

## Against the heat, protect yourself!



The inside of a car can reach over 60 degrees.

Don't forget the helmet in your motorbike, it can reach over 50 degrees.



It is important to be hydrated, drink water before driving.

Use sun shield in the windshield and rear window.



If possible, park the vehicle in a shaded area or avoid direct sun shine on the front zone (steering wheel).

Leave the windows down at least 1 centimeter.



Before getting on the car, open the doors to allow ventilating.

