



for Parents

NO. 3 • SUMMER 2000

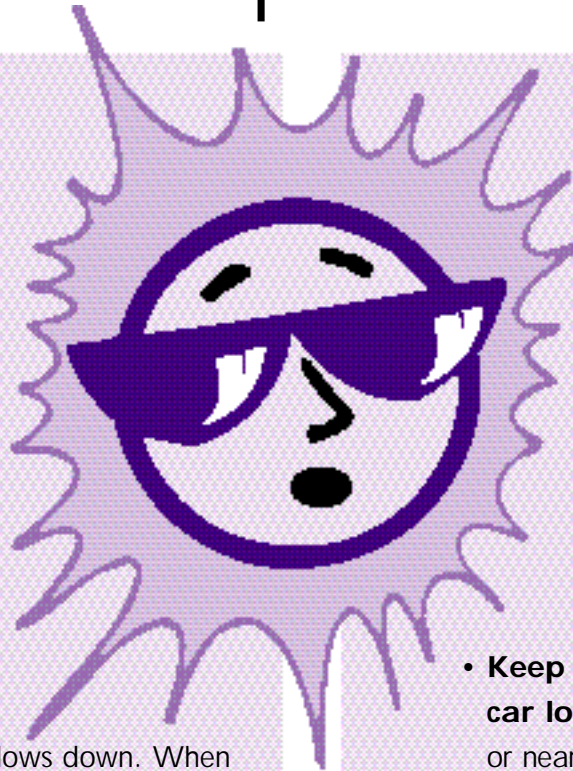
A PROGRAM OF CONNECTICUT CHILDREN'S MEDICAL CENTER

Parked cars pose dangers

Cars and summer sun

Hot summer sun and children left in or playing around cars can be a deadly mix. Outside heat can quickly raise temperatures inside a car to potentially lethal levels. The following tips will help keep children safe in and around cars:

- **Never leave your child** in the car, even with the windows down. When the outside temperature is 93° and your window is down 1½ inches, the temperature inside your car can still reach 125° in just 20 minutes, and approximately 140° in 40 minutes.
- If your child gets locked inside the car, **dial 9-1-1** or your local emergency number immediately.
- Make sure you **check the temperatures** of the car seat surface and safety belt buckles before buckling your children in the car.
- Use a light covering to **shade the seat of your parked car**. Consider using windshield shades in front and back windows. •



Car trunks

Kids can easily get into –but not always out of – vehicle trunks. In very hot weather, heat stroke may result and could lead to permanent disability or even death in a matter of minutes.

- **Teach children** not to play in or around cars.
- **Keep the doors and trunk of your car locked** when parked in the driveway or near the home. This will prevent children from opening the doors and locking themselves inside the car.
- **Close rear fold-down seats** to help prevent kids from getting into the trunk from inside the car.
- **Put car keys out of children's reach and sight.**
- **Be wary of child-resistant locks.** Teach children how to disable the driver's door locks if they unintentionally become entrapped in a motor vehicle.
- Contact your automobile dealership to see if you can **retrofit your trunk** with a release mechanism. •

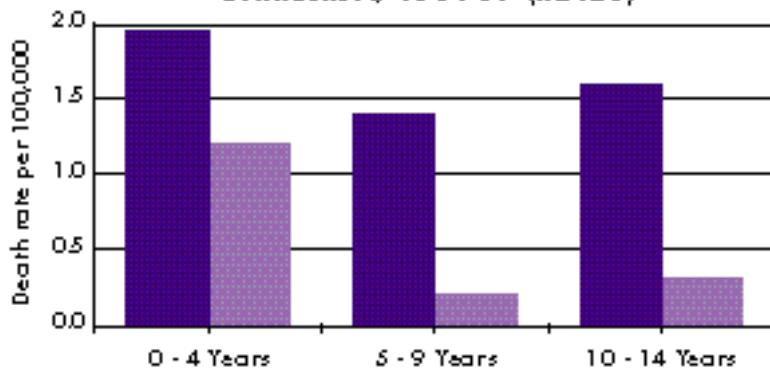
Play it safe and cool

A young child can drown in as little as one inch of water in a matter of seconds. Older children often overestimate their abilities in unfamiliar waters.

Follow these guidelines when visiting the shore this summer:

- Always supervise children in or near water.
- Teach children always to swim with a buddy, never alone.
- Teach water safety habits. Children should not run, push others under water, jump on others, dive or jump into shallow water.
- Be aware of the nature of the water. An open body of water that looks virtually motionless may have a strong undercurrent.

**Unintentional Drowning Death Rate per 100,000
Connecticut, 1981-97 (n=120)**



SOURCE:CONNECTICUT CHILDHOOD INJURY PREVENTION CENTER.

■ Male
■ Female

- Do not let your child dive into water unless an adult is present and knows that the depth of the water is greater than nine feet.
- Make sure your child wears a U.S. Coast Guard-approved personal flotation device (PFD) when on a boat, near open

bodies of water or when participating in water sports. Air-filled "swimming aids" are not considered safety devices, and are not substitutes for PFDs.

- Know infant and child cardiopulmonary resuscitation (CPR). •

Window safety

The weather is warm and windows are open, providing needed relief from the heat. But these open windows present a fall hazard to young children.

Each year, 18 children ages 10 and under die and 14,700 others suffer injuries from window-related falls. Almost 5,000 of these children require hospital treatment.

The majority of window-fall related deaths occur during the spring and summer months. To protect your family:

- Do not depend on screens to keep a child from falling out of the

window. Screens are designed to keep insects out, not children in.

- Open windows from the top, not the bottom.
- If local fire codes permit window guards, install them in the lower half of the window to prevent falls.
- Keep any furniture that your children can climb on away from windows. Children can quickly climb to window ledges or sills and fall.
- Install locks that prevent sliding windows from opening more than four inches
- Never leave a young child unsupervised. •

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