

**A reminder to plan ahead and be heat smart when travelling**

With temperatures expected to reach 40 degrees in some parts of the State over the next few days, Transport for NSW is reminding public transport customers and motorists to stay heat smart and carry a bottle of water when travelling.

“Public transport customers and motorists travelling over the next few days should be aware of how dehydration can affect their health, and carry a bottle of water,” a Transport for NSW spokesperson said.

“People should also consider avoiding extreme conditions during the day and keeping their journey to the early morning or early evening.

“It’s important to plan ahead and not only think about what time of the day you’re setting out, but how long your journey will take and what time you will arrive at your destination.

“Sydney Trains’ staff will be on hand at busy stations handing out bottles of water to customers in need, and providing assistance where required.”

The following summer travel tips will help public transport customers and motorists stay heat smart:

- If you do feel unwell don’t board the train, bus, light rail or ferry. Ask a member of staff for help.
- If you are on a train and feel unwell, get off at the next station where you can get help from station staff.
- Always carry a bottle of water with you.
- Wait on areas of the station, stop or wharf that are out of direct sunlight if possible.
- Under no circumstances should motorists leave children or pets in the car unattended.
- Ensure your vehicle is in good shape if you’re setting out on a long journey.
- Plan your car or public transport trip to avoid the hottest parts of the day.

Should there be transport delays due to the extreme conditions, Transport for NSW will keep customers informed via real-time apps, Twitter and [transportnsw.info](http://transportnsw.info)