

Hot Cars

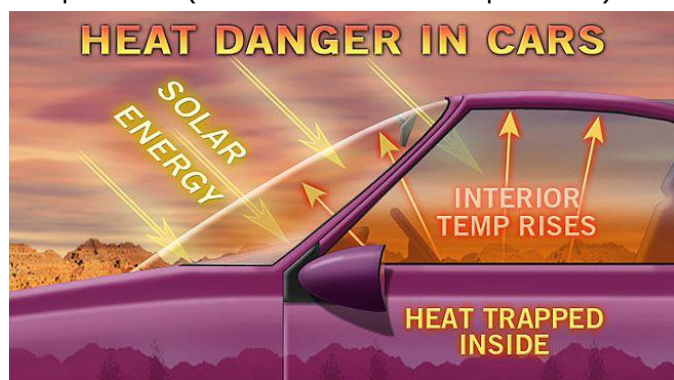
Never EVER Leave Children Alone in Cars

On a typically hot Territory day, the temperature inside a parked vehicle can be up to 30° higher than the outside temperature – in excess of 60°.

75% of the temperature rise occurs within 5 minutes of closing the car and leaving it, 90% of the temperature rise occurs within 15 minutes.

Dark coloured cars with dark interiors reach slightly higher temperatures than lighter, brighter cars with lighter upholstery and trim. The greater the area of glass in a car, the faster the rise in temperature.

Larger cars heat up just as quickly as smaller cars and opening a window a little makes minimal difference to the internal cabin temperature (~1°C when window open 1cm).



What are the risks?

- The temperature inside the car begins to rise, as does the humidity while the airflow decreases. As the temperature rises, the child quickly begins to dehydrate and develop heat exhaustion.
- Young children are far more sensitive to heat than older children and adults, and are at greater risk of heatstroke.
- The younger the child, the greater the risk of dehydration and heatstroke.
- Hyperthermia, dehydration and asphyxia can all lead to death.
- The child may also become distressed and try to get out of their restraint; increasing the risk of strangulation on the harness.

The Law

Unlike elsewhere, it is not currently illegal to leave a child unattended in a car in the NT, but Police should always be called if a child is in distress.

Safety Steps

- Never ever leave kids (or pets) alone in a hot car, however briefly.
- Always check the front and back seats of the car before you lock it and leave.
- See a child alone in a hot car? Call 000 immediately. Get them out ASAP if they are in distress.
- Always lock the car when it's empty so kids can't get in without you knowing.



Travelling safely in hot weather

- Provide plenty of cool water and offer to children regularly.
- Dress children suitably (light colours & breathable fabrics)
- Avoid using a hood on rearward facing restraints to protect the baby from the sun. This will decrease airflow around the baby's head. Instead use a visor or sunshade to filter the sun's rays.
- Plan car journeys for the coolest part of the day & make frequent stops, at least every 2 hours.
- Cool your car down as much as possible before putting the child in the car.
- Where possible, when stopping or parking your car, position it in the shade to reduce the amount of direct sunlight hitting the car.

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