



Institute of Advanced Motorists

510 Chiswick High Road, London, W4 5RG
Telephone: 020 8996 9600, Fax 020 8996 9601

Fact Sheet 09/001

WINTER DRIVING

Driving in adverse winter conditions is more difficult if you and your car aren't properly prepared. By following these simple guidelines from the Institute of Advanced Motorists (IAM) you will be safer and ready to deal with winter driving problems.

- **Is your journey really necessary?** If it is, plan it and give yourself plenty of time. Tell someone your intended route and how long you think it's going to take. Listen to the radio for details about road and weather conditions.
- **Clean the windscreen and windows** using a demisting preparation. Check that screen washers are not blocked and that the screen washer bottle is topped up and has a winter additive to stop it freezing. Check that the windscreen wipers are in good condition and work effectively.
- **Ensure that all lights, brake lights, indicators are working properly** and the lenses are clean.
- **Ensure that the tyres are in good condition** and are properly inflated.

Carry the following in your vehicle:- Warning triangle. Hands free mobile phone. Warm coat. First aid kit. Good torch. Seat belt cutter. Fire extinguisher. Travel rug. Tow rope. Bottled drinking water. Recovery service contact number. Good map. Pen and paper.

Adverse weather and road conditions bring an increased risk of skidding. A skid does not just happen - it is almost always caused by the driver's actions.

- **Keep your speed down** and increase your safety gaps when the road is wet or icy.
- Braking, steering, acceleration, decelerating and gear changing must be done gently and gradually.
- If a skid occurs, no matter how strong the temptation, do not brake! Lose speed by gently easing the pressure on the accelerator pedal and, if appropriate, de-clutch.