



# FORS Winter guide for HGV drivers



How to keep safe during the winter period

# Know your responsibilities, be informed and be prepared:

As a professional driver, it is your responsibility to make allowance for severe weather. This guide will help you get through the winter. Following the simple steps set out in this guide can help ensure your own safety and that of other road users.

**There are three key points you need to consider for keeping yourself safe in winter weather:**

- 🔄 Check the forecast
- 🔄 Check your vehicle
- 🔄 Plan for hazardous conditions





## Check the weather forecasts for warnings that may affect you







This information will allow you and your transport manager to plan around the severe weather and pre-warn customers of delays.

The Met Office ([www.metoffice.gov.uk](http://www.metoffice.gov.uk)) produces alerts for high-sided and vulnerable vehicles.

You can help by informing your transport manager and customers in advance that your journey may be affected by bad weather.

Planning ahead and knowing your approximate journey time is essential during winter. You should plan your route in detail, identify any potential hazards and determine where you will stop for rest breaks.

# Thorough vehicle checks are essential throughout the year but pay particular attention to the following checks during bad weather:

-  **Tyre tread:** worn tyres reduce starting traction by 30 - 50 per cent. It is good practice not to allow your tyre treads depth to get below 3mm (the legal limit for HGVs is 1mm)
-  **Frozen brakes:** check that the brake lines are not frozen and if defrosted have not split
-  **Windows, windscreen wipers and mirrors:** should be cleared of snow and cleaned to ensure good visibility. Check your windscreen wipers are working correctly to maximise your visibility in poor weather conditions
-  **Fluid levels:** ensure that the vehicle's fluids (water, oil, power steering fluid, brake fluid, anti-freeze fluid, windscreen wiper fluid and AdBlue) are topped up
-  **Exhaust:** check your exhaust system to make sure it is clear of snow
-  **Vehicle and trailer body:** remove as much snow as possible from the vehicle cab, trailer body, windows, lights, registration plates and doors using a long, clean, non-abrasive snow broom



## Check you have the correct equipment; be prepared for every situation

### Here is a list of equipment must-haves:

- 🌀 **De-icer and an ice scraper:** it is a legal requirement to ensure your front and rear windscreens are clear of snow and ice before driving
- 🌀 **Warm clothing:** carry warm clothing including boots, hat and gloves and consider packing a blanket too
- 🌀 **Torch:** don't rely on the torch in your mobile phone – carry a spare torch
- 🌀 **A shovel and a bag of sand or salt:** some minor roads are not treated during severe weather conditions therefore it's easy for your vehicle to get stuck
- 🌀 **Road atlas:** in case your sat-nav doesn't work
- 🌀 **Extra food and drink:** essential in case you end up being stranded for a long period of time
- 🌀 **Mobile phone charger:** carry an "in vehicle charger" - in the event your mobile phone runs out of battery. Consider carrying a portable battery/charging bank

# Driving in hazardous conditions – hints and tips




## Snow and ice

- 🛞 **Slow down:** one of the most important actions to take when driving in snow or icy conditions is to reduce speed
- 🛞 **Drive smoothly:** braking, accelerating or turning harshly can unsettle the vehicle leading to loss of control
- 🛞 **Bigger braking area:** in snow and ice, stopping distances can increase by as much as 10 times compared to good conditions
- 🛞 **Plan alternative routes:** have a back-up route planned to your destination
- 🛞 **Black ice:** is invisible to the eye. In freezing conditions it can form without warning





## Heavy rain








-  **Visibility:** heavy rain will limit your visibility and double your stopping distance. Keep well back from the vehicle in front
-  **Aquaplaning:** if the steering becomes unresponsive, it probably means that water is preventing the tyres from gripping the road. Ease off the accelerator and slow down gradually
-  **Use defensive driving techniques:** be prepared for the unexpected. Anticipate what other drivers might do

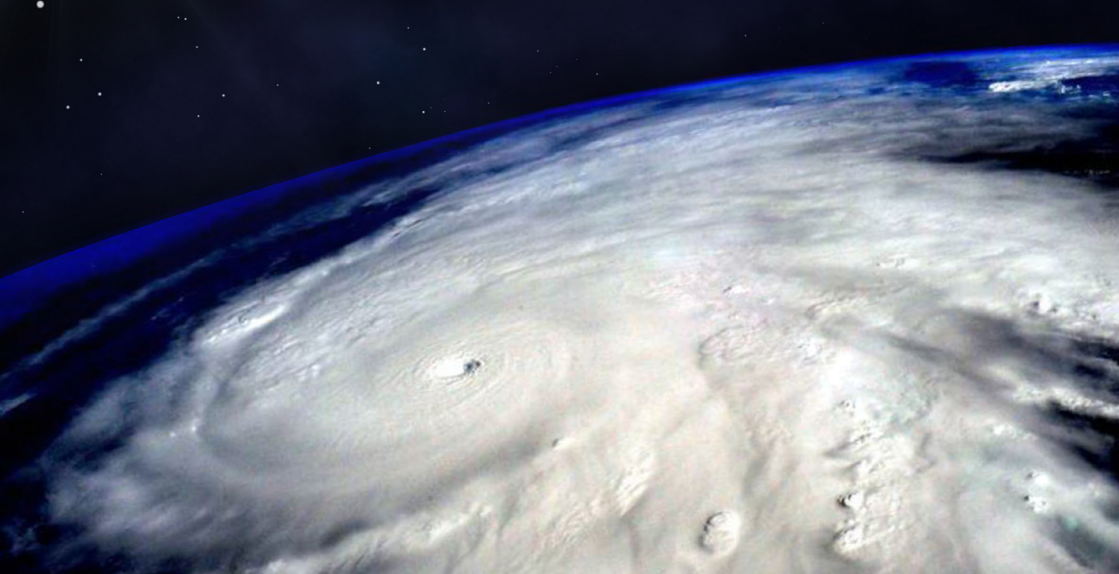
## Fog

You **MUST** use headlights when visibility is seriously reduced. This is generally when you cannot see for more than 100 metres ahead (328 feet).

Using your front and rear fog lights can help you keep a safe distance from the vehicle in front and make vehicles aware of your presence. But remember to switch them off when visibility improves.

### When driving in fog you should:

-  Use your lights
-  Be able to pull up well within the distance you can see clearly. This is particularly important on motorways and dual carriageways as vehicles are travelling faster
-  Use your windscreen wipers and demisters
-  Beware of other drivers not using headlights
-  Not accelerate to get away from a vehicle which is following too closely
-  Check your mirrors before you slow down or apply your brakes
-  Stop in the correct position at a junction with limited visibility and listen for traffic. When you are sure it is safe to emerge, do so confidently and do not hesitate in a position that puts you directly in the path of approaching vehicles



## Windy conditions

- 🌀 High-sided vehicles are vulnerable to strong gusts of wind, which can even overturn them
- 🌀 Be aware that when driving on bridges or viaducts, the effect of the wind can be even greater
- 🌀 Be cautious when your trailer is empty or you are carrying a lighter load as this is when you will be most at risk from the effects of the winds. Curtain sided vehicles should be opened when empty, so there's less chance to catch the wind
- 🌀 Plan your journey and look out for road and bridge closures that affect heavy goods vehicles (HGVs)

## Driving through flooded areas; avoid it if you can

- ④ Assess the depth of the water before attempting to drive through any standing water. Avoid driving through water more than four inches deep. If you come across an area of the road that is flooded and the water seems to be moving, do not drive through it
- ④ If safe to do so, approach the flooded area at 1-2 mile per hour and then build up to 3-6 mile per hour in order to create a ripple effect displacing some of the water
- ④ If it is safe, drive through the centre part of the road as this will be slightly higher than the edges
- ④ Dry your brakes – once through the flooded area you will need to dry your brakes. This can be done by gently applying them at low speed. The friction will create heat and dry them out








## Stay safe in bad weather

Following the hints and tips in this guide will help keep you safe during bad weather.

Remember to do the following to ensure you are prepared for your journey:

-  Check the weather forecast before setting off on any journey, using the Met office website
-  Check your vehicle thoroughly and clear it of snow
-  Ensure you have all the equipment you need including suitable clothing and footwear

### ALWAYS MAKE SAFETY YOUR PRIORITY

If you do not feel comfortable driving in the weather conditions presented to you, pull over where safe and inform your transport office.



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