

SAFETY TIPS FOR KIDS AROUND CARS

Keeping Kids Safe In & Around Cars

You've done your research on keeping your child safe in the car, and on the road. You shopped for the safest car when you started a family. You read up on car seats for kids and figured out which one worked best for you and your family. You even went to learn how to use your car seat correctly.

But did you know there are other dangers in and around your vehicle that could seriously harm your child?

Power Windows

Children can hurt themselves with power windows. Many kids are injured when a window closes on their finger, wrist, or hand. Some kids have been strangled by power windows.



Prevention Tips

- Never leave your children alone in a vehicle for any reason.
- Teach your children not to play with window switches.
- Teach your children not to stand on passenger door arm rests.
- Properly restrain children in car seats or seat belts to prevent them from accidentally activating power windows.
- Look and make sure your kids' hands, feet, and head, are clear of windows before raising the windows.
- Never leave the key in the ignition or in the "on" or "accessory" position when you walk away from your car.
- If available, activate the power window lock switch so that your children cannot play with the windows.

What You Need To Know, Now.

- All new vehicles will have "pull to close" switches, which require you to pull up on them to close the window. Older vehicles may have window switches that a child can accidentally step or put weight on, easily causing a window to close.
- Some vehicles have power windows that automatically reverse when an object (such as your child's arm or neck) is in the path of a closing window. Check both the individual vehicle rating pages on www.safercar.gov and your owner's manual to see if a vehicle is equipped with this safety technology.



Prevent Vehicle Related Heatstroke!

As temperatures rise this summer, make sure you think about the safety of your child not only when traveling, but also when sitting in a parked car. Each year, children die from heatstroke when they have been left in hot vehicles. Take precautions to keep your children safe in and around vehicles.



Vehicles heat up quickly - even with a window rolled down two inches, if the outside temperature is in the low 80s° Fahrenheit, the temperature inside a vehicle can reach deadly levels in only 10 minutes. Children's bodies overheat easily, and infants and children under four years of age are among those at greatest risk for heat-related illness.

Children's bodies absorb more heat on a hot day than an adult. Also, children are less able to lower their body heat by sweating. When a body cannot sweat enough, the body temperature rises rapidly. In fact, when left in a hot vehicle, a young child's body temperature may increase three to five times as fast as an adult. High body temperatures can cause permanent injury or even death.

Tips to prevent heatstroke for children left in vehicles:

- ◆ Never leave a child unattended in a vehicle, not even for a second.
- ◆ Do not let your children play in an unattended vehicle. Teach children that a vehicle is not a play area.
- ◆ Never leave infants or children in a parked vehicle, even if the windows are partially open.
- ◆ Make a habit of looking in the vehicle - front and back seat - before locking the door and walking away.
- ◆ If you are dropping your child off at childcare, and normally it is your spouse or partner who drops them off, have your spouse or partner call you to make sure the drop went according to plan.
- ◆ Ask your childcare provider to call you if your child does not show up for childcare.
- ◆ Do things to remind yourself that a child is in the vehicle, such as:
 - ◆ Write yourself a note and put it where you will see it when you leave the car;
 - ◆ Place your purse, briefcase or something else you need in the back seat so that you will have to check the back seat when you leave the vehicle; or
 - ◆ Keep an object in the car seat, such as a stuffed toy. When the child is buckled in, place the object where the driver will notice it when he or she is leaving the vehicle.
 - ◆ Always lock vehicle doors and trunks and keep keys out of a child's reach. If a child is missing, check the vehicle first, including the trunk.
- ◆ If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.



Bike Safety Tips for Families



Bicycling can be a fun family activity. Parents who are good role models set an example and teach children how to be safe. Children look to the adults in their life to set the stage for safety.

“**Be A Roll Model**” is a campaign encouraging everyone to model safe behaviors to enhance the safety of all road users, including those who ride a bicycle. Whether you are a motorist, bicyclist, parent/grandparent, child, or ride for transportation or recreation, you can play a part in being a "Roll Model" to decrease the risks of traffic crashes and preventable injuries and deaths.



BEING A “ROLL MODEL” MEANS:

- **Riding and Driving Focused** -- never distracted! Always pay full attention when driving or riding. Avoid cell phone use and put your full attention on the road.
- **Riding and Driving Prepared** -- always expect the unexpected!
- **Putting Safety First** -- we never know when a crash will occur, regardless of skill level or age; always wear a bicycle helmet when on a bicycle and a seat belt when in a car.
- **Following the Rules of the Road** -- a bicyclist is considered a vehicle on the road with all the rights on the roadway and responsibilities of motorized traffic.
- **Sharing the Road** -- both vehicle drivers (motorist and bicyclist) should look out for one another and show mutual respect.

PROPER HELMET FIT

Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled.



How to Test for Proper Fit

- ◆ **EYE Check:** Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
- ◆ **EAR Check:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- ◆ **MOUTH Check:** Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten the straps and make sure the buckle is flat against your skin.

Important Bike Safety Reminders

- ◆ All bicyclists should wear a properly fitted bicycle helmets every time they ride. A helmet is the single most effective way to prevent head injury resulting from a bicycle crash.
- ◆ Bicyclists are considered vehicle operators; they are required to:
 - ◆ Obey the same rules of the road as other vehicle operators, including obeying traffic signs, signals, and lane markings.
 - ◆ Ride in the same direction as traffic.
- ◆ Drivers of motor vehicles need to share the road with bicyclists.
- ◆ Be courteous:
 - ◆ Allow at least three feet clearance when passing a bicyclist on the road.
 - ◆ Look for bicyclists before opening a car door or pulling out from a parking space.
 - ◆ Yield to bicyclists at intersections and as directed by signs and signals.
 - ◆ Be especially watchful for bicyclists when making turns, either left or right.
- ◆ Bicyclists should increase their visibility to drivers by:
 - ◆ Wearing fluorescent or brightly colored clothing during the day, dawn, and dusk.
 - ◆ Use a front light and a red reflector or flashing rear light.
 - ◆ Use retro-reflective tape or markings on equipment or clothing.



Bicycling Facts... Did you know?

- ◆ Head injuries are the most serious type of injury and the most common cause of death for bicyclists. **Bicycle helmets have been proven to reduce the risk of head and brain injury when a crash occurs by as much as 85 to 88 percent.**
- ◆ Children with bicycle-related head injuries are more likely to require hospitalization and to have their injuries result in death.
- ◆ More than one-fifth of all bicyclist deaths occur among school age youths aged 5 to 15.
- ◆ The majority of pedalcyclist fatalities, 174 (28%) occurred between the hours of 4 p.m. and 7:59 p.m
- ◆ Almost half of bicycle crashes occur in driveways or on sidewalks.