

## KIDS & CAR SAFETY

The **Commission on the Status of Women** and the **Glendale Fire Department** want to remind you that the hot temperatures bring many risks for children.

Never leave a child unattended in your car, not even to run a quick errand. On an 85-degree day, the inside of a car can reach 100 in seven minutes; on a 93-degree day, the inside of a car can exceed 125 degree Fahrenheit in about 20 minutes. The temperature inside of a car is hotter than outside temperatures, and climbs rapidly.

Heat exhaustion and heat stroke can occur in a matter of minutes for young children and infants in enclosed vehicles. A recent General Motors and [SAFE KIDS](#) Coalition study found that children are more vulnerable to heat because a child's body temperature increases three to five times faster than that of an adult. According to SAFE KIDS, **an average of 25 children die in the United States each year** as the result of being left in a car on a warm day. Don't let this avoidable tragedy affect your family!

REMEMBER: heatstroke, brain damage, abduction and even death are only a few of the many possible dangers—so, NEVER leave your child alone in a car not even for a MINUTE.

### How to Keep Your Children SAFE!

This information brought to you from the Commission on the Status of Women & the Glendale Fire Department.

### Statistics How Long Does It Take For A Car to Get Hot?\*

Outside Temp	Time it Takes to Heat Up...	Internal Car Temp
75	10 minutes	100
75	30 minutes	120
85	5 minutes	90
85	7-10 minutes	100
85	30 minutes	120
90	20 minutes	120
100	15 minutes	140

### Number of Deaths Nationally Due to Car-Related Incidents\*

Year	Incidents	Kids Involved	Deaths
2006	153	182	22
2005	429	509	151
2004	443	560	120
2003	573	713	141
2002	430	587	116
2001	376	454	92

\* Courtesy Kids In Cars (as of 05/23/06)

### Number of Child Deaths Nationally Due to Car-Related Heat Stroke\*

Year	Child Deaths
2006	4 **
2005	42
2004	35
2003	42
2002	33
2001	35
2000	29

\*\*As of May 28, 06

\* Courtesy Department of GeoSciences, San Francisco State University



## How To Prevent Tragedy

- Don't overlook sleeping infants. ***Never let infants sleep unattended in the car!***
- Never leave your child unattended in a car, even if the windows are down and a windshield shade is in place or even just to run a quick errand.
- Children left alone in a car are also at risk for being abducted by an adult.
- Teach children not to play in or around cars.
- Make sure that the seat belt and seat surface are not too hot before buckling up your child.
- Make sure all children leave the vehicle when you reach your destination.
- When you and your children exit the car, place a windshield shade in front and back windows to help cut down on the heat.
- Make sure that kids' arms, legs, fingers, and toes are safely inside before closing doors.
- Keep the rear fold-down seats closed to prevent kids from getting into the trunk from inside the car.
- Contact your auto dealership about getting your vehicle retrofitted with a trunk release mechanism.
- Be wary of child-resistant locks--make sure they function.

## CHILD & CAR Safety:

- Cars are not always child proof. If left unattended, children may be able to reach the cigarette lighter and burn themselves; to shift the car from the parked position, endangering themselves and others

- around them; or to become entangled in the seat belt.
- Keep car doors and trunks locked at all times, even in the garage or driveway.
- Never leave the keys in the car. A child who is able to remove himself from restraints or enter into a car may be able to turn on the car, which may result in personal injury or injury to others nearby.
- Teach children not to play in or around cars.
- Teach your child never to play in the trunk. Keep the rear fold-down seats closed to help prevent kids from getting into the trunk from inside the car.
- Seek emergency medical attention if you know or think that your child has been exposed to high temperatures by having been left in or accidentally trapped in a car.

## Your Child's Health:

- Heat exhaustion and heat stroke can occur rapidly in enclosed vehicles. A recent General Motors and [SAFE KIDS](#) Coalition study found that children are more vulnerable to heat because a child's body temperature increases three to five times faster than that of an adult. Heat stroke in infants is primarily associated with increased environmental temperatures or poor fluid intake.
- If your child gets locked inside a car, dial 9-1-1 or your local emergency number immediately.

- According to SAFE KIDS, an average of 25 American children die each year as the result of being left in a car on a warm day.
  - On a 93-degree day, the inside of a car can exceed 125 degree Fahrenheit in about 20 minutes. The temperature inside of a car is hotter than outside temperatures, and can climb rapidly.
  - Heat stroke occurs rapidly in infants who are ill or have other predisposed health conditions - but even healthy infants are at high risk when left in a hot car.
  - Heat stroke can occur in a matter of minutes for young children and infants.
- "Cracking" the windows enough to let in air but to keep others out is not an effective way to avoid the heat risks involved with leaving a child alone in a car on a hot day.
- **RECOGNIZE THE SIGNS of HEAT STROKE!** With heat stroke, children's skin become red and dry, and they are unable to produce sweat to reduce their core body temperature. Children's heart rates then quicken, and they eventually become confused and lose consciousness before their organ systems begin to fail.
- Adults are less sensitive to heat than young children. So even if temperature inside of a car doesn't feel too hot for an adult, it may be fatal toll for young children.

Information adapted from [Kids In Cars](#) and [National Safe Kids Campaign](#)