



START WITH A COOL CAR



- ▶ Park in the shade
- ▶ Run your A/C
- ▶ Open doors and windows to circulate air

FLOWERS



- ▶ Fuel
- ▶ License
- ▶ Oils
- ▶ Water
- ▶ Electrics
- ▶ Rubber
- ▶ Safety equipment or self

- ▶ Safe distance (3 to 5 seconds)
- ▶ Safe speeds (Adjusted based on conditions)
- ▶ Safe driver, well rested, good behaviour

SAFE



MAINTAIN TYRE CONDITION



- ▶ Check tyre pressure regularly including the spare tyre
- ▶ Replace worn tyres
- ▶ Check tyre heat rating

KEEP HYDRATED



- ▶ Take enough cold water for the journey and passengers
- ▶ Use insulated drink bottles

AVOID SUN GLARE



- ▶ Keep your windscreen clean
- ▶ Wear sunglasses and sun visors
- ▶ Pull over safely if the sun is too bright



STOP!
and take a break

