







## **SAFETY WHEN TRAVELLING IN HOT WEATHER**

*Continued from previous page*

-  Dress children to promote airflow around their bodies, ie, lightweight fabric and light colours.
-  When planning long journeys, especially with small children, consider travelling in the cooler hours of the day.
-  Plan to stop every two hours so all passengers, including the baby, have an opportunity to move freely.
-  In summer when children are wearing lightweight clothing, restraints and harnesses could need to be tightened.
-  For rearward-facing restraints, it is not recommended that you use a hood to protect the baby from the sun. A hood can reduce airflow around a baby's head that can lead to the baby over-heating. A visor or sunshade is a safer alternative.
-  On every trip, short or long, take the time to check your children's safety by re-checking the fit of their harnesses.



**Never leave children  
alone in a car**



# **HOT CARS**

**Never leave children  
alone in a car**

Made possible by








Motoring & Services



**O**n a typical Australian summer day, the temperature inside a parked car can be **30°C to 40°C degrees hotter** than the outside temperature.

**That means that on a 30°C degrees day, the temperature inside the car could be as high as 70°C degrees!**





-  75% of the temperature increase occurs within five minutes of closing the car.
-  Darker-coloured cars can reach slightly higher temperatures than lighter-coloured cars.
-  Large cars can heat up just as fast as small cars.
-  The colour of interior trim has little effect on the speed that the temperature can increase inside a car.
-  Having the windows down 5cm causes only a slight decrease in temperature with an outside temperature of around 30°C degrees.

**Research shows that the inside of a car can reach 78°C degrees in a closed car and 70°C degrees in a car with open windows.**



### CASE STUDY

In July 1998 at 4.47 pm, a four-year-old girl was found in a locked car in front of a childcare centre after disappearing from the centre at approximately 10 am. CPR was administered on the scene but rigor mortis had already occurred. Death was attributed to heat stroke. The temperature inside the car at the time of death was unknown, however, the estimated temperature in the area that day was 33.9°C degrees.

### WHAT ARE THE RISKS?



-  The temperature and humidity inside the car begin to increase while the airflow decreases.
-  As the temperature increases inside the car, the child can begin to develop heat stress and start to dehydrate.
-  Young children are more sensitive to heat than older children and adults. This can put them at greater risk of heat stroke and other health risks.
-  If the child becomes distressed and tries to get out of their restraint, they could be at risk of strangulation on the harness.

### SAFE PRACTICES

-  If you have to leave the car, even to run a quick errand, take the children with you.
-  Do not use the car as a substitute 'baby-sitter'.



### SAFETY WHEN TRAVELLING IN HOT WEATHER

-  Do not leave your children in the car for any period of time without adult supervision.
-  Provide plenty of cool water or fluids regularly during your journey.