















SAFE TRAVEL

-  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.
-  Wear loose fitting, lightweight clothes when travelling in hot weather.
-  Travel in the cooler hours of the day.
-  Stop every two hours so all passengers, including children, have an opportunity to move freely.
-  Adjust restraint harness each time you use it, particularly in summer when children are wearing lightweight clothing.
-  Be careful using a hood on a child restraint to protect a child from the sun as it may reduce airflow and lead to over-heating. A window visor or sunshade may be a better alternative.
-  On every trip, short or long, take the time to check your children's safety by re-checking the fit of their harnesses.
-  Regularly service your car and ensure the air conditioning is working effectively before going on long trips.

WHAT IF I FIND A CHILD UNATTENDED IN A CAR?

-  Look for the parents or carers.
-  If they can't be found, if the child is distressed or you are concerned about the child's health, don't delay – call **000** and ask for the Fire Brigade.
-  Give your location, the vehicle registration number, the approximate age of the child and the condition of the child.
-  If the car is unlocked, open the doors and shield windows with a blanket etc.
-  Wait for emergency services, or safely try to remove the child from the vehicle if you are concerned about the child's condition **as every second counts!**

For more information visit:
the NRMA at mynrma.com.au

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KIDS IN CARS

Never leave kids
alone in a car

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Child Accident Prevention Foundation of Australia


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On a typical 30°C Australian summer's day, the temperature inside a parked car can be as high as **70°C**

Each year NRMA rescues an average of 2,000 unattended children from cars. Emergency services also rescue many children.

 The temperature inside a car can reach dangerously high levels in just a few minutes.


 Large cars heat up just as fast as small cars.


 The colour of the car or the colour of interior trim has little effect on the cabin temperature.


 Even with windows down slightly the maximum inside car temperature still reaches dangerously high temperatures very quickly.





WHAT ARE THE RISKS?

 The temperature and humidity begin to increase while the airflow decreases.


 As the temperature increases, the child can 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 as their body temperature can reach dangerous high levels much sooner.


 If the child becomes distressed and tries to get out of their restraint, they could become tangled in the harness.


 A child left alone in a car could be abducted, set the vehicle in motion or become caught in automatic vehicle functions.
eg. electric windows, cigarette lighters.


SAFETY TIPS


 Never leave children alone in a car without adult supervision for any length of time, not even a minute!

 If you have to leave the car, even to run a quick errand, take the children with you.

 Always look before you leave the car – ensure no one has been left behind.

 Do not use the car as a substitute 'baby-sitter'.

 Lock cars and secure keys when at home to prevent children playing inside the car.

 Plan ahead when you need to buy petrol - if possible, use 'pay at the pump' service stations; get your partner to fill the car; or buy petrol when there are two adults in the vehicle.

