

Preventing Hot Car Deaths

Heatstroke is the leading cause of non-traffic, non-crash-related fatalities for children 14 and younger.

Tips for Traveling with Children

Parents and Caregivers

1. Always LOOK BEFORE YOU LOCK!

- ◆ When leaving your car, check to be sure everyone is out of the car.
- ◆ Do not overlook any children who have fallen asleep in the car.
- ◆ Keep something in the back seat that is essential, such as your cell phone, brief case, or ID badge.

2. Never leave a child unattended in a car, even if the windows are partially open or the engine is running and the air conditioning is on.

- ◆ Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

3. Keep children cool and hydrated.

- ◆ Dress children in lightweight, light-colored clothing. Make sure children are drinking plenty of fluids.

4. Always lock the car doors and trunk before walking away.

- ◆ Even when the car is in the garage or driveway, keep the doors locked to prevent children from getting in the car.
- ◆ Store car keys or remote entry access devices out of a child's reach.
- ◆ Teach children that vehicles are not a play area.
- ◆ Teach children to let an adult know if they need something from the car and not to go into the car alone.

5. Have a plan with childcare provider and school.

- ◆ Ask your childcare provider to call if your child does not show up for care as expected.

6. Observe and Report.

- ◆ If you see a child alone in a car, do not hesitate to call 911 or a local emergency number.
- ◆ If the child shows any warning signs of heatstroke, cool the child rapidly by spraying them with cool water. Do Not place the child in an ice bath.

Risks

- ◆ In 10 minutes, a car can heat up **20° 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 up 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 core body temperature of **107° is lethal**.



No parent ever thinks they will forget their child in the car, but even a great parent can forget a sleeping child in the back seat. Many of these tragic events are associated with a change in the parents' daily routine.

It can happen to anyone.


- ◆ In 52.6% of cases, the child was forgotten by the caregiver.
- ◆ In 25.9% of cases, children got into the vehicles on their own.
- ◆ The children most at-risk are those younger than one-year of age, who are too young to alert others for help, making up 31% of heatstroke deaths.




Keeping Young Drivers Safe this Summer


Facts about Teen Driver Fatalities

- ♦ Motor vehicle crashes are the leading cause of death for young drivers, ages 15 to 18 years old, in the United States.
- ♦ In 2018, there were 2,121 people killed in crashes involving a teen driver. Of these deaths, 719 were the young driver.
- ♦ Parents can be the biggest influencer on a child's driving behavior. Take the time to talk with young drivers about the biggest driving risks, including:


 **Seat Belt Use:** Wearing a seat belt is one of the simplest ways to stay safe in a vehicle. In 2018, almost half (45%) of young drivers who died were unbuckled. Even more troubling, when the teen driver involved in the fatal crash was unbuckled, nine out of 10 of the passengers who died were also unbuckled.




 **Number of Passengers:** Research shows that the risk of a fatal crash goes up dramatically in direct relation to the number of passengers in a car. The likelihood of young drivers engaging in risky behavior triples when traveling with multiple passengers.

 **Distracted Driving:** One of the fastest growing safety issues on the roads today. Distracted drivers are not just a threat to themselves, they are a danger to everyone on the road. Distractions while driving accounted for almost 10% of the young drivers involved in fatal crashes in 2018. Texting and driving is one of the most dangerous forms of distracted driving.




 **Speeding:** In 2018, more than one-quarter (28%) of all young drivers involved in fatal crashes were speeding at the time of the crash, and males were more likely to be involved in fatal crashes than females.





 **Impaired Driving:** Driving is a complex task. Alcohol or any substance, including illicit, prescription, or over-the-counter medication, that affects a driver's reaction time or ability to drive safely could have deadly consequences. It is critical that young drivers understand why they should not drive impaired and that they will face strict penalties and may lose their license if they are caught driving impaired.


What Can You Do?


- ♦ **Set the example:** Young drivers most often learn from watching their parents. Be consistent between the safety message you tell your child and your own driving behaviors.
- ♦ One of the best things you can do as a role model is to always wear your seat belt in the car. Children who grow up watching their parents buckle up are more likely to buckle up when they become drivers.
- ♦ **Remember the Rules of the Road**

 **Buckle Up - Every Trip. Every Time. Everyone - Front and Back Seat:** Lead by example. Remind your child that it is important to buckle up on every trip, every time, no matter what (both in the front and back seats), including in taxis and when using ride-sharing services.

 **Limit Passengers:** With each passenger in the vehicle, young driver's risk of a fatal crash increases. In Pennsylvania, a driver operating the vehicle on a Junior License may not carry more than 1 passenger under the age of 18. After the first 6-months of driving on a junior license, the limit is increased to no more than 3 passengers under the age of 18. If a junior driver has been convicted of a driving violation or been involved in a crash in which they are partially or fully responsible, the number of passengers permitted in the vehicle remains at one. For more information on Pennsylvania's Graduated Driver Licensing Law go to <https://www.dot.state.pa.us/Public/DVSPubsForms/BDL/BDL%20Fact%20Sheets/fs-wy.pdf>

 **Eyes on the Road, Hands on the Wheel. All the Time:** Remind your child about the dangers of texting, dialing, or using mobile apps while driving. Require young drivers to put their phones away when they are on the road. Distracted driving is not limited to cell phone use. Passengers, audio and climate controls in the vehicle, and eating or drinking while driving are all sources of dangerous distractions for young drivers.

 **Obey All Posted Speed Limits:** Speeding is a critical issue for all drivers, especially for young drivers who lack the experience to react to changing circumstances around their cars. Obey the speed limit, and require young drivers to do the same.

 **Don't Drive Impaired:** Set a good example by not driving after drinking or consuming other impairing substances. Remind your child that driving under the influence of any impairing substance, including illicit, prescription, or over-the-counter drugs, could have deadly consequences.