



In and Around Cars

What Parents and Caregivers Need to Know About
 Hyperthermia or Heat Stroke

Did you know that a child's body heats up 3 to 5 times faster than an adult's? It only takes a few short minutes before a kid can become dangerously overheated.

Every year, more than 30 children die because they are left alone in a car. In just 10 minutes a car's temperature can increase by 19 degrees and it continues to rise as time goes on. There is no evidence that cracking the windows helps keep a car cool. In fact, sunshine coming through car



windows makes the car work like an oven.

Make it a point to never leave your child alone in a car, even for one minute. We know that it seems like an innocent act to leave a child in a back seat while you make a quick run into a store to pick up a few things; however, this is dangerous because it only takes a few minutes to put your child at risk.

Make it a habit to check the back seat every time you exit and remember to Never Leave Your Child Alone in a Car.

Here are some tips to stay safe as you venture out this summer.

- Actively supervise children in and around open bodies of water, giving them your undivided attention. Appoint a designated "water watcher," taking turns with other adults.
- Enroll your child in swimming lessons after age 4 – typically the earliest age when they are likely to practice and retain information. Teach children how to tread water, float and stay by the shore.
- Make sure kids swim only in areas designated for swimming.
- Teach children that swimming in open water is not the same as swimming in a pool: they need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Do not let kids operate personal water crafts such as jet skis. These are intended for adults and require special training.
- Teach children not to dive into oceans, lakes or rivers because you never know how deep the water is or what might be hidden under the surface of the water.
- Learn infant and child CPR and keep a phone nearby in case of an emergency.

Keep Children Safe Around Open Waters



Heading to the beach or the lake this summer? Whether you're on a boat, canoe or just playing in the water, there is one thing you and your child should never be without – a life jacket.

There are risks in the open water that you just don't have in a pool, like uneven surfaces, river currents, ocean undertow and changing weather. A properly fitted Coast Guard approved life jacket can help to save a life in case of an incident on the open waters.

Where is your bike
 helmet?
 You know the steps.
 Put it on!



WALKING TIPS

Regular walking (for exercise or other purposes) carries many health benefits for people of all ages, including: reduced risk of coronary heart disease, stroke, and other chronic diseases; lower health care costs; and improved quality of life. Try to find ways to increase the amount of walking you do.



As you work to build more walking in your daily routine, you should also be aware of safe walking and driving practices and incorporate these, as well. Acting as an alert, cautious, and responsible pedestrian (or motorist) will create a safer and more comfortable environment for all road users and will provide a positive example for others.

Safety tips for pedestrians

Be safe and be seen: make yourself visible to drivers

- Wear bright/light colored clothing and reflective materials.
- Carry a flashlight when walking at night.
- Cross in a well-lit area at night.
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.

Be smart and alert: avoid dangerous behaviors

- Always walk on the sidewalk; if there is no sidewalk, walk facing traffic.
- Stay sober; walking while impaired increases your chance of being struck.
- Don't assume vehicles will stop; make eye contact with drivers, don't just look at the vehicle. If a driver is on a cell phone, they may not be paying enough attention to drive safely.
- Don't rely solely on pedestrian signals; look before you cross the road.
- Be alert to engine noise or backup lights on cars when in parking lots and near on-

street parking spaces.

Be careful at crossings: look before you step

- Cross streets at marked crosswalks or intersections, if possible.
- Obey traffic signals such as WALK/DON'T WALK signs.
- Look left, right, and left again before crossing a street.
- Watch for turning vehicles; make sure the driver sees you and will stop for you.
- Look across ALL lanes you must cross and visually clear each lane before proceeding. Just because one motorist stops, do not presume drivers in other lanes can see you and will stop for you.
- Don't wear headphones or talk on a cell phone while crossing.

Safety tips for drivers

Be alert: watch for pedestrians at all times

- Scan the road and the sides of the road ahead for potential pedestrians.
- Before making a turn, look in all directions for pedestrians crossing.
- Don't drive distracted or after consuming alcohol or other drugs.
- Do not use your cell phone while driving.
- Look carefully behind your vehicle for approaching pedestrians before backing-up, especially small children.
- For maximum visibility, keep your windshield clean and headlights on.

Be responsible: yield to pedestrians at crossings

- Yield to pedestrians in crosswalks, whether marked or unmarked.
- Yield to pedestrians when making right or left turns at intersections.
- Do not block or park in crosswalks.

Be patient: drive the speed limit and avoid aggressive maneuvers

- Never pass/overtake a vehicle that is stopped for pedestrians.
- Obey speed limits and come to a complete stop at STOP signs.
- Use extra caution when driving near children playing along the street or older pedestrians who may not see or hear you.
- Always be prepared to stop for pedestrians.

Scrap Book



Splash into Safety
Briggs School Jefferson Township



Ready to Roll Bike Rodeo – Denville Township



Hyperthermia Exhibit – Lincoln Park, NJ

Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

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