

Car Heatstroke Safety

It only takes a few minutes to save a life. In today's world of technology and multi-tasking, it is easy to lose track of time or make a costly mistake. Even on a cool day, a vehicle can reach dangerous temperatures quickly. **In only 10 minutes the inside of a car can climb 20 degrees even with the windows cracked.**¹



Preventing heatstroke:

- Don't leave a child or pet alone in a car, not even for a few minutes.
- Place your keys/key fobs in a safe place where children can't get to them. Incidents can happen when children play in open cars. Always check your car before you lock it and continue your day.
- Place a physical reminder such as your bag or cell phone in the backseat so you are reminded to check in the back before leaving your car.
- Use technology to your advantage. Phones or tablets have calendars to set alarms. You can also take a picture of a checklist or any other item and set it as your device's home screen. There are even apps that alert you if a child is left alone in the car.
- If another driver is looking after your child, check with them or their destination to make sure the child arrived safely.

If you see a child alone in a car:

- If the child is not responsive or in distress call 911 or alert nearby authorities. Do what you have to do to get the child out of the car. Use cool water to lower their body temperature.
- If the child is responsive, stay with them until authorities arrive. Have someone else try to find the driver or send out an announcement.
- Don't wait more than a few minutes for the parent to return to take action. Good Samaritan laws in Colorado will protect you if you are acting in the best interest of the child.

First Aid treatment:

- Alert medical personal immediately.
- Bring the child to a cooler area such as shade or to an air conditioned area.
- Use cool water to spray the child in combination with fans or sponges.
- Don't give fluids if the child is unresponsive. If they are able to drink use cool water because ice water can shock the system.

¹ Prevent Child Heatstroke in Cars. National Highway Traffic Safety Administration. Retrieved from <http://www.safercar.gov/parents/heatstroke.htm>