



Healthy, Wealthy & Wise

# SUMMER DRIVING

Long range weather forecasters are predicting a long hot summer, with the cooler, wetter La Nina weather pattern of last year giving way to the warmer, drier El Nino effect.

The Spanish word El Nino refers to a warm ocean current off the South American coast and the extensive warming of the central and eastern Pacific Ocean that leads to a major shift in weather patterns in bordering countries like Australia.

While drivers might be glad of the prospect of less rainy weather compared to last year, spending long hours behind the wheel in high temperatures raises other issues.

It means taking steps to make sure your trip is as comfortable as possible for both you and your passengers.

The most important aspect of summer driving is personal hygiene. Hot weather means we perspire more and that creates body odour. It is important to shower regularly, to wear deodorant and make sure your uniform is clean.

Don't forget your feet sweat too. It is important to wear fresh socks every day. Leather shoes are less likely to make your feet sweat than rubber or vinyl. Cotton socks will also absorb perspiration a lot more than synthetic materials. Foot deodorant can also be used to reduce odour.

Pick up a car air freshener from the supermarket and hang it in your cab to help keep it smelling fresh and clean.

To keep cool and hydrated, drink plenty of water or fruit juice to beat the effects of high summer temperatures. Don't forget, fizzy drinks are less effective in curing your thirst.

UV rays can damage your eyes and may cause premature cataracts. Wear a good quality pair of sunglasses that will protect you from 99 to 100 per cent of UVA and UVB rays. They will also reduce glare from reflective surfaces like the bonnet of the cab.

You are not immune from sunburn just because you are sitting in a car with the windows up. Repeated exposure to the sun, even inside a car, can lead to skin cancer. Use an SPF 30+ sunscreen on parts of your body that are likely to be in the sun for long periods, for example your arms and hands. You might also consider wearing a long sleeved shirt for better protection.

Make sure your air conditioning has been serviced and is operating properly to ensure your passengers have a pleasant journey.

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## SUMMER FACTS: DID YOU KNOW?

- In November the average Sydney temperature is 23.6 degrees Celcius each day which increases to 25 degrees Celcius on average over Christmas.
- Sydney experiences an average of 77mm of rainfall per day in October – which jumps to 103mm in January which is the wettest month of the year.
- You can get sunburnt after as little as 5 minutes in the sun at midday.
- For men, medical experts recommend an average of 13 cups of water per day in moderate heat.
- Deodorants and antiperspirants help with odour but also with reducing the volume of sweat that the body produces.
- Wash your clothes at the end of every shift – there are health benefits, will make the clothes last longer and will be less odorous for passengers.

