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Child Injury Prevention

Top Causes of DEATH Due to Unintentional Injury

Motor Vehicle Collisions (17%)

- rear-facing car seat until at least 1 year old AND 20lbs/9kg
- forward-facing car seat until *at least* 40lbs/18kg
- booster seat until *at least* 80lbs/36kg AND 57inches/145cm
- keep children in the back seat (middle if possible)
- always check manufacturer's specifications on car seats

Note: Some provincial laws vary (eg. requiring carseat tethers and allowing small 8 year olds to use a seatbelt.

Drowning (15%)

- completely enclose POOLS (not just yards) with *at least* 4foot/1.2m fence & a self-closing gate (by-laws may require additional tall perimeter fencing)
- wear life jackets on boats and when playing near water
- do not use baby bath seats or leave children unattended in baths
- teach swimming and survival training
- supervise closely (adult within one arm's reach of a child in or near water)

Threats to Breathing (11%)

- avoid nuts, carrots, hard produce, popcorn and large hotdog pieces
- keep coins, batteries, small toys, magnets & toy parts away from kids under 4
- cut blind and curtain cords short and tie them out of reach
- ensure cribs and mattresses meet current safety standards
- remove comforters, pillows, bumpers and stuffed animals from crib
- do not have adults sleep in the same bed as babies

Fire & Burns (10%)

- install smoke detector alarms on every level of the home & near sleeping areas
- test smoke detector alarms monthly and replace batteries yearly
- keep lighters and matches out of sight and reach
- arrange for plumber to reduce tap water temperature to 49°C (120°F)
- keep hot liquids away from children
- ensure appliance cords and pot handles are out of reach
- prevent access to hot appliances and fireplaces

Top Causes of HOSPITALIZATION Due to Unintentional Injury

Falls (37%)

- do not use baby walkers with wheels
- supervise children closely
- use proven safety products
- use safety straps in baby high chairs
- keep a hand on baby during diaper changes
- keep car seats, bouncy chairs and bumbo chairs on the floor

Poisoning (7%)

- keep all potential poisons in original containers and out of reach
- keep all medication in original child-resistant packaging and out of reach
- choose blister packing of medications if available
- install carbon monoxide detector on every level of the home
- keep the poison information phone number near the phone

Cycling (7%)

- ensure helmets are fitted properly and always worn
- keep children under 10 years old off the road

Playground Injuries (7%)

- remove drawstrings, scarves and skipping ropes when children on equipment
- remove bicycle helmets when on equipment
- closely supervise children by watching, listening and staying close
- ensure home playground equipment has a deep soft surface underneath