

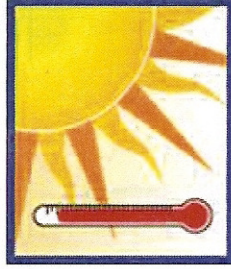
# Summer Safety Tips for the Family



## Prevent Vehicle Related Heatstroke!

As temperatures rise this summer, make sure you think about the safety of your child not only when traveling, but also when the children are in a parked car. Each year, children die from heatstroke from being left in hot vehicles. Make sure you take precautions to keep your kids safe not only in but also around vehicles.

Vehicles heat up quickly - even with a window rolled down two inches. If the outside temperature is in the low 80s° Fahrenheit, the temperature inside a vehicle can reach deadly levels in only 10 minutes. Children's bodies overheat easily, and infants and children under four years of age are among those who are at greatest risk for heat-related illness.



Children's bodies absorb more heat on a hot day than an adult. Also, children are less able to lower their body heat by sweating. When a body cannot sweat enough, the body temperature rises rapidly. In fact, when left in a hot vehicle, a young child's body temperature may increase three to five times as fast an adult. High body temperatures can cause permanent injury or even death.

### Tips to prevent heatstroke for children left in vehicles:

- ◆ Never leave a child unattended in a vehicle, not even for a second.
- ◆ Do not let your children play in an unattended vehicle, teach them that a vehicle is not a play area.
- ◆ Never leave infants or children in a parked vehicle, even if the windows are partially open.
- ◆ Make it a habit to look in the vehicle - front and back - before locking the door and walking away.
- ◆ If you are dropping your child off at childcare, and normally it is your spouse or partner who drops the child off, have your spouse or partner call you to make sure the drop off went according to plan.
- ◆ Ask your childcare provider to call you if your child does not show up for childcare.
- ◆ Do things to remind yourself that a child is in the vehicle, such as:
  - ◆ Write yourself a note and put it where you will see it when you leave the car;
  - ◆ Place your purse, briefcase or something else you need in the back seat so that you will have to check the back seat when you leave the vehicle; or
- ◆ Keep an object in the car seat, such as a stuffed toy. When the child is buckled in, place the object where the driver will notice it when he or she is leaving the vehicle.
- ◆ Always lock vehicle doors and trunks and keep keys out of a child's reach. If a child is missing, check the vehicle first, including the trunk.
- ◆ If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.

## Avoid Vehicle Backover Accidents

Each year, many children are killed or seriously injured in backover incidents. A backover incident typically occurs when a car coming out of a driveway or parking space backs over a child because the driver did not see him/her.

### Tips to Prevent Vehicle Backover Accidents:

- ◆ Teach children not to play in or around cars.
- ◆ Teach children to move away from a vehicle when a driver gets in it or if the car is started.
- ◆ Teach your children to keep their toys and bikes out of the driveway.
- ◆ Supervise children carefully when in and around vehicles.
- ◆ Be aware of small children-the smaller a child, the more likely it is you will not see them.
- ◆ Have children in the area stand to the side of the driveway or sidewalk so you can see them as you are backing out of a driveway or parking space.
- ◆ Always walk around your vehicle and check the area around it before backing up.
- ◆ Make sure to look behind you while backing up slowly in case a child dashes behind your vehicle unexpectedly.
- ◆ Take extra care if you drive a large vehicle because they are likely to have bigger blind zones. Roll down your windows while backing out of your driveway or parking space so that you'll be able to hear what is happening outside of your vehicle.
- ◆ Because kids can move unpredictably, you should actively check your mirrors while backing up.
- ◆ Many cars are equipped with detection devices like backup cameras or warning sounds, but they cannot take the place of you actively walking around your car to make sure your children are safely out of the way. Do not rely solely on these devices to detect what's behind your vehicle.

