

## 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 you can also contact NRMA Motoring & Services: call **13 11 22** or visit [mynrma.com.au](http://mynrma.com.au)

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# KIDS IN CARS

Never leave kids alone in a car

# **O**n 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.

