First things first - you should always carry a snow shovel in your vehicle during winter, it can literally mean the difference between life and death... You should also put together a small kit of essential survival items in case you have to spend the night in your car, or hike miles home in freezing weather.

Even if you have a snow shovel, if the road is frozen hard, even after digging out around the wheels, it can still be difficult to gain traction and get un-stuck. In this situation the tip below help you get traction and get moving again. It can also work even if you didn't have a snow shovel, so couldn't dig out first, but only if the snow isn't too deep.

This tip will only really work on hard surfaces such as roads, driveways and car parks, but here's what to do -

- If there is snow and you have a snow shovel, dig out as much snow around the wheels as possible. No snow shovel, skip to next step!
- Now take out the floor mats in your car, turn them upside down and place them in front/underneath the wheels which are spinning, this will obviously depend on whether your car is front or rear wheel drive.
• Jump back in the car and try to drive forward slowly and steadily. If you escape, be sure to run back and pick up your floor mats. If your car simply moved over the floor mats and immediately got stuck again, you can keep repeating the process and inch forward.

Please share this page with other - most of us have floor mats in our vehicles, but I am not sure many of us would consider using them to help us get un-stuck in ice and snow.

(Photo from: Daniel Veazey)