

Preventing Childhood Vehicular Heat Stroke

Far too many children have been inadvertently left in vehicles or have gotten into a vehicle on their own. On average, 37 children die each year from heat-related deaths after being trapped inside vehicles. Even the best of parents or caregivers can unknowingly leave a sleeping baby in a car; and the end result can be injury or even death.

Young children are particularly at risk as their bodies heat up three to five times faster than an adult's. Luckily, these incidents are preventable with just a few simple steps:

- Never leave your child alone in the vehicle, not even for one minute.
- Keep vehicles locked when not in use and put keys up and out of children's sight.
- Teach children never to play in or around vehicles.

- Create reminders to help avoid the tragic situation of forgetting your child in the vehicle:
 - Put something in the back of your vehicle next to your child, such as a briefcase, cell phone, or purse, that is needed at your final destination.
 - Create a calendar reminder to make sure you dropped off at daycare.
- Develop a plan with your daycare so that if your child is late, you'll be called within a few minutes. Be especially careful if you change your routine for dropping off children at daycare.
- Take action – if you see a child alone in a car, call 911.
- If your child is missing, get help and check swimming pools, vehicles and trunks first.



Check out our course list online for a variety of safety trainings provided across the state at

www.ndsc.org

The North Dakota Safety Council is a private non-profit organization supported through grants, donations, memberships and training.

