

Safe Travel

TO AND FROM WORK

Commuting to and from work, especially at 'peak time', can expose drivers to risks like drowsy driving, stress, road-rage and more.

Take a look at the information below on how you can better manage your safe commute.

The Commute

In the UK, more than two thirds of commuters drive to work. Car and van drivers travel an average of 782 miles per person, per year in their commute.

Amey understands most incidents occur during the journey to or from work. **Take a look at some of our tips to help keep you safe on the road.**



Pre-drive Checks

Use the POWDERY acronym to remember your pre-drive checks before you travel. Tyres (R-Rubber) and fluids (W-Water) are important daily checks.



Distractions

It's not just physical distractions - like your mobile phone - that can take you away from the task at hand. Emotional distractions like stress or cognitive distractions like thinking of a change in route to beat the traffic will affect your driving, too.



Fitness to Drive

Make sure you are fit to drive before travelling. Try to ensure you get good quality sleep (recommended 8 hours).

If you're taking prescription or over-the-counter medication, check for potential side effects that might impair your judgment while driving.

Journey Planning

Planning your trip before you drive is critical. Ensure you and your vehicle are fit for travel, check your route, and leave plenty of time for unexpected delays on your journey.

Take away the stress: plan a route that takes into account any known delays by listening to traffic reports or checking travel websites in advance.

Facts and Figures

- More than 15.3 million people commute to work by car or van.
- Among drivers who regularly drive for work, female drivers were more likely to experience road rage than male drivers.
- A survey of 20,561 drivers found that 13% admitted to falling asleep at the wheel. The most common reason given was a hard day at work (39%).
- Congestion-related stress can cause suppressed immune function, raised blood pressure and elevated blood sugar levels
- Congestion increases vehicle wear and tear due to constant clutch and brake use.
- Sleeping less than 6 hours is a risk factor for traffic incidents in all drivers.