

— Summer Driving Safety Tips



Photo by [Eddy Billard](#) on [Unsplash](#).

Summer's here and whether you're driving during work or taking that annual road trip these important tips will help you stay safe during the summer months ahead.

Stay Attentive – According to the U.S. Department of Transportation (DOT), summer is the most dangerous driving season. Kids are out of school, more bikes and motorcycles are on the road, more teens are driving, and road construction increases. All these conditions increase the potential for accidents, but you can reduce your chances of getting in an accident by staying mentally and physically focused.

Be a Defensive Driver – Your ultimate goal is to make it back home safely.

- Increase your following distance from the car or motorcycle in front of you.
- Constantly scan the roadway in front, rear, and to the sides of your vehicle and watch out for those impatient drivers who might cut you off.
- Warm weather brings out cyclists and bikers, which makes sharing the road a must for drivers.
- Use extreme caution when driving through construction zones and look out for workers.
- Always signal your intentions.
- Have sunglasses on hand to help reduce glare and blind spots from the sun.

Maintain Your Vehicle – Make sure your vehicle is well maintained, especially before a long road trip. Worn tires are more likely to have a blowout because hot weather causes the air inside tires to expand. The chances of your vehicle overheating increases, especially when you need to keep the air conditioning on. Breaking down during a heat wave is not only annoying but can cause heat-related illnesses for you, co-workers, and your family. Find more information on heat illness at *“Keep Your Cool in Hot Weather”*

<http://www.cdc.gov/Features/ExtremeHeat/index.html>

Stock and Emergency Supply Kit – Even a well-maintained vehicle can break down, so having emergency supplies on hand will help make this situation bearable. Here are some suggestions for your emergency supply kit:

- Cell phone and car charger
- Maps (you can't always rely on having reception for GPS devices)
- First aid kit and instant ice packs
- Flashlight and flares
- Extra windshield washer fluid
- Jumper cables, tire pressure gauge, and jack for changing a tire - include a mat for hot surfaces
- Basic repair tools, work gloves, and duct tape
- Emergency blankets, towels, wet wipes, and coats
- Nonperishable food, lots of drinking water, and required medications
- Sun screen and hats

For additional resources go to the U.S. Department of Transportation at <https://www.transportation.gov/> and search “Summer Driving.”