winter driving can bring.

Make sure you do all the essential winter car checks

The change in weather can bring peril to your cars systems. To keep you out of trouble make sure you check all of the below essentials:

- Check your anti-freeze
- Check your battery condition
- Check your engine oil
- Top up the washer fluid with anti-freeze screen wash
- Inspect your tyres
- Consider replacing your wipers
- Check all your lights are working
- Clean all your windows inside and out

Make sure you are prepared for the worst

You can never be too prepared for the unexpected. Make sure you always carry the following essential items in your car on all winter journeys:

- Scraper and de-icer
- Warning triangle
- Tow rope and shovel
- Mobile phone with breakdown firm contact details
- Torch
- Jump leads
- First aid kit
- Reflective clothing (jackets, armbands and stickers)
- Boots
- Food, water and a blanket

Lifesaving tip – Keep a full fuel tank

This could be a lifesaving tip if you get stuck in a snow storm and need to spend the night in your car. If your fuel tank is full you can leave your engine and heaters running, keeping you and your family warm until you can get going again or until help arrives.

The essential winter items such as food, water and blankets will also be crucial in this situation. Be prepared for the unexpected, you never know what could happen.

The perfect de-icing method

1. Switch on the engine, turn on the demister and turn up your heaters gradually to de-mist the windows.
2. Brush the snow off the windscreen, windows and mirrors.
3. Ensure your windscreen wipers are not stuck by gently lifting them off the glass and replacing them.
4. Spray de-icer onto the windscreen.
5. Use an ice scraper to remove frost from your windscreen.

General Tips

- If the forecast or conditions are really bad, only drive if it is absolutely essential
- Plan your journey in advance according to the driving conditions
- Set the radio to the station that gives the best traffic information
- Always have a Sat Nav or up-to-date roadmap in the car
- Let friends or family know where you are travelling and when you expect to arrive
- On long journeys, take regular breaks and keep your car well ventilated to prevent drowsiness
- Keep a fully-charged mobile phone with you in case of a breakdown

Tips for while you are driving:

- Drive in the highest gear possible, starting off in second
- If a skid starts, don't panic. No matter where the vehicle is pointing keep looking where you want the vehicle to go, as this is the reference point for how much you are offline
- Maintain a safe following distance behind the vehicle in front – stopping distances are double in the wet and ten times greater in icy weather
- Slow right down – if visibility is poor or the road is wet or icy, it will take you longer to react to hazards and your speed should be reduced accordingly
- Avoid revving the engine in thick snow – this could cause the wheels to dig deeper into the snow
- Light steering and reduced road noise could mean you are driving on ice
- Stay in control, avoid harsh braking and acceleration and carry out manoeuvres slowly and with extra care

We hope these tips come in handy over the next few months and please feel free to contact us if you have any questions and would like to chat to a member of the team.

If you do not yet have a vehicle on the scheme and are interested in getting one, please contact our Employee Engagement Team on 0333 400 3030.

To choose your new car today simply visit www.cpcdrive.nhs.uk.
Select 'Create Account' Company Code (NUTH)
Unique Employee Identifier (your 8 digit assignment number)

If you've already created an account, then please log in with your username and password.

If you need any help or advice call the team on 0333 400 3030 or email us at EETeam@ss4c.com.

