

## Hot Car Dangers

Leaving a child alone in a car, even for a few minutes, can be deadly. Cars heat up quickly, even on cool or cloudy days. This tragedy can happen to anyone. The good news? These deaths are preventable.



A child's body heats up **3 TO 5** times faster than an adult's.

*Their small bodies can't handle heat as well as adults.*



On an 80° day, the inside of a car **CAN REACH 120°** in under 10 minutes!

Heatstroke can happen when a child's body reaches 104°



**AT 107°**  
**A CHILD CAN DIE**

*Children, especially those under age four, are at a greater risk of heatstroke.*



Cracking a window **DOES NOT** keep the car cool!



Even if it's only 60° outside, the car can still get

**DANGEROUSLY**  
**HOT**

### WHY THIS CAN HAPPEN, EVEN TO THE MOST CAREFUL PARENTS

*Sometimes, parents forget a child is in the back seat. It can happen when:*

- You're tired, distracted, or stressed
- Your routine changes
- You're used to driving without your child



Hot Car Dangers – What can you do to keep kids safe?

## You can ACT

# A

**AVOID THE RISK** · Always lock your car, even at home, and keep keys out of reach to prevent kids from getting in. Teach kids that cars are not a safe place to play. Teach older kids how to open the door or honk the horn if they get stuck inside the car, and practice getting out of the car safely.

# C

**CREATE REMINDERS** · Make it a habit to check the back seat every time you exit the vehicle (*Look Before You Lock*). Ask caregivers/family members to do the same. Place a reminder if you need to, such as a phone or work bag in the back seat, or a stuffed animal/toy in the front seat. Some vehicles have alarms that can remind you if a child is in the back seat.

# T

**TAKE ACTION** · If you see a child alone in a vehicle, CALL 911. Immediately report the situation to emergency services. **ASSESS THE CHILD'S CONDITION.** If the child looks hot, sick or is not responding, take action. **SAFE INTERVENTION.** If the child is in immediate danger, and it's safe to do so, break the window and get them out.

### Remember!

- Never leave a child alone in a car. Not even for a minute.
- Always Look Before You Lock.
- It Can Happen to Anyone. Don't think it can't happen to you. Stay aware and stay safe.

For more tips, visit [BuckleUpMN.org](http://BuckleUpMN.org)

