

Heatstroke Prevention Safety Tips

Be prepared to take action to save a life. If you see a child alone in a car; get involved.

Protecting children is everyone's business.

What to Do if You See a Child or Animal Alone in a vehicle:

Don't wait for the driver to return. Call 911 right away. The 911 operator can help give you instructions on how to care for the child.

If the child is not responsive or is in distress, immediately:

- 1) Get child out of car by any means necessary.
- 2) Move the child to a cooler environment (somewhere with AC or shade if AC is not available).
- 3) Remove child's clothing to let the heat out from their skin.
- 4) Dampen the child with cool water or wet rags (not in an ice bath).

If the child is responsive:

- 1) Stay with the child until help arrives.
- 2) Ask someone else if they can locate the driver. You might suggest they ask security or a store manager to page them.

www.kidsandcars.org/2019/03/01/what-to-do-if-you-see-a-child-or-animal-alone-in-a-vehicle/
www.kidsandcars.org/how-kids-get-hurt/heat-stroke/

It is estimated that an average of **38** children die in hot cars every year:

Children **UNDER 5 YEARS** of age are more likely to develop heatstroke and may have a harder time communicating that they are experiencing symptoms. Heatstroke requires **IMMEDIATE EMERGENCY MEDICAL CARE** and can be **DEADLY** if not taken care of at once.



88% are under the age of 3

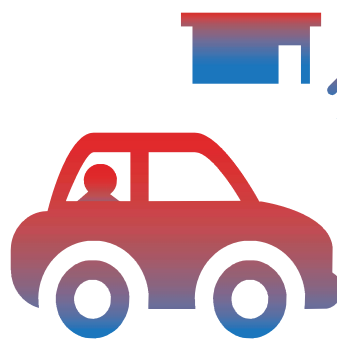


A car can reach 125° in minutes



A child's body temperature rises 3-5 times faster than an adult

Children can be unknowingly left behind in a vehicle when parents or caregivers have:



Changes in routine



Simple distractions



Miscommunication



Lack of Sleep / Fatigue (these alter the way our brains are able to function)

Heatstroke prevention safety tips:

- **Look Before You Lock:** Make a habit of opening the back door and checking the back seat every time you leave your vehicle, even if you believe your spouse has your child
- Place an item you cannot start your day without (computer, cell phone, employee badge, etc.) on the floorboard in front of your child's car seat. This helps to form a habit so you will automatically open the back car door and check the back seat every time you arrive at your destination
- Make sure child care providers call you if your child doesn't show up as scheduled
- Never leave a child alone in a car, not even for a minute
- Clearly communicate who is getting each child out of the vehicle when more than one adult is present and always do a headcount of children
- Keep cars locked and keys out of reach of children at all times to prevent children from getting in a vehicle on their own