

Safety Never Hurts



Beamer the Safety Bug's

Bulletin for parents and caregivers of young children



Fall/Winter Edition

Prevent Falls in the Home

Falls are the #1 cause of injury related hospital admissions for children in Canada. The most serious falls happen in the home and are usually caused by stairs, furniture, and from falling through windows.

Follow these quick safety tips from Safe Kids Canada to see how you can prevent childhood falls and make your home a safer place for your child to learn, play and explore.

- Keep beds, cribs and other furniture away from balcony rails and windows to prevent your child from climbing out or getting tangled in window blind cords. You should also keep doors to balconies locked at all times.
- Install window stops or window guards on every window above the first floor. Window guards act as a barrier in the front of the window. Window stops do not allow the window to open more than 10 cm.
- Always place carriers, infant seats, bouncy chairs and car seats on the floor. Never put these seats on a high surface. Even a small amount of motion from the baby can cause a fall.

- Make sure one hand is always on your baby while changing the diaper.
- Ensure safety gates are installed properly both at the top and bottom of the stairs to protect toddlers and babies. **Do not use pressure mounted safety gates near stairs.** Use hardware-mounted gates which are anchored to the banister using screws and bolts, they are more secure.
- After placing your child in their crib, always lock the sides in an upright position.
- Switch your child from a crib to a low bed when they are either 35 inches or 90 centimetres tall. At this height they can climb out of their crib.
- Keep floors, walkways & stairwells clear of toys and spills that could lead to a fall.
- Watch out for loose carpeting. Make sure rugs have anti-slip pads underneath them to make them more secure.
- Supervision is important for your baby. You are your baby's best defence against injuries!

For more information about childhood falls, call Safe Kids Canada 1-888-723-3847 or visit www.safekidscanada.ca.



child safety
Middlesex
London

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For more information about child safety, contact Child Safety Middlesex London
at 519-663-5317 ext. 3755 or www.healthunit.com/childsafety

Eyes on the Road, Hands on the Wheel!

Talking on a cell phone or texting while driving are distractions we often hear about. But did you ever consider driving with children as a potential distraction? Any child can be a distraction if their behaviour makes the driver take their eyes off the road. Driving requires your full attention.

Tips to avoid distractions while driving:

Prepare! – Ensure that all children are fed, comfortable, and buckled into their seats before departure. Being prepared is the best way to prevent distractions from occurring.

Plan your route! - Check your directions, map and traffic conditions before you leave for your trip.

Keep your eyes on the road! - Look forward at all times. Never reach or look back to your children at anytime while on the road, even at a stop light. If kids are “acting up”, pull over somewhere safe and then deal with the situation.

Turn off your cell phone! - Never talk or text while driving. It’s the law! Always pull over to a safe place if you need to make a call.

Keep your children quiet! – To minimize noise level in the vehicle, have quiet activities or travel toys for your children.

For more information on how you can reduce distractions, please contact the Ministry of Transportation at www.mto.gov.on.ca.

Warning: Heat Hazard!

During the cold winter months, gas fireplaces can be a comforting way to warm up after a chilly day outside. However, they can also pose as a dangerous hazard for toddlers and children!

The glass covering gas fireplaces can heat high enough to cause a third degree burn (200 °C or 400°F)! After the fire switch is turned off, it takes roughly 45 minutes for the fireplace to return to a safe cool temperature.

The best way to protect your child from gas fireplace burns is to keep the fireplace turned off when children are present. Installing a safety gate or hearth around the fireplace, along with supervision, is the next best option you can take to prevent your child from burning their hands and fingers. Children under the age of two are most at risk as they are just learning to walk and generally use their hands when falling.

Medication Safety

The home can be a dangerous place for little explorers. In fact, almost all childhood poisonings occur in the home. The main sources of these poisonings are medicine. This includes prescription drugs, vitamins, supplements, herbal products and cold remedies. Parents and caregivers can prevent childhood poisonings by making sure medicines are stored and disposed of properly!

Store Safely!

- Always keep medicines in their original packaging. This not only prevents confusion but also keeps the emergency information close by.
- Keep medicines in a locked and secure place that is out of children’s reach.
- Follow the medicine’s instructions for storage. Only refrigerate medication if the directions tell you to do so. Do not keep in the bathroom as heat and moisture can cause spoiling.

Dispose Safely

- Old or unused medication should be disposed of every year.
- Never throw unused or expired medicine in the garbage or flush down the toilet. Remember medicine is a hazard!
- Unused or old medication should be returned to your nearby pharmacist or household hazard waste depot for safe disposal.

For more information or in an emergency contact the Ontario Poison Centre at 1-800-268-9017 or visit www.ontariopoisoncentre.com.



Did You Know?

Winter sports require specific helmets! Go to www.thinkfirst.ca to learn more about which helmet you need for each activity!

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