

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

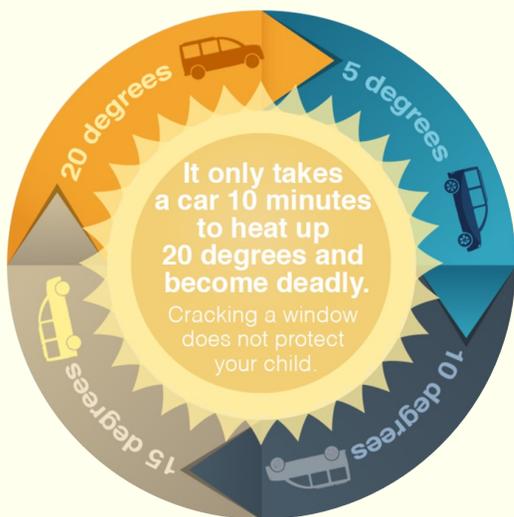
Is dropping off a child not part of your normal routine?

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**

Focus on Safety – Cool Tips for Safe Summer Travel



Protect Yourself and Your Loved Ones—Buckle Up. Every Trip. Every Time.

Buckling up is the single most important thing a family can do to stay safe in the car.

All passengers must be correctly secured in the vehicle with a car seat, booster seat, or a seat belt that is appropriate for their age and size.

Adults must set the example by always wearing a seat belt.

Rear-Facing



Secure infants and toddlers in a rear-facing car seat until they reach the highest weight or height allowed by the manufacturer of the car seat. In Pennsylvania, children younger than two years shall be secured in a rear-facing car seat. Never place a rear-facing car seat in the front seat with an active passenger-side front air bag.

Traveling rear-facing is safer than forward-facing.

Forward-Facing



When children outgrow the rear-facing car seat, secure them in a forward-facing car seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.

Forward-Facing car seats reduce the risk of injury for children by 71% compared to children using the seat belt only.

Belt-Positioning Booster



Once children outgrow the forward-facing car seat, secure them in a belt-positioning booster seat with a lap and shoulder belt until the seat belt fits properly, typically when a child is approximately 4 feet 9 inches and between 8 and 12 years of age.

Booster seats lower the risk of injury for children age 4 to 8 years by 45% compared to children using the seat belt alone.

Seat Belt



When children outgrow the belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. A lap and shoulder belt fits properly when the lap belt lays low and snug across the hips/upper thighs and the shoulder belt fits across the center of the chest and shoulder.

The lap and shoulder seat belt reduces the risk of injury by 45%.

Safe Travel with Children

Take every precaution to keep children safe during travel.

- ◆ Secure all children younger than 13 years in a back seat.
- ◆ Select an appropriate car seat, belt-positioning booster seat or seat belt and secure the child following the car seat instructions.
- ◆ Read and follow the car seat instructions and vehicle owner's manual to correctly install the car seat or belt-positioning booster seat in the vehicle.
- ◆ Ensure that all passengers in the vehicle are buckled up on every trip, every time.



Prevention Tips

to Keep Children Safe In and Around Cars

- ◆ Teach children not to play in or around cars.
- ◆ Always walk around a vehicle to check for children and toys before backing up. Teach your children to keep their toys and bikes out of the driveway.
- ◆ Be aware of small children near the vehicle. A small child is less likely to be seen when backing up.
- ◆ Teach children to move away from a vehicle when a driver gets in and when the car is started.
- ◆ Supervise children in a driveway or on a sidewalk so you can alert them to moving vehicles.
- ◆ Make sure to look behind you and check your mirrors while backing up slowly in case a child dashes behind your vehicle unexpectedly.
- ◆ Take extra care if you drive a large vehicle because they are likely to have bigger blind zones. Roll down your windows while backing out of your driveway or parking space so that you'll be able to hear what is happening outside of your vehicle.
- ◆ Many cars are equipped with detection devices like backup cameras or warning sounds, but they cannot take the place of you actively walking around your car to make sure your children are safely out of the way. Do not rely solely on these devices to detect what's behind your vehicle.