

# 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/](http://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/](http://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

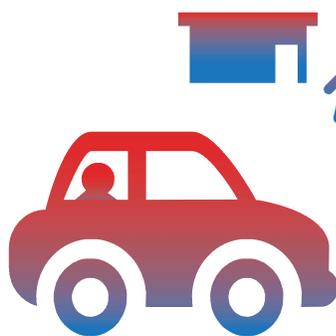


A car can reach 125° in minutes



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