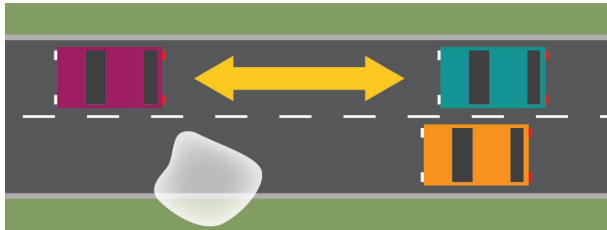


ICE

Ice is very dangerous because it is often unseen and also entails a total loss of grip. Ice appears and persists more easily where sunlight does not reach. Therefore, extreme caution must be taken when driving in very cold weather through underpasses and on stretches of road which, due to their vegetation or tall buildings on the sides, which may allow ice to form on the road, especially early in the morning and late in the afternoon.

Recommendations

- **Slow down**, exercise caution and drive conservatively.
- **Increase the safety distance**, to give you more space in the event of an emergency due to the vehicle in front of you skidding or suddenly stop. With ice, the safety distance can increase tenfold.

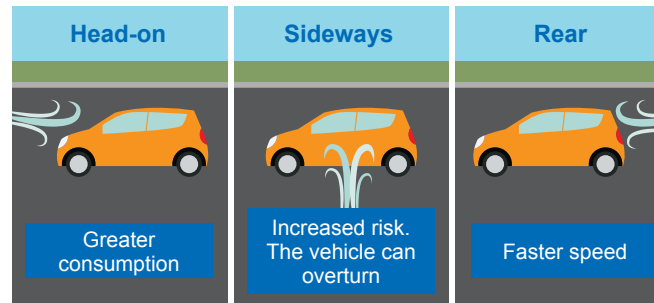


- **Drive gently**: any sudden movement could cause the car to slide, so high gears are best.
- **Reduce use of the brake**: braking should always be very light, using the downshift.
- **When your vehicle starts to skid, do not brake**, remain calm and do not react abruptly, take your feet off the accelerator and the brake until you can steer in the direction you want the front of the vehicle to move. Only then should you start to brake very carefully.
- **Start in second gear, and accelerate very slowly.**
- **When cornering, do not apply the brakes** - use the accelerator very gently, do not press the clutch and steer very smoothly.
- Do not keep to the inside of the curves, since they are the areas that they receive the least sunlight and may have ice.

WIND

Wind increases the risk of displacement or rolling over, and this risk increases as speed rises.

Driving in windy conditions becomes more or less dangerous according to the direction in which the wind is blowing:



Side wind

- **Reduce speed** so that the vehicle's weight causes it to grip the ground more. If towing a trailer, the speed must be reduced even more.
- **Hold the steering wheel tightly** to correct deviations.
- **Make smooth movements**, in windy situations it is essential to handle the vehicle temperately, to avoid unexpected reactions. Acceleration must be sustained, so as to help maintain steering.
- **Pay attention to other vehicles** and to wind indicators to anticipate gusty winds.
- **Take great care when overtaking**, when doing so must ensure there is enough space and increase the usual distance for passing into the other lane and back to the main lane.
- **Take care when exiting tunnels**; when driving through underpasses, you must be very careful to avoid a sudden gust of wind when leaving the tunnel and to avoid destabilising the vehicle by holding the steering wheel tightly. Upon entering one of them, a sharp drop in wind strength should also be anticipated.
- **Close the windows to prevent the wind from swirling inside the vehicle.**
- **Do not use roof racks** since they interfere with the vehicle's stability.
- **Use the windscreen wipers and windscreen washer** if the wind blows dust or particles that impair visibility.

Plan de actividades preventivas de la seguridad Social 2023



SECRETARÍA DE ESTADO DE SEGURIDAD SOCIAL Y PENSIONES

DIRECCIÓN GENERAL DE ORDENACIÓN DE LA SEGURIDAD SOCIAL

Asepeyo. Mutual Social Security Collaborator no. 151 . R6E16035.



Road Safety

Environmental factor: Weather conditions



 **ASEPEYO**

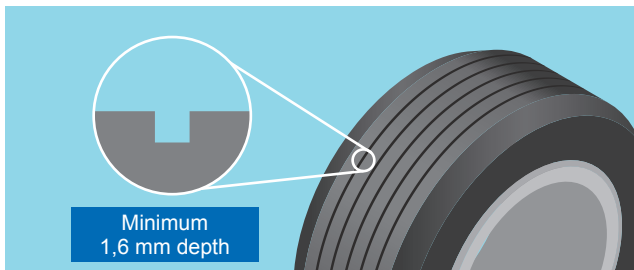
RAIN

Rain is the meteorological factor that influences traffic accidents most. The causes of these accidents are, in most cases:

- **Lack of grip:** When it starts to rain, a thin, slippery layer consisting of mud, oil, rubber debris, etc., is formed, which makes it more likely you will lose grip.
- **Lack of visibility:** a veil is created that reduces visibility, the windows fill with water and mist up on the inside.

Measures to improve grip

- **Reduce speed and increase the safety distance**, when it rains you need more metres to stop the car. The braking distance is doubled.
- **Brake earlier** than you would under normal conditions, gently and progressively, never abruptly.
- **Keep the tyres in good condition**, with the correct pressure and tread pattern. The tread pattern evacuates the water, creating dry zones and increasing grip. Minimum 1.6 mm deep.



- **Avoid puddles of water** that may be on the road.

Measures to improve visibility

- **Activate the windshield wipers** and keep the blades in good condition
- **Turn on the low-beam headlights.**
- **If the rain is very intense, turn on the fog lights** and avoid overtaking whenever possible.
- Activate **the heated window and direct the heating** towards the windows to prevent misting.
- **Keep the windows clean.**
- Trucks leave a trail of water in their wake, which can significantly diminish visibility, hence it is important to **increase the safety**.

FOG

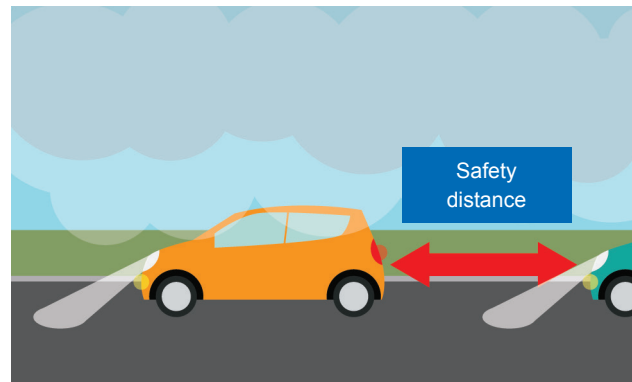
Fog is another factor that plays an important role in road accidents. It is especially dangerous because:

- **It lowers visibility** due to tiny, suspended water droplets.
- It causes **glare**, water consideration on the road turns it into a mirror that reflects the light from vehicles.
- **It reduces grip**, since the road is wet.

In foggy conditions, the priority is to see and to be seen.

Measures to improve visibility

- Use **low beam and fog lights**. Do not use full-beam lights, since the reflection on the droplets in suspension further impairs visibility.
- The **rear fog lights** must only be used in extreme conditions, since they are very dazzling.
- Use the **windscreen wipers and keep the vehicle ventilated** to prevent misting on the front window.
- **Turn off your lights whenever you park**, so as to not create false references that could lead to accidents for other drivers.
- **Reduce your speed**, since you cannot see what is happening in the middle distance. Keep an eye on the speedometer since there is a lack of visual references to show whether you are travelling faster or slower.
- **Significantly increase your safety distance from the vehicle in front**, since such visibility conditions significantly increase the reaction distance.



- **Use road markings as a guide.**
- **Avoid unnecessary manoeuvres.**

SNOW

Driving in snow is very dangerous because of two factors:

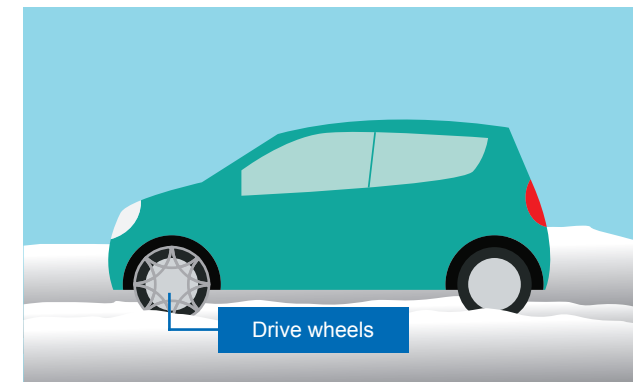
- **Loss of visibility.**
- **Loss of grip.**

Measures to improve visibility

- **Switch on the low beam and fog lights.**
- **Keep the windshield clean;** rubbing half a potato on the outside and inside of the front glass you will prevent water and misting.
- **Turn on the windscreen wipers and use the air conditioning vents** to prevent the windows from misting up and use the heated rear window.

Measures to improve grip

- **Drive smoothly**, avoiding sharp changes and sudden gear changes.
- **Use high gears**, with the engine at low revs.
- **Brake gently** and frequently to check the brakes' efficiency.
- **Reduce your speed.**
- **Increase the safety distance** since merely sliding could cause a collision.
- **Follow the tracks** left by other vehicles.
- **Fit chains or stop.** The chains must be fitted on the driving wheels and removed as soon as the snow disappears.



- **Do not drive in heavy snow**, park your car off the road to avoid hindering snow ploughs, turn off the engine and do not leave the car unless there is a shelter nearby.