

Driven to Wellness

Work-Life Balance Fact Sheet: HEAT STROKE

- According to [KidsAndCars.org](https://www.kidsandcars.org), over 940 children have died in hot cars nationwide since 1990.
- As of November 2019, more than 50 children in 2019 have died of heatstroke because they were left or became trapped in a hot car.
- Often children are “forgotten” in the vehicle due to a change in schedule or parent responsibility for the child for that day. Children have been left in employee parking lots as a result. In addition, children and pets have been left in vehicles on hot days, not knowing the risks.
- The inside of a vehicle heats up quickly. Even with the windows cracked, the temperature inside a car can reach 125 degrees in minutes. 80 percent of the increase in temperature happens in the first 10 minutes.



- Children and pets should never be left in a vehicle unattended even with a cracked window or with the engine running.
- Heatstroke begins when the core body temperature reaches about 104 degrees.
- A core body temperature of about 107 degrees is lethal.
- In 2018, 53 children died of vehicular heatstroke — the most in more than 20 years — according to www.NoHeatstroke.org.
- In over 55 percent of these cases, the person responsible for the child’s death unknowingly left them in the vehicle.
- Children have died from heatstroke in cars in temps as low as 60 degrees.
- Cracking the windows does not help slow the heating process OR decrease the maximum temperature.



"Navigating safe driving through healthy habits and lifestyles".