

TRANSPORTATION SAFETY

SECURING OUR MOST PRECIOUS CARGO

Motor vehicle crashes are the leading cause of death among children ages 2 to 14, due in large part to the nonuse or improper use of child seats and seat belts.

CAR SEATS

REAR-FACING SEATS in the back seat from birth to at least 1 year old and at least 20 pounds.

FORWARD-FACING TODDLER SEATS in the back seat from age 1 and 20 pounds to about age 4 and 40 pounds.

BOOSTER SEATS in the back seat from about age 4 to at least age 8, unless 4'9" tall.

SAFETY BELTS at age 8 and older or taller than 4'9". All children age 12 and under should ride in the back seat.

PREVENTION TIPS

- Never leave a child unattended in a vehicle.
- Do not let your children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle - front and back - before locking the door and walking away.
- If you are dropping your child off at childcare, and normally it's your spouse or partner who drops them off, have your spouse or partner call you to make sure the drop went according to plan.
- Ask your childcare provider to call you if your child does not show up for childcare.
- Do things to remind yourself that a child is in the vehicle, such as:
 - Writing yourself a note and putting the note where you will see it when you leave the vehicle;
 - Placing your purse, briefcase or something else you need in the back seat so that you will have to check the back seat when you leave the vehicle; or

- Keeping an object in the car seat, such as a stuffed toy. When the child is buckled in, place the object where the driver will notice it when he or she is leaving the vehicle.
- Always lock vehicle doors and trunks and keep keys out of children's reach. If a child is missing, check the vehicle first, including the trunk.
- If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.

DANGERS OF EXTREME HEAT

Vehicles heat up quickly - even with a window rolled down two inches, **if the outside temperature is in the low 80s° Fahrenheit, the temperature inside a vehicle can reach deadly levels in only 10 minutes.**

Children's bodies overheat easily, and infants and children under four years of age are among those at greatest risk for heat-related illness.

Children's bodies absorb more heat on a hot day than an adult. Also, children are less able to lower their body heat by sweating. When a body cannot sweat enough, the body temperature rises rapidly.

When left in a hot vehicle, a young child's body temperature may increase three to five times as fast as an adult. High body temperatures can cause permanent injury or even death.

