



## Stay Alert and Safe; Don't Get Dehydrated

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The benefits of taking regular breaks when driving are well-known; driving when tired is a recipe for disaster.

However, you may not be aware that staying hydrated is also essential. According to Shell, a drop of just two per cent in your body's water level can affect your concentration levels.

It is worth bearing this in mind when travelling, especially if driving long distances, and when the weather is hot. Taking a drink (non-alcoholic!) could help to keep you safe as well as simply refreshing you.