

# How to Protect Children from Vehicular Heatstroke

Heatstroke is the leading cause of non-crash vehicle-related deaths for children 14 and younger; all of these deaths are preventable. No parent thinks they will forget their child in the car, but even a great parent can forget a sleeping child in the back seat. These tragic incidents are often associated with a change in the parents' daily routine. Remember to "Look Before You Lock" to make sure no child is left in the vehicle.



## Safety Tips to Avoid Heatstroke

- ◆ **Never** leave a child alone in a car, not for a minute, even with the windows rolled down and the air conditioning on.
- ◆ **Never** let your children play in an unattended vehicle.
  - ◆ **ALWAYS** lock the car and put the keys out of reach to prevent children from getting into a vehicle.
- ◆ Make it a habit to look in the back seat **EVERY** time you exit the car.
  - ◆ **Create** reminders by putting something in the back seat next to your child, such as a briefcase, purse, or cell phone.
- ◆ If you see a child alone in a locked car, get them out immediately and **call 911**.
- ◆ **Make arrangements** with your child care provider about morning drop-off. If your child will not be attending as scheduled, you should call and inform the child care provider. If the child does not show up at child care, the provider agrees to contact you immediately to ensure the safety of your child.



## Risks

- ◆ In 10 minutes, a car can heat up **19° Fahrenheit**.
- ◆ Cracking a window **does little to keep the car cool**.
- ◆ **With temperatures in the 60s**, your car can heat up to **well-above 110°**.
- ◆ A child's body temperature can rise **three to five times faster** than an adult's body temperature.
- ◆ Heatstroke can happen when the temperature is **as low as 57° outside!**
- ◆ Heatstroke begins when the core body temperature reaches about 104 degrees. A child's core body temperature of **107 degrees is lethal**.
- ◆ In 54 percent of cases, the child was forgotten by the caregiver and in another 26 percent of the cases, a child got into the car on their own.
- ◆ The children most at-risk are those under 1 year, who are too young to alert others for help.

## Tips to Keep Children Safe

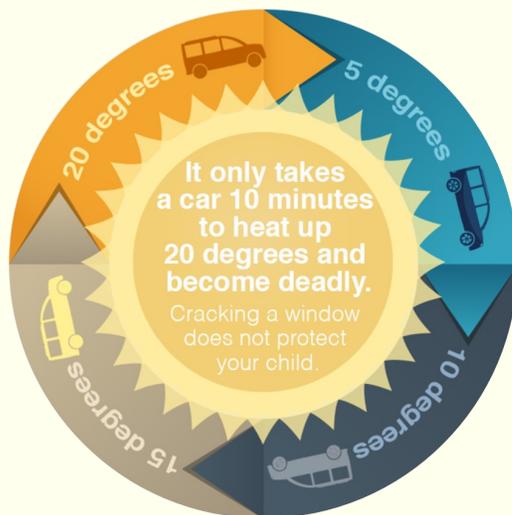
### Is dropping off a child not part of your normal routine?

Come up with some ways to remind yourself that the child is in the car.

- ◆ Place a briefcase, purse, or cell phone next to the child's car seat so that you'll always check the back seat before leaving the car.
- ◆ Have a plan in place to ensure your child has been dropped off and not left behind.
- ◆ Have your child care provider call you if your child does not arrive.
- ◆ Write a note and place it on the dashboard of your car, or set a reminder on your cell phone or calendar.

### If you see a child alone in a vehicle:

- ◆ Always make sure the child is okay and responsive.
  - ◆ If not, **call 911 immediately**.
- ◆ If the child appears to be okay, attempt to locate the parents or have the facility's security or management page the car owner over the PA system.
- ◆ If the child is not responsive and appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window.



**If a child exhibits any of these signs after being in a hot vehicle, cool the child rapidly (not an ice bath but by spraying them with cool water).**

**Call 911  
or  
your local emergency  
number immediately.**



1-800-CAR BELT  
www.pakidstravelsafe.org

### Heat Exhaustion

- ◆ Heavy sweating
- ◆ Weakness or fainting
- ◆ Cold, pale and clammy skin
- ◆ Rapid, weak pulse
- ◆ Nausea or vomiting
- ◆ Muscle Cramps
- ◆ Get to air conditioned place
- ◆ Drink water
- ◆ Take a cool shower



### Heat Stroke

- ◆ No sweating
- ◆ Throbbing headache
- ◆ Hot, red, dry skin
- ◆ Rapid, strong pulse
- ◆ Nausea or vomiting
- ◆ May lose consciousness
- ◆ **CALL 911**
- ◆ **Take immediate action to cool off**

# Always Wear A Correctly Fitted Bicycle Helmet



## WEAR A BIKE HELMET...EVERY TIME YOU RIDE!

Riding a bike is fun, but crashes can happen. That is why it is important to wear a correctly fitted bike helmet, every time you ride a bike, even if you are going for a short ride. The bike helmet will protect your head and brain if you fall. Be safe on your bike and follow these bike helmet tips:

- ◆ Make sure your bike helmet fits well.
- ◆ Always wear a bike helmet correctly so it will protect you: Make sure it covers your forehead and don't let it tip back. Always fasten the straps.
- ◆ Be careful with your helmet and do not throw it around. If the bike helmet gets damaged, it may not protect you when you need it.
- ◆ Get a new helmet if you fall while you're on your bike and hit your head.



### Proper Helmet Fit

Helmets come in various sizes. Select a helmet that is the right size for your head and follow the steps to fit the bike helmet correctly. It may be easier to look in a mirror when adjusting the straps, or to have someone help adjust the straps. Take the time needed to ensure the bike helmet fits correctly, your safety is worth it.



#### Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.



#### Chin Strap:

Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



#### Position:

The helmet should sit level on the head and low on the forehead—one or two finger-widths above the eyebrow.



#### Final Fitting:

1. Does your helmet fit right?
  - ◆ Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.
2. Does your helmet rock back more than two fingers above the eyebrows?
  - ◆ If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
3. Does your helmet rock forward into your eyes?
  - ◆ If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
4. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.



#### Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



#### Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

