

# Safety Never Hurts



Beamer the Safety Bug's

Bulletin for parents and caregivers of young children



Fall/Winter Edition

## Play It Safe with Home Fire Drills

You can survive a fire in your home if you plan and practice your escape.

**When a fire occurs, there is no time for planning.** Sit down with your family today and make a step-by-step plan for escaping from a fire. Test smoke alarms monthly. Change all smoke alarm batteries at least once a year. If your smoke alarm is more than 10 years old, replace it.

**Draw a floor plan of your home,** marking two ways out of every room - especially sleeping areas. Discuss the escape routes with every member of your household.

**Agree on a meeting place** outside your home where every member of the household will gather to wait for the fire department. This allows you to count heads and inform the fire department if anyone is trapped inside the burning building.

**Practice your escape plan** at least twice a year. Have a fire drill in your home. A fire drill is not a race. Get out quickly, but carefully.

### Be Prepared

**If you live in an apartment building,** use stairways to escape. Never use an elevator during a fire. It may stop between floors or take you to a floor where the fire is burning.

### Get Outside...

**In case of fire, do not stop for anything.** Do not try to rescue possessions or pets. Go directly to your meeting place and then call the fire department from a neighbour's phone. Every member of your household should know how to call the fire department.

### ... And Stay Outside

**Once you are out of your home, do not go back for any reason.** The heat and smoke of a fire is overpowering. Firefighters have the training, experience and protective equipment needed to enter burning buildings.

For more home fire safety information contact your local fire department or go to [www.fire.london.ca](http://www.fire.london.ca)



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# Shoes With Wheels

Heelys have kids zooming through buildings and along sidewalks.

Heelys are running shoes that have a detachable wheel in each heel. The shoes convert into a skate when you shift your weight onto the heels.

If not used properly, these trendy shoes can be dangerous.

A recent study about Heelys (June 2007) found that more than half of "heeling" injuries occurred the first time children used their roller shoes or while learning to use them. None of the children had been using protective gear when injured.

If you choose to let your children use Heelys, the Canada Safety Council offers these tips to keep your children safe:

- Wear protective gear: helmet, wrist guards, elbow and knee pads.
- Learn the basic skills, especially how to stop. Gain experience on safe, smooth, dry surfaces. Use the buddy system and practice with a friend.
- Avoid "heeling" near traffic, near stairs or on rough surfaces that may have sand, gravel or cracks.

- Avoid "heeling" in areas shared by other pedestrians (e.g. schoolyards, shopping malls).

For more information visit the Canada Safety Council at [www.safety-council.org](http://www.safety-council.org)

# Second Hand Products

Did you know that by using second hand children's products you might be putting your child at risk for injury or death?

Before you buy or inherit a used crib, playpen, stroller, or other children's products (including sports equipment), make sure that:

- The product is in good condition and meets the current safety regulations.
- The manufacturer's instructions for safe use are included.
- The labels are attached.
- All of the safety features of the product are present and working.

Remember to dispose of your unsafe products so that other families will not be able to use them. Break them before you put them with the trash.

To learn more about the potential hazards of second hand products, visit Health Canada's website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

# Paper Shredder Dangers

Paper shredders for home offices are growing in popularity. However, every year, many mishaps involving finger amputations, cuts, and other injuries from paper shredders are reported.

To keep your child safe, safety experts encourage parents to:

- **Never allow children to use paper shredders.** Not even with adult supervision. Paper shredders can pull children's fingers into the shredder opening.
- Keep paper shredders **out of reach** of children.
- **Unplug** the paper shredder power cord when the shredder is not in use.
- **Do not place hands or fingers in the shredder opening.**
- Keep **hair and long or loose fitting clothing away** from the shredder opening.

*Acknowledgements: U.S. Consumer Product Safety Commission*

Financial assistance provided by:



## Is it Safe?

To find out if your toys have been recalled go to:  
[www.hc-sc.gc.ca/cps-spc/advisories-avis/child-enfant/index\\_e.html](http://www.hc-sc.gc.ca/cps-spc/advisories-avis/child-enfant/index_e.html)