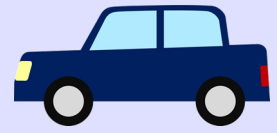




HOT CAR DANGERS



Heatstroke is one of the leading causes of non-crash vehicle-related fatalities among children. Vehicle heatstroke occurs when a child is left unattended in a car, allowing for the ambient temperature to heat up and the child's temperature to rise in a quick and deadly manner.

100% of Heatstroke Deaths of Children in Cars Are Preventable

Never Leave a Child Alone in a Vehicle

- ◆ The inside of a car heats up very quickly.
 - ◆ In 10 minutes, a car can heat up 20°.
- ◆ Cracking a window does little to keep the car cool.
- ◆ A child's body temperature can rise up to five times faster than an adult's body temperature.
- ◆ A child dies when his/her temperature reaches 107°.



Estimated Vehicle Interior Air Temperature v. Elapsed Time

ELAPSED TIME	OUTSIDE Air Temperature					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138

Courtesy Jan Null, CCM; Department of Meteorology & Climate Science, San Jose State University

Vehicular Heatstroke Deaths

- ◆ 52.6% of these tragedies occur when a child is forgotten by a parent or caregiver and left in a hot car.
 - ◆ In approximately half of these "forgotten" deaths, specifically, the child was on their way to childcare or preschool. A busy parent or caregiver may unintentionally forget that a rear-facing quiet or sleeping child is in the back of the vehicle. This most often occurs with children under one year of age.

Prevention Tips to Avoid a Tragic Heatstroke Death

ALWAYS LOOK BEFORE YOU LOCK!

- ◆ Always check the back seat before you lock the vehicle and walk away.
- ◆ Get in the habit of always opening the back door to check the back seat before leaving a vehicle. Put something you will need like your cell phone, handbag, or briefcase, etc., in the back seat to create a reminder to open the back door to retrieve that item every time you park.
- ◆ Distractions and/or a change in routine increase the risk of forgetting a child in a back seat. If someone else is driving your child, or your daily routine is altered, always check to make sure your child has arrived safely.



- ◆ 25.3% of toddlers and young children are at risk, as they can gain access into a vehicle without supervision.

- ◆ Some children gain access into a vehicle and may be unable to get out of the car, especially if child locks are activated.



Always store keys and fobs out of a child's reach.

- ◆ Always lock your car and ensure children do not have access to keys or remote entry devices.
- ◆ Never let children play in an unattended vehicle.
- ◆ Teach children that a vehicle is not a play area and that it is dangerous to play in or around the car.
- ◆ If a child is missing, always check the car, including the trunk.
- ◆ Everyone — Secure Your Car: Always lock your car doors and trunk, year-round, so children can't get into unattended vehicles.

- ◆ 20.1% of children are left intentionally by parents who do not understand the dangers of a hot vehicle, or who may not understand how quickly a vehicle can heat up to dangerous temperatures.

Never leave a child in a vehicle alone.

- ◆ Be sure that all occupants leave the vehicle when exiting the vehicle.
 - ◆ DO NOT overlook sleeping babies.

OUTSIDE 75°
INSIDE CAR 105°

NEVER LEAVE A CHILD IN A CAR.
NHTSA



Act Fast. Save a Life: If you see a child alone in a vehicle, get involved. Call 911 immediately. If the child seems hot or sick, get them out of the vehicle as quickly as possible. A child in distress due to heat should be removed from the vehicle as quickly as possible and rapidly cooled.

1-800 CAR BELT
www.pakidstravelsafe.org



Summer Safety: Tips for Traveling with Children

Preparing for a Road Trip

Make sure the car is in good working order. For safe travels, take the car in for routine maintenance before setting off for a long road trip. The National Highway Traffic Safety Administration (NHTSA) recommends that you have your tires, battery, belts, fluids, and air conditioner checked by a qualified mechanic. If you are driving in a hot climate or towing a boat or trailer, follow vehicle manufacturer's recommendation to service your vehicle.



Start the trip with plenty of rest and take regular breaks during the trip. Before the start of a long car trip, get a good night's sleep. NHTSA conservatively estimates driving while drowsy is a contributing factor in 100,000 crashes annually. Take a driving break about every 100 miles or 2 hours during long trips or share the driving with another adult, switching off every few hours. Drive only when alert and take breaks when drowsy.

Wear a seat belt and correctly secure all children in an appropriate car seat or booster seat. Many car seats are installed incorrectly which increases the possibility of serious injury or death. Call 1-800-CAR-BELT or go to www.pakidstravelsafe.org to find a nearby location for a free car seat inspection.



Take an Emergency Kit. The NHTSA recommends an emergency kit that includes:

- Water
- Warm blankets
- A flashlight
- Jumper cables
- Flares
- Tools to change a tire
- Cell phone, fully charged
- A first-aid kit



It's also a good idea to subscribe to a roadside assistance plan—just make sure you know where to call in an emergency and what kind of assistance your policy includes.

Back Seat Safety: Turn on the child safety locks for the windows and doors within reach of small children. Secure all loose items (hard books, toys, etc.) in the car. When the vehicle is traveling at 40 miles per hour, so are all loose items.

Avoid Driver Distraction: Texting and driving is one of the most dangerous forms of distracted driving. Avoid using your phone while driving. Even if you are hands-free, talking on the phone is dangerous.

Safely Transporting Children in Recreational Vehicles

Recreational Vehicles (RVs) and summer travel with children requires planning to determine how to safely transport children in car seats and booster seats.

RVs are not required to have rear occupant crash testing. The weight limit for vehicles required to meet the Federal seat belt standard is 10,000 pounds. Since RVs weigh more than 10,000 pounds, seats in the rear cabin of the RV are not required to meet seat belt standards. This includes class A, C and C+ RVs. Class B RVs that are less than 10,000 pounds require seat belts for rear seating.

Safety Tips for RV Travel with Children

- Safely accommodate all passengers in the appropriate seat belt, car seat, or booster seat every time you are driving.
- Choose an RV that meets Federal Motor Vehicle Safety Standard 208.
 - Car seats and belt-positioning booster seats are only approved for use on a forward-facing vehicle seat using either a seat belt or LATCH.
 - Check in the cab of the RV for seating positions that are appropriate for installing car seats.
 - Do not sit on side-facing or rear-facing benches when the RV is moving.



Fifth Wheel



Trailer



Truck Camper

- Tow the RV or drive a second car.
 - If there is not enough safe seating positions for everyone, bring a second vehicle or rent a tow-behind style RV.
 - Use a towable RV (fifth wheeler, trailer, truck camper as pictured above) where children can ride properly secured in the towing vehicle. Make sure the driver is experienced with towing a trailer.
 - Instead of towing a car behind the RV, consider driving the car with the children secured in their car seats and not traveling with children secured in the RV.
- Do Not distract the driver who must focus on the road.
 - RVs have a longer stopping distance, maneuver differently and take longer to avoid road hazards.

Air Travel With Children

The Federal Aviation Administration (FAA) strongly urges children to be secured in an approved car seat or other approved device during a flight. Buying a ticket for the child is the only way to guarantee that a car seat can be used.

FAA Approved Car Seats: All car seats approved for air travel will have a specific label that states the car seat can be used in aircraft.

This child restraint system conforms to all applicable Federal motor vehicle safety standards.
This Restraint is Certified for Use in Motor Vehicles and Aircraft.



Best Practice: Secure a Child Under the Age of 2 in an Approved Car Seat or Device

Safety Tips for Air Travel with Children

- Locate the label that states the car seat or device is approved for use on airplanes.
- Measure the width of the car seat at the base and a few inches up where the aircraft armrest would be, as many airlines require the armrest to be in place. Check the airline website for aircraft seat widths to determine if the car seat will fit.
- Buy a ticket for the child to guarantee the child will be able to use the car seat.
- Check with the airline to determine safe seating locations for a car seat.
- Car seats must be installed in a forward-facing aircraft seat, following car seat manufacturer's instructions. The car seat must be placed in the appropriate rear-facing or forward-facing direction, based on the child's age, weight and height.
- If an approved car seat, for which a ticket has been purchased, does not fit in the seat on the aircraft, the airline is responsible for accommodating the car seat in another seat in the same class of service.
- Reserve adjoining plane seats. A car seat must not block the escape path in an emergency. Many airlines require a car seat to be placed in a window seat.
- Arrange for the airline to help if there is a connecting flight. Carrying a car seat, child, and luggage through a busy airport can be challenging.
- Pack a bag of toys and snacks to keep the child occupied during the flight.
- Always use a car seat when driving to and from the airport.
- Wear a seat belt at all times.



1-800 CAR BELT
www.pakidstravelsafe.org