



## **Heat Safety Advisory and Tips**

### **Never Leave Children, Disabled Adults or Pets in Parked Vehicles**

Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia. Hyperthermia occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies have not developed the ability to efficiently regulate its internal temperature.

### **How Fast Can the Sun Heat a Car?**

A dark dashboard or seat can easily reach temperatures in the range of 180 to over 200°F. Shown below are time lapse photos of thermometer readings in a car over a period of less than an hour. As the animation shows, in just over 2 minutes the car went from a safe temperature to an unsafe temperature of 94.3°F. This demonstration shows just how quickly a vehicle can become a death trap for a child.

<http://ggweather.com/heat/heating-small.wmv>

### **Tips for Parents and Care Givers:**

- Touch a child's safety seat and safety belt before using it to ensure it's not too hot before securing a child
- Never leave a child unattended in a vehicle, even with the windows down, even for just a minute
- Teach children not to play in, on, or around cars.
- Always lock car doors and trunks--even at home--and keep keys out of children's reach.
- Always make sure children have left the car when you reach your destination. Don't leave sleeping infants in the car ever.

