



# Weekly Safety Meeting

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## Hot Car Safety

As temperatures rise, the danger inside parked vehicles increases rapidly. Even on mild days, the temperature inside a car can climb to deadly levels within minutes. Hot car incidents are preventable and being aware of the greenhouse effect in your car, not leaving children and pets in the car without AC, and double checking before locking your car can save lives.

### Why Hot Cars Are Dangerous

A parked vehicle acts like an oven. Even on a 70°F day, the temperature inside a car can heat up remarkably fast due to the greenhouse effect, where heat enters but can't escape the vehicle (even when windows are cracked). On just an average 70°F day, in 10 minutes, the temperature reaches about 90-104°F. In 20 minutes, 100-115°F, and in 60 minutes, the temperature can exceed 115-120°F.

Contrary to popular belief, cracking the windows does very little to reduce the heat. Both cracked and closed window temperatures will rise almost equally going steadily up with time on a line graph, while the ambient air stays baseline. The quickly increasing temperature is due to the greenhouse effect, where heat from the sun enters through the car windows, but cannot escape. Children and pets are especially vulnerable because their bodies heat up faster than adults. Play it safe - just plan to take your child, dog, or pet with you every time you leave the car.

Heatstroke can occur when body temperatures reach 104°F, causing serious injury or death.

### Hot Car Safety for Children

- Never leave a child unattended in a vehicle, even for a short time.
- Always check the back seat before locking your car.
- Place a personal item such as a phone, purse, or work badge in the back seat as a reminder.
- Keep vehicles locked when parked to prevent children from climbing inside.
- Teach children that cars are not play areas.

### Car Safety for Pets

- Never leave pets in a parked vehicle, even with windows cracked open.
- Pets can suffer brain damage or death from heatstroke within minutes.
- If you cannot bring your pet inside, leave them safely at home.

## Car Safety for Drivers

- Stay hydrated during hot weather travel.
- Keep emergency water, sunscreen, and a phone charger in your vehicle.
- Watch for signs of heat exhaustion:
  - Dizziness
  - Heavy sweating
  - Headache
  - Nausea
  - Rapid heartbeat

## What To Do in an Emergency

If you see a child or pet alone in a hot vehicle:

- Call 911 immediately.
- Try to locate the driver quickly.
- If the person appears in distress, act fast and follow local emergency guidance.
- Move the individual to a cooler place if safely possible.
- Use cool water and air circulation while waiting for emergency responders.

## Remember:

A simple routine can prevent tragedy. Stay aware and look in the car before you lock it. Never leave children and pets in a car without AC and take precautions to keep your car locked so children can't gain access.

***DON'T LEAVE PEOPLE OR PETS IN HOT CARS!***

