

# TRAVEL SAFETY TIPS OVER THE HOLIDAYS



PLATINUM  
HEALTH

Many Platinum Health members may be travelling over the holidays and therefore we provide the following travel safety tips to reach your destination safely:

Make sure that your vehicle is roadworthy by performing these safety checks:

- Check that all lights are working.
- Make sure the brakes function properly.
- Check the tread and condition of the tyres.
- Ensure your vehicle has a spare tyre.
- Check the water, oil and other liquid levels.
- Ensure that your car license and driver's license are up to date.
- Pack a basic toolbox when travelling, for emergency maintenance.
- Make sure that all the windows and mirrors are clean and undamaged.

While on the road, follow these tips to help ensure that you reach your destination safely:

- Stop often to rest and stretch your legs.
- Always stop in well-lit public places.
- Babies and small children should always be secured in a child car seat.
- Never drive under the influence of alcohol or drugs.
- Stick to the speed limit and always wear a seat belt.

## ***Texting and Driving***

*Never use your cell phone while you are driving. Researchers found that the drivers on cell phones drive more slowly, braked more slowly and were more likely to crash. Driving while talking on a cell phone is as bad as, or maybe worse, than driving drunk - both completely irresponsible and unacceptable!*

