

PREVENTING CHILD HEATSTROKES

***Heatstroke is the number one killer of children,
outside of car crashes***

If your agency provides transportation, please ensure that all staff have knowledge and understanding of transportation rules. Drivers, monitors and additional reviewers must follow procedures to confirm that no child is left alone on the vehicle. Following transportation rules can save a child's life. Although your licensing Program Evaluator monitors transportation rules at every visit, you will receive an additional visit during the summer months to check transportation compliance.

Vehicles can heat up quickly. A vehicle can heat up 20 degrees in 10 minutes. A vehicle can also reach 110 degrees when temperatures are only in the 60s. It is imperative that you and your staff know, understand and follow established transportation rules.

Contact your Program Evaluator if you have questions or need assistance.



For more information please visit www.wheresbaby.org and see Child Care Licensing rules Tenn. Comp. R. & Regs. 1240-4-1-.07, 1240-4-3-.13 and 1240-4-4-.07.



He's a killer.

KIDS IN HOT CARS HEATSTROKE SAFETY TIPS FOR PARENTS AND CAREGIVERS

Kids in hot cars are a deadly combination. Whether intentional or accidental, these deaths are preventable, which makes it all the more tragic. Here are some helpful tips to make sure it doesn't happen to you.

Remember:

- Never leave a child alone in a parked car, even with the windows rolled down, or air conditioning on. Children's body temperature can heat up 3 to 5 times faster than adults. A core temperature of 107 is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping a child off not part of your normal routine? Come up with some ways to remind yourself that the child is in the car.

- Place an item that you keep on you, like a briefcase or purse, in the back seat next to the car seat, so that you'll always check the back seat before you leave the car.

- Call your spouse after you drop the child off to make sure you didn't forget.
- Have daycare call you if your child doesn't show up.
- Write a note and place it on the dashboard of the car. Or set a reminder on your cell phone or calendar. You can also download the Baby Reminder App for iPhones.

If you see a child alone in a hot vehicle:

- Call 911 or your local emergency number immediately.
- If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly, by spraying them with cool water or a garden hose. NEVER use an ice bath.

Remember: kids in hot cars are a deadly combination. Don't take the chance. Look before you lock.

Additional Resources:

- National Highway Traffic Safety Administration - www.safercar.gov/heatstroke
- San Francisco State University, Department of Earth & Climate Studies - www.ggweather.com/heat/
- Safe Kids - www.safekids.org
- Children's Hospital of Philadelphia - www.chop.edu

