

# HOT AS THE SAHARA?

## 10 COOL TIPS FOR PREVENTING HEAT BUILD-UP

The summer holidays are just around the corner and the main tourist and holiday season is upon us. The car is loaded with suitcases and bags and ready to go. Happens almost every year – the heat levels rise and the vehicle often becomes unbearably hot.

From a temperature of 25 degrees in the vehicle interior, the heat becomes critical for both drivers and passengers. As temperatures rise, perception, attention, keenness of vision and responsiveness diminish. The risk of an accident increases.

### Tip 1: Trip/route planning

When you have a long journey ahead of you, leave early in the morning or late in the evening where possible, when temperatures are cooler and more pleasant. Take plenty of breaks.

### Tip 2: Check your coolant

The coolant level should be correct. If the coolant is too old, small particles can dissolve in the cooling water when it is very hot. This clogs up the cooling system ducts and can cause damage to the engine.

### Tip 3: Cool down properly

If the interior of a vehicle is very hot, open the windows and leave them open for a few minutes to reduce the heat.

### Tip 4: Fan and air conditioning

Set the fan briefly to recirculation, then switch on the air conditioner. Not too cold. The inside temperature should not be more than six degrees lower than the outside temperature. This can help to prevent blood pressure problems, particularly among older people.

### Tip 5: Protect the windshield from direct sunlight

Protective mats coated with silver foil on the windshield reflect the sun's rays. This helps to keep the windscreen from heating up too much. A sheet of cardboard on the inside of the windshield also reduces heat.

### Tip 6: Protect child seats against heat

The upholstery on child seats can get very hot. A towel on the child seat can be of help here. Before setting off with the kids, always check the temperature of the child seats.

### Tip 7: Drink enough liquids

Always take a bottle of drinking water along in the car. Hot drinks are ideal (tea). Drinking cool drinks stimulates perspiration.



Which way to the nearest coolant oasis?

### Tip 8: Parking – note the position of the sun

Shade from buildings or trees can protect against the heat. But you can't always rely on the shade, because the position of the sun changes.

### Tip 9: Never leave anybody behind in the car

Not even for a short time, and that goes for both people and animals. A circulatory collapse can occur in children after as little as a quarter of an hour.

### Tip 10: Keep the mood good on the journey

Being well organized and prepared lowers the risk of stress and makes the journey to your holiday destination a relaxing experience.

### Cool tips on reaching your holiday destination safely and happily



We wish you a lovely summer and a nice cool drive.

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