



LEAVING KIDS IN CARS KILLS

CHECK EVERY SEAT, CHECK EVERY TIME.

Children can die in hot cars and the risk is highest in summer. The temperature inside a parked car can be 20 to 30 degrees hotter than the temperature outside.

Babies and children are far more sensitive to the heat. A child's body temperature rises 3 to 5 times faster than an adult. Babies and children are at greater risk of life-threatening heat stroke, brain injury, heart and lung failure, dehydration and death due to heat.

Parents and drivers should always take their kids with them whenever they get out of their car. Drivers should check every car set and check every time before locking the car.

Prevent fatal distraction

There are some steps that people can work into their daily routines to help lower the risk of accidentally leaving a child in a hot car and to avoid potentially tragic consequences:

- every time you leave the car repeat out loud to yourself: **"check every seat, check every time"** and actively complete this checking routine
- leave a bag, phone or wallet in the back seat of the car as a reminder to check every car seat
- place a child's bag or cuddly toy in the front seat as a reminder to check every car seat
- install electronic controls that create an audio reminder to check every car seat.

In Victoria, it is against the law to leave children unattended in a car. Parents or carers could face fines or up to six months' jail.

In an emergency, call 000.

For more information, visit www.betterhealth.vic.gov.au/never-leave-kids-in-cars