



# Safety Never Hurts



SPRING EDITION

Beamer the Safety Bug's Safety Never Hurts Bulletin  
for parents and caregivers of young children

## Booster Seat Safety

Are you wondering when it is time to move your child to a booster seat? Don't rush! It's safer to keep your child in a forward facing car seat with the 5 point harness system for as long as he/she meets the weight or height limits of the seat. The booster seat can be used when the child weighs at least 40 lbs (18kg). It's the law in Ontario for a child to use a booster seat until he/she is 8 years old or weighs 80 lbs or is 4 feet 9 inches (1.45m) tall. Continue to use the booster until the child no longer meets the weight or height limits of the seat.

Here are a few things to consider when using a booster seat:

- The lap and shoulder belt need to be used with the booster seat
- The lap belt should rest across the upper thighs
- The shoulder belt should be centered on the shoulder and chest
- Never place the shoulder belt under the arm or behind the child's back
- Always follow the manufacturer's instructions when installing the seat
- The back seat is the safest place for the child
- Secure the booster seat in the vehicle when it is not being used so it does not move
- Check for the expiry date on the booster seat and do not use beyond the expiry date

There are 2 types of booster seats available; a backless booster and a high back booster. The backless booster can only be used if the vehicle seat provides adequate head support. The top of the child's head should not go above the vehicle seat back. The high back booster usually has a positioner to keep the shoulder belt in the proper place. Some models have an adjustable back that can move as the child grows. In other models the back can come off to make it a backless booster.

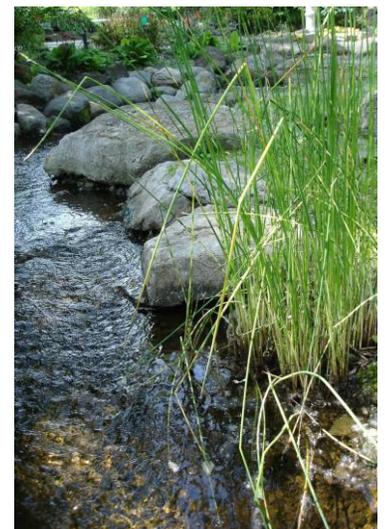
For more information on booster seat safety visit [www.healthunit.com/booster-seats](http://www.healthunit.com/booster-seats) or <https://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-stage3-booster-seats-1086.htm>

## Spring Thaw – Water Safety

Drowning is the second leading cause of injury related death for Canadian children. Drownings at any time of the year are preventable. As the spring thaw begins, remember to keep your children away from the banks of ponds, streams and rivers. Never be out of arm's reach from children when they are close to water.

For more information on water safety visit

<http://www.parachutecanada.org/injury-topics/item/open-water>



This seasonal bulletin is supported by Child Safety Middlesex London.  
For more information about child safety, contact Child Safety Middlesex London at 519-663-5317 ext. 3755 or [www.healthunit.com/childsafety](http://www.healthunit.com/childsafety)

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## Thinking of buying second hand?

**Did you know:** there are safety risks associated with second hand products?

Always look for labels on products. Some products need information stating the manufacturer, the model number and the date of manufacture, for example cribs and car seats. Make sure the product is not damaged or expired. Always look for missing, loose or broken parts.

Check [Recalls and Safety Alerts](#) from [Healthy Canadians](#) to see if the product has been recalled.

For more information, visit [Information for Shoppers of Second-hand Products](#) from Health Canada.

## Spring is here, wear the gear and have fun!

Cycling injuries are common in children. Proper safety equipment is important when doing any outdoor activity. Bicycle Helmets can decrease the risk of a brain injury by up to 88%. It is the law in Ontario that children and adolescents, under the age of 18, must wear a bicycle helmet while riding a bicycle on roadways or sidewalks.

It is important that the helmet be properly fitted to the child before bicycling. **Encourage the "Helmet Habit"**

Remember to use the 2-V-1 rule so that you can make sure you are wearing your helmet properly every time you ride.



- Explain to your child that a helmet protects his or her head.
- Make sure the helmet is the correct size and that it fits properly.
- Insist that a helmet be worn on every ride.
- Praise children for wearing a helmet.
- Teach children to check the helmet fit every time the helmet is worn, because the straps can become loose.
- **Be a role model.** Wear a helmet when you are riding a bicycle.

For more information on helmet safety visit [www.helmetsonkids.ca](http://www.helmetsonkids.ca)



*Keep medicine locked up & out of reach of children*

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