



The 10-Second Backseat Checklist

A simple one-page reminder to help prevent children or pets from being accidentally left behind or locked inside a vehicle. A quick family safety card for parents, grandparents, babysitters, pet owners, and caregivers.

Before You Lock the Car: The 10-Second Backseat Check.

Before walking away from your vehicle, ask:

- Did I check the back seat?
- Did I look for a child, pet, or sleeping passenger?
- Did I check behind the driver seat?
- Did I check behind the passenger seat?
- Did I make sure no child or pet was left buckled in?
- Did I make sure no one could become trapped in the vehicle?
- Do I have everything that belongs to the child or pet?

Section 2: The “Look. Open. Touch. Confirm.” Rule

Before locking the vehicle:

LOOK in the back seat.

OPEN the back door.

TOUCH the seat or car seat.

CONFIRM every child and pet is out.

You can even say out loud:

“Backseat checked. Everyone is out.”

That small habit can save a life.

Section 3: Before You Walk Away, Take These Too Use this as a reminder:

- Child’s diaper bag
- Backpack
- Lunch bag
- Baby blanket
- Child carrier
- Pet leash
- Pet bag or items
- Phone reminder cleared
- Daycare/school drop-off completed





If the child's or pet's items are still in the car, stop and check again.

**Section 4: Special Risk Moments:
Be extra careful when:**

- Your routine changes
- Someone else usually drives
- You are tired
- You are stressed or distracted
- The child falls asleep
- You are rushing
- You make an unexpected stop
- You are caring for both children and pets

**Section 5: Final 10-Second Exit Check
Before locking the vehicle:**

- Check front seat
- Check back seat
- Check floorboards
- Check car seats
- Check for pets
- Take all passengers out
- Lock only after confirming the vehicle is empty

Checked By: _____

Time: _____

Bottom Safety Statement

Never leave a child or pet alone in a vehicle, even for a moment. Temperatures inside a car can rise quickly and create dangerous or deadly conditions.

Small Disclaimer

This card is an educational reminder tool and does not replace full supervision or safety precautions.

