**Stay Safe in Summer**

**Driving while fatigued** (forcing yourself to drive when you are tired or sleepy)

* Impairs your ability to safely perform even basic-driving tasks
* Decreases your concentration and reaction time as it results in misjudgments
* Can result in erratic driving behaviour.

To avoid driving while fatigued, you should:

* Get an adequate amount of sleep every night
* Avoid driving between 12 midnight to 6 a.m. and 2 to 4 p.m
* If you do become drowsy while driving, be sure to choose a safe place to pull over and rest
* Avoid travelling long distances after a full day’s work
* Avoid travelling on a full stomach after an immediate meal.

**Regular Vehicle Maintenance** (No matter how well you drive, you are not safe unless your vehicle is in good condition). So please remember:

FLOWERS ( Fuel , License, Oil, Water, Electrics , Rubber , Safety Equipments)

* Tyre safety (it is important throughout the year and especially critical in warm weather because of long trips, heavy loads, high speeds and higher temperatures. These all put additional stress on your tyres)
* Make sure your tyres are properly inflated. Check your tyre pressure often with a gauge (recommended every three to four days)
* The correct pressures for your vehicle can normally be found in your owner's manual. The information may also be marked on the vehicle (for example, on the driver’s door pillar, or on the inside of the petrol flap)
* The tyre thread depth should not be less than 1.6 mm.

Inspect your tyres and look for any signs of cracks or any abnormalities on the external walls of the tyres.

**Heat Stress**:Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries.

To avoid heat stress:

* Ensure you drink enough water to avoid dehydration
* Wear loose clothes
* Take enough breaks
* Do not expose yourself to direct sunlight
* Take extra water when planning long trips; it can save your life.

To get summer awareness material, please visit our newly established summer webpage

PDO: [**Here**](http://pdointernet/hseforcontractors/Pages/SummerCompaign.aspx)

Contractors:[**Here**](https://public.ext.corp.pdo.om/hseforcontractors/Pages/SummerCompaign.aspxhttp%3A/www.pdo.co.om/hseforcontractors/Pages/SummerCompaign.aspx)

Remember: it’s much better to avoid travelling for unnecessary reasons during summer time!

Be Safe Always.