

# MOTORWAYS & BREAKDOWNS

Safety Bulletin

Applied  
Driving



## How to prepare for journeys and avoid breakdowns on highways

Did you know that over 40,000 breakdowns were recorded from 2019-2020 as a result of tyre issues, and 6,000 from running out of fuel?

### Check your breakdown Policy

We always recommend to have a breakdown/recovery policy cover in place! Keep essential contact numbers on your phone too.



### Pack the essentials

Think water, snacks, spare clothing, first aid kit, jump leads, and anything you might need if your stranded for a few hours!



### Pre-drive Checks

Check if you have enough power or fuel, oil, water, tyre pressure and for any damage on your vehicle before departing!



### Leave fully charged

Charge your phone in advance before you leave. Also pack a phone charger or portable battery pack just in case your on low.



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### Stick to speed limits

Speed limits are for the safety of you and others. Do not speed if you are rushing, always leave with plenty of time for your trip.



### Towing Checks

If you are towing a trailer, caravan or horse box, double check your connections and stay within the recommended weight limits of your vehicle.



### Driver's with disabilities breakdown advice

If you or anyone in your vehicle who is unable to follow the general breakdown advice for any reason, please do the following:

- Stay in your vehicle.
- Keep your seat belts and hazard warning lights on.
- Call emergency services immediately.
- Tell the operator if you're disabled and/or a vulnerable motorist such as an older person or travelling alone.



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## What should I do if I breakdown on a motorway with a hard shoulder?

If you breakdown on a motorway with a hard shoulder, please follow this safety advice:



- 1 Safely stop & park**  
Move left onto a hard shoulder or verge. Leave space so that you can get out of your vehicle from the side furthest from traffic. Try to stop near a SOS telephone; these are spaced at approximately one-mile intervals)
- 2 Become Visible**  
Making sure other's can see you is important. Switch your hazard warning lights on, and in poor visibility, switch on your fog lamps.
- 3 Grab the essentials**  
If safe to, gather any items you may need, such as mobile phone, coats, food, drinks and medications. Take care if needing to gather items from the boot.

### If there is no hard shoulder:

- Safely exit the motorway at the next exit
- Put on your vehicle lights
- Put on your hazard warning lights
- Wait in a safe place
- Make yourself visible
- Get to an emergency area (EA)
- Call for help



- 4 Move yourself and others**  
Move to and stay over the safety barrier. Keep pets in vehicle (only remove in an emergency, secure them over the safety barrier and away from the road). Keep away from your vehicle and moving traffic, even if it's raining, cold or dark.

### If you breakdown alone at night:

If you breakdown and are alone, try to park in a well-lit area such as a service station or under a light on any road. When you are safely away from the road and your vehicle, call your breakdown provider.



- 5 Be aware of hazards**  
If you're on a verge, be aware of any unseen hazards such as uneven ground, causing trip hazards. Do not try to place any warning triangle at the rear of your vehicle.
- 6 Call for help**  
Call your breakdown provider, or in an emergency call for help. If you do not have a phone, use the nearest SOS telephone, but take care and caution when getting to and from it.

## Our Services +

Applied Driving is a leading, global provider of driver safety and performance management solutions. Our dynamic approach analyzes the risks your drivers face and, in turn, gives us information on how to mitigate these risks through best-practice solutions. For detailed information on all our services please get in touch with our team by email or visit our website.

- Driver Risk Assessments
- Grey Fleet Management
- Fleet Safety Audit
- Licence Checking
- Global License Monitoring
- Driver Training



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