

- 
1. Plan your journey
  2. Prepare your vehicle
  3. Prepare yourself
  4. Adapt your driving

Winter weather is unpredictable. Bad weather can strike suddenly so the best advice when severe weather hits is to stay off the road.

If you really have to make an essential journey, it's important to be prepared for the conditions and allow extra time for slower journeys.

Drive slowly and keep a safe distance from the vehicle in front - it can take ten times longer to stop in icy conditions than on a dry road.

Carry the basic kit that you might need (de-icer, a torch, an ice scraper, warm hi-vis clothes).



# 10 tips to stay fit and well this winter

## 1. Stay hydrated.

Drink plenty of water, this will help you keep focused and avoid caffeine for 4 - 6 hours before going to sleep

## 2. Medication.

Tell your manager if you're on medication that makes you sleepy

## 3. See daylight.

Open the blinds and go for a brisk walk to feel more energised

## 4. Wash your hands.

Good hygiene will avoid spreading winter germs

## 5. Take time to relax.

Practise mindfulness or yoga to combat stress, listen to music to help lift your mood or read a book to forget about day-to-day pressures

## 6. Exercise regularly.

Do something you enjoy and try to get your heart rate going to increase your energy levels

## 7. Eat well.

Fruit and veg in your diet will give you more energy and avoiding heavy meals and alcohol before bed will improve your sleep

## 8. Be vigilant in the dark.

Wear high-vis clothing and watch out for hazards

## 9. Switch off.

Turn off screens (phones, tablets and computers) one hour before bed

## 10. Sleep well.

Take time to wind down and set an alarm to wake you up



# Winter conditions including less daylight and poor weather can make us more tired and less alert, so it's critical to take extra care in the winter months.

Being prepared, recognising how you're feeling and looking out for others will prevent accidents. Recognise tiredness and take a break when you need to, follow advice to help you stay fit and well, and ask for help if you need it.

Keep the Zero Code at the front of your mind at all times and Stay Alert to keep yourself and others safe.



# Do you know of the Employee Assistance Programme?

- It's confidential, free and independent from Amey
- It's available for all Amey employees and immediate family members (spouse/partner and children aged 16 to 24 in full time education, living in the same household)
- Counselling on health advice, addiction support, relationship, finance, legal and career advice
- A range of Cognitive Behavioural Therapy (CBT) self-help modules, informative factsheets and advice from qualified leading counsellors.

**0800 130 3414**

(available 365 days a year, 24/7)

## Health e-HUB website and app

Log in to both systems with:

Username: eap

Password: ameywellbeing

 Available on the AppStore

 GET IT ON Google Play

[healthassuredeap.co.uk](https://healthassuredeap.co.uk)