

# Preventing Child Deaths in Hot Cars

It's especially important during the hot weather to not leave children unattended in cars. **Not even for a minute.** The temperature inside a car rises rapidly and can be up to 30°C hotter than the outside temperature this can mean that even on a coolish day the car can be over 50°C. Children can not regulate their body



temperature as efficiently as adults and will overheat very quickly resulting in serious injury or worse.

## Risks

**Change in routine** is a common reason that children have died in hot cars

**There's no such thing as a short trip**, a minute shop can turn into 10 or more

**Shaded parks** do not mean that the car won't get hot

**Kids getting to the car keys inside the house** and letting themselves into a hot car

**Leaving the car on** might keep it cool but adds a high level of risk of the car and child being stolen

## Tips

**Add safety measures** - Being a parent or carer can be exhausting, with this exhaustion can come forgetfulness even with the most important things. It can be helpful to put something that's always with you in the back with the kids, like your mobile or wallet, this can help jog your tired brain to check the car seats.

**Make it a routine** - Add checking the car seats into your routine **every time** you get in and out of the car, even before bub's born, so it becomes a life saving habit.

**Ph:** (02) 6290 2244

**Website:** [www.kidsafeact.com.au](http://www.kidsafeact.com.au)

**Facebook:** [www.facebook.com/KidsafeACT](http://www.facebook.com/KidsafeACT)