

# Driven to Wellness

## Healthy Vehicles Fact Sheet: VEHICLE MAINTENANCE

### Preparing for Winter Driving

- Driving with snow on top of the vehicle is a punishable offense in some states, and can pose a danger to those drivers around you. Be sure to clean your vehicle free of ice and snow in the wintertime.
- Only drive in the snow if necessary. When necessary, drive slowly and adjust the vehicle speed to account for ice and snow.
- Increase the following distance to provide longer stopping distance and time.
- Be sure brakes are in good working condition.
- Check the windshield wipers, make sure they are in good condition.
- Change the tires to snow tires where applicable.



- Checking the battery in your vehicle to ensure it has sufficient battery life is important when preparing for winter. Freezing temperatures slow chemical reactions in batteries. In addition, extreme cold increases a batteries rate of discharge reducing the ability to hold a charge.
- Portable battery jump starters should always be kept in the vehicle.
- Although all-season tires operate well throughout the year, winter tires driven on snow and ice were found to outperform all season tires in these conditions. When comparing the two, winter tires had a substantial advantage, especially when striking during braking and cornering, when snow tires improved performance by up to 5 percent and 20 percent, respectively.



***"Navigating safe driving through healthy habits and lifestyles".***