**Driving in extreme temperatures guidance**

Extreme weather is predicted next week please be careful when driving and remain vigilant to the road conditions, our roads are not used to extreme temperatures so you may come across unusual issues. Eg roadway melting

**Keeping yourself cool**

Plan your route, main roads are typically better maintained than regular streets, and are better equipped to handle extreme heat. Plan your route, built up areas will be hotter than less built up areas, plan your breaks and make sure you have drinks and snacks for the route. Consider taking a cool bag with you and a flask to carry cool water, a small towel dowsed in cold water can help to cool the pulse points on your wrists and back of the neck, making you feel cooler.

**The importance of car maintenance**

You know that extreme cold can take a toll on your car, but did you know that extreme heat can cause issues with your vehicle too? As summer approaches, it’s important to prepare for the hot weather ahead. The most important thing to do to keep heat-related problems away is to maintain your car.

**Check your vehicle fluids**

Monitor your vehicle’s fluid levels. Fluids that you should check include:

* Coolant: This is the big one. If your coolant/antifreeze level is too low, it can cause overheating.
* Motor oil
* Transmission fluid
* Brake fluid
* Power-steering fluid
* Windshield wiper fluid
* Air conditioning fluid (if applicable)

**MOT and service**

Intense heat can cause cracking, blistering, and other damage to your vehicle and hoses and cables may need to be replaced. Keep your vehicle well maintained and serviced as appropriate.

**Replace your battery**

If your vehicle has an old battery, extreme summer heat can cause it to fail. It may be worth having your vehicles battery tested, or even replaced–getting a new battery altogether will cost you less than it would to have a dead battery serviced if your vehicle breaks down.

**Monitor your tyres**

It’s a good idea to check your tyre pressure regularly or when you visit the petrol station (or, if you own a tyre pressure gauge, you can do this at home). Your tyres actually expand when exposed to heat, and keeping them at the proper pressure will ensure that your vehicle doesn’t suffer from any issues.

Make sure your tyres are in good condition to avoid blow outs.

**Keep an emergency kit in your vehicle**

An emergency vehicle kit is something that you should keep in your car year-round, but in both the winter and the summer, having one becomes especially important. Your kit should be stored somewhere safe and accessible, and should include the following items:

* Jump leads
* A torch
* Emergency triangle
* Water
* Non perishable food items
* A first aid kit

**Keep your vehicle’s interior cool**

Having the right amount of coolant for your engine is essential, but on extremely hot summer days, having a vehicle interior that is cool enough for you to actually drive in is important too. Before the heat hits too high, make sure your air conditioning system is running properly (if you have one) .

When visiting sites where possible park in the shade and consider using a windscreen solar screen to ward off direct sunlight from heating up the car quick and enable you to touch your steering wheel when you enter the car.

You may need to re-consider your working day if possible and try to avoid driving at peak heat times.

**Health related issues**

Managers should discuss working conditions with staff and identify anyone that may have health conditions that are exacerbated by heat stress and apply reasonable adjustments. Risk assessment for all work during extreme heat conditions should be reviewed regularly. Where possible consider postponing until later/earlier in the day or changed altogether for a later date.

Ensure staff factor in breaks in their journey/working day particularly where PPE is worn, that enable staff to remove PPE such as face masks.

<https://www.rac.co.uk/drive/news/motoring-news/extreme-heat-warning-should-you-be-driving/>

<https://www.rac.co.uk/drive/travel/driving-in-the-uk/how-to-avoid-a-summer-breakdown/>