



LESSONS LEARNED / BEST PRACTICE

Title: 2021/08 – Driving in Summer

What Happened / Impact?

The Road Safety Authority (RSA) is reminding road users, particularly drivers, to be aware of the dangers posed by ‘sun glare’ during the summer months. Sun glare can result in drivers being temporarily dazzled or blinded by the intensity and brightness of the sun.

The advice given, during sunny and hot weather conditions, is for drivers to:

- Reduce the risk by wearing sunglasses providing 100% UVA and UVB protection, preferably wrap-around style meeting EN 170/172 standards.
- Be aware of the dangers of sun glare when travelling east in the mornings and west later in the day.
- Be prepared and ensure you have adequate supplies of water. Any delays to journeys could result in road users being stuck in traffic for a prolonged period in hot conditions. Children and pets are particularly at risk during these hot spells of weather.
- Ensure your windscreen is clear of grease or grime inside and out. Check you have plenty of window washer fluid to clear flies/insects and excess dust from the road when driving.
- Watch out for vulnerable road users such as pedestrians, cyclists, horse riders and motorcyclists. Slow down and allow extra space when passing.
- Be mindful of bitumen slicks occurring on more minor roads. Road surface temperatures will rise significantly in the hot weather and surface dressed roads (‘tar and chips’) will be prone to softening of the bitumen. Road users are advised to slow down and exercise caution when braking in such situations.

Additionally, do not forget to apply sunscreen when driving, particularly if the glass is not tinted. When the UV index is 3 or above, you need to protect your skin. Use SPF minimum 30 providing UVA & UVB protection 20 minutes before going outside (and re-apply every two hours).

For Further Information

- Road Safety Authority: <https://www.rsa.ie/en/Utility/News/2021/Road-Safety-Alert--High-Temperatures/>
- Met Eireann: www.met.ie
- UV Index Maps: <https://www.met.ie/uv-index>
- Skin Cancer Prevention - SunSmart: <https://www.hse.ie/eng/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html>