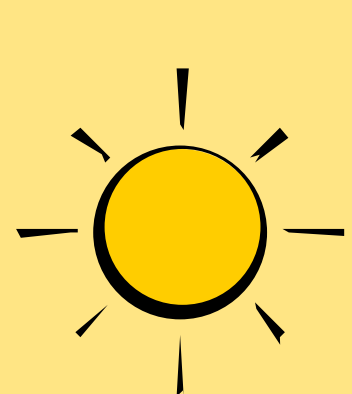


Fundación MAPFRE

RISKS OF EXCESSIVE HEAT IN CAR INTERIORS



Excessive heat is a danger for children and they can easily suffer from heat stroke, because:



Proportionally, they have a larger body surface area and thus build up more heat

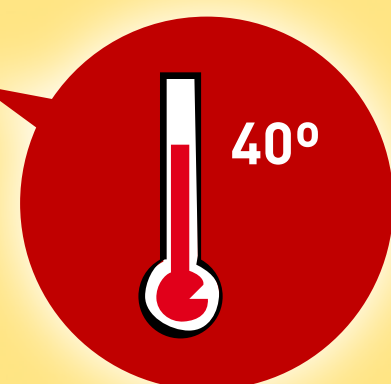
Their bodies contain more water



They dehydrate easily as they depend on an adult to provide them with water

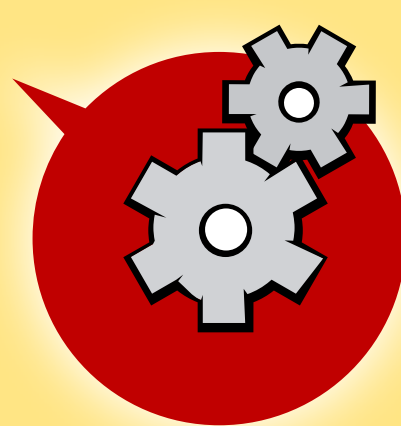


Heat stroke occurs when the ambient temperature or physical activity causes:



Body temperature to rise above 40° C

The body's control mechanisms are incapable of reducing the temperature



Heat stroke symptoms:

Malaise and headache

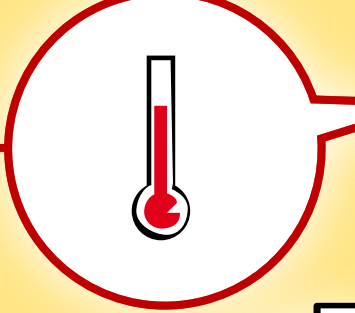


Dizziness and vomiting

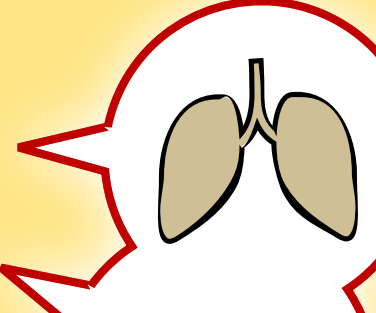


Irritability

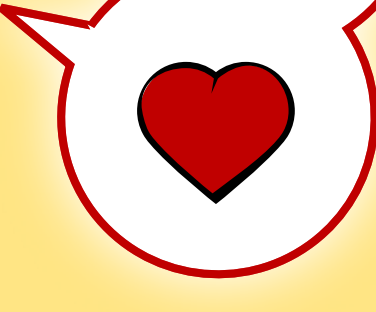
Very hot skin (whether sweaty or not)



Rapid breathing



Fever

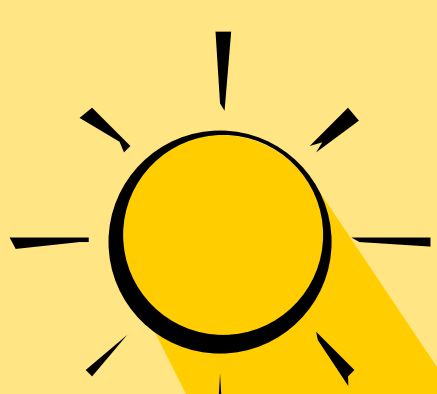


Increased pulse rate

Intense thirst



Fainting and loss of consciousness



A car parked in the sun turns into a greenhouse that accumulates heat

In summer, an outside temperature of 36° C can turn the inside of a car into 67° C in just 15 minutes

36°

In these circumstances a child can die from heat stroke

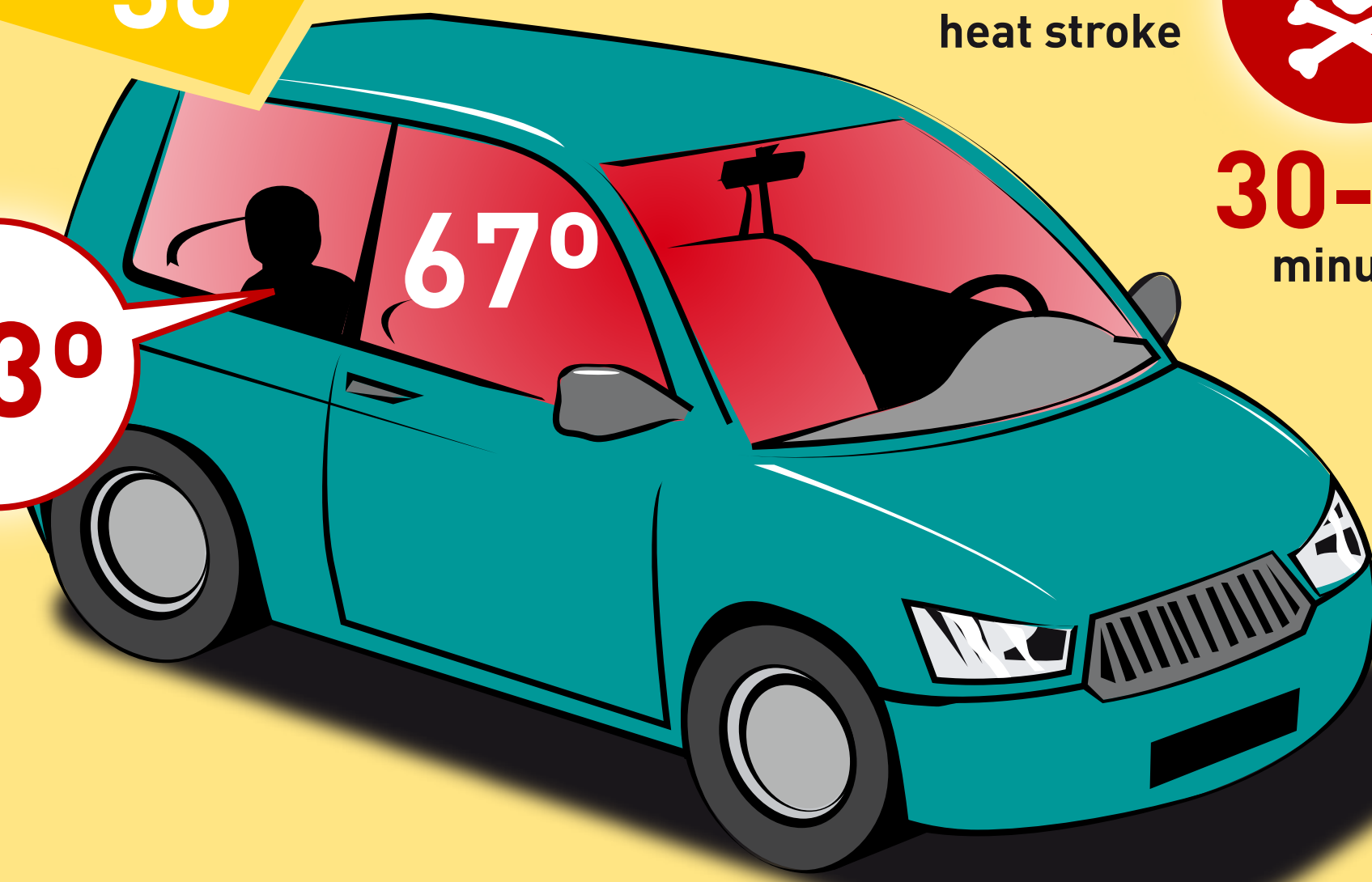


30-60 minutes

If a child is left inside a locked car, its body temperature can rise to 42° C or 43° C

43°

67°



If a child is suffering from heat stroke, you need to act quickly

Take him/her to a shady place



Give them air with a fan or ventilator



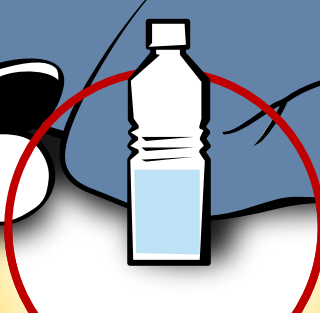
Call the emergency services

112

While the ambulance is coming, cool the child down



Give them little sips of water



Refresh the skin with cloths soaked in cool - not cold - water

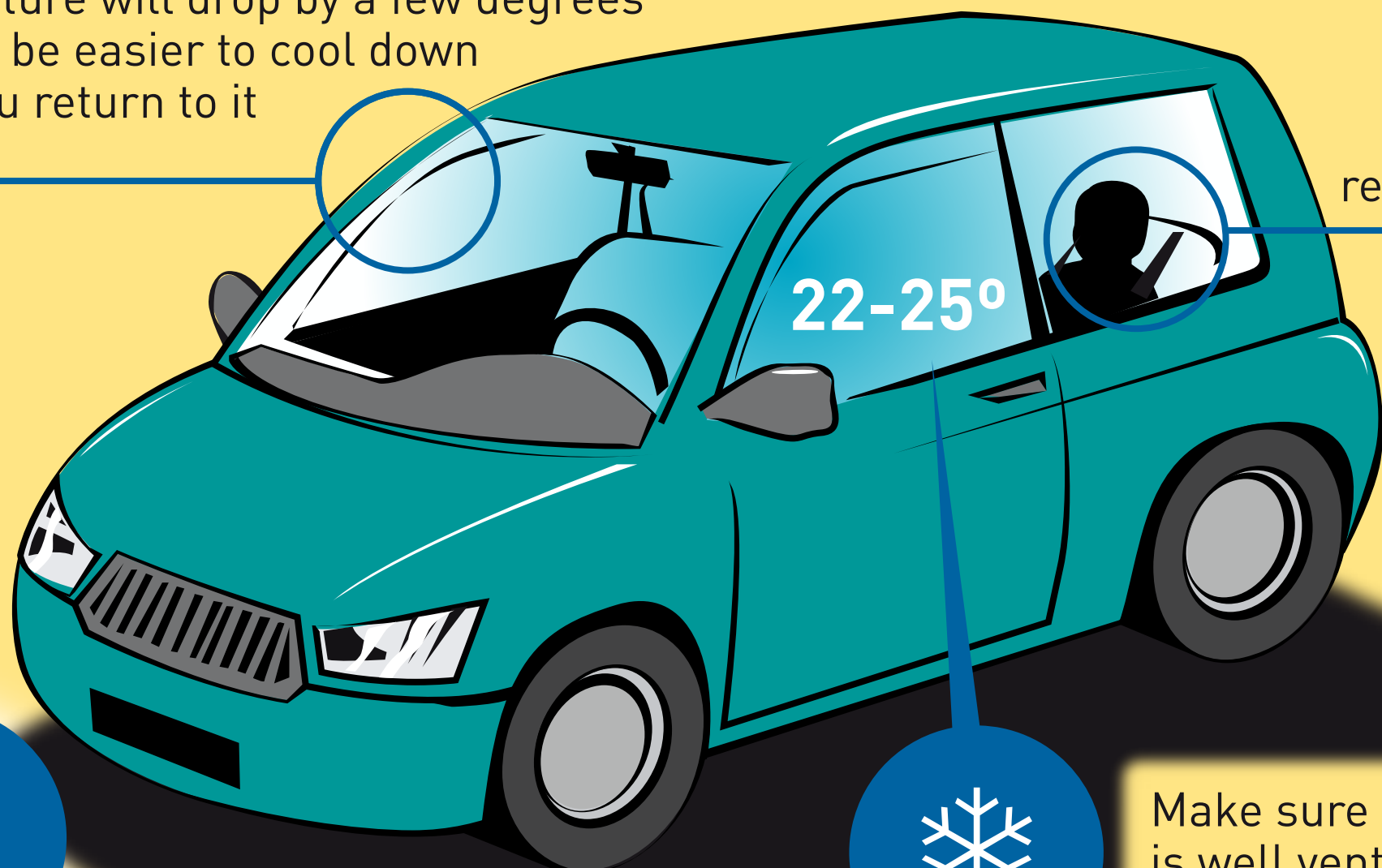


Remember: under no circumstances EVER leave a child in a car, far less strapped into their child seat with the car locked. Make sure they are wearing lightweight, cool clothing.

If you lower the windows slightly, the car's temperature will drop by a few degrees so it will be easier to cool down when you return to it

Sit the child in a seat where they are not receiving direct sunlight

Don't let children play in the car alone as they might lock themselves in accidentally



22-25°

Make sure the inside of the car is well ventilated and use air conditioning (there's no need to program a very cold temperature; 22° C to 25° C is sufficient)



Whenever possible, park in the shade

