

DANGER

TOP FIVE DANGERS TO CHILDREN

- Falls & Head Injury -
- Poisoning -
- Fire & Burns -
- Choking & Drowning -
- Electrical Shock -

Every day, eighty Canadian children require hospitalization, and two die from unintentional injuries. In fact, childhood deaths from injuries exceed all other causes of death combined. Many of those could have been avoided by preventative steps. Since you can't always be with your children, it is very important to teach them how to keep themselves safe and find help. Teaching older children how to be safe helps to build their self-confidence and allows them to feel safe and self-assured, confident they can recognize dangerous situations, and whenever necessary, respond immediately.



It's the little things that matter the most when it comes to protecting children from injury. By providing a safe sleep environment, ensuring they wear head protection when very young, a helmet when they are skating, riding bikes or scooters when older, and using car seats, booster seats and seatbelts properly for every trip, you can make a huge difference to your child's safety.

Learn how to keep children safe in any environment, because the best treatment for injuries is always **PREVENTION!**

This information is courtesy of...

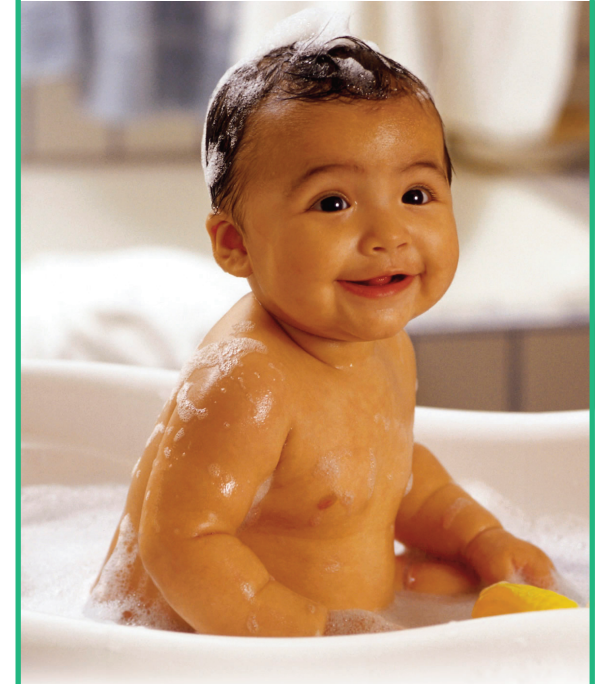


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- Prevention
- Education
- Support

BABY ME!



See Safety Through My Eyes!

To childproof your house, think from a child's perspective, even get down on your hands and knees to see things from your child's point of view.



Child safety is not something that we are born knowing about. It is something that we must learn, and then teach.



Injury at home is the leading source of accidental death and disability for children.

How can you keep your child safe?

- ✓ Be a good role model for your child. Have regular check-ups, eat healthy, exercise, do not smoke or do drugs, and don't drink alcohol.
- ✓ Learn CPR, care for choking and first-aid basics. Download a first aid app to your phone.
- ✓ Wear your seat belt, and make sure your child uses a properly installed approved car safety seat, booster seat or seat belt.
- ✓ Make sure your child has regular medical check-ups and immunizations. Write down medical questions and concerns you have, so you don't forget them at the next appointment.
- ✓ Keep a well-stocked first-aid kit handy at home, and in the car, van or truck.
- ✓ Install safety devices in your home, such as smoke detectors, handrails, stairway gates, and fire extinguishers.
- ✓ Develop a fire escape plan, and make sure that each family member knows what to do in case of a fire.



✓ Childproof all unused electrical outlets at home with covers, fix or throw away all damaged cords, and teach your child about the dangers of electricity.

✓ Teach your child to wash his/her hands well, especially before meals and after using the toilet.

✓ Place medicines, cleaners, chemicals, and potential poisons out of your child's reach. Install safety locks on cabinets that contain dangerous or sharp items.

Never leave a baby or young child alone - not even for a moment, especially when up on a raised surface, or, if in or near water.

✓ Put babies to sleep on their backs or side, until they can turn over on their own. Keep the crib as bare as possible to avoid smothering. Also, always insure that the crib's sides are raised all of the way up, and are locked into position.

✓ Do not leave children unattended, or allow them to stand up inside, or ride outside of shopping carts.



✓ If you must keep a gun in the home, make sure that it is unloaded and stored in a locked cabinet. Lock ammunition in a separate place.

✓ Keep a list of emergency phone numbers handy, including local emergency medical services, police, fire department and your local poison center - in B.C. call: 1-800-567-8911.

✓ Pad sharp, hard edges around the home, such as coffee tables, fireplace hearths, etc.



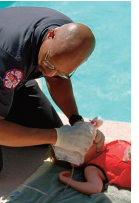
✓ Always protect your child's head from injury. For infants and younger children, use a product like a 'Baby No Bumps' safety helmet (babynobumps.com), and a properly adjusted bike or sport helmet for older children.

✓ Insure that there is a barrier to keep a child away from wood stoves, fireplaces and heaters.

✓ When cooking, keep the pot handles turned toward the centre of the stove to prevent burns from scalding water, hot oils and grease.

✓ Adjust your hot water heater to 120 degrees (49 degrees celsius) so scalding hot water doesn't come from faucets. Always test water temperature before placing a child into a tub or sink.

✓ Never leave a child unattended near water, even for just a moment. If the phone or doorbell rings while your young child is in the bathtub or pool, pick him or her up, wrap them in a towel and take the child with you. It only takes a few seconds for a drowning to occur.



✓ Always check your child's environment for potential dangers, such as objects that can cause choking; things like coins, candy, watch batteries and buttons. Look from their level.



✓ Secure electrical cords so a child doesn't chew on them, or pull a heavy object onto themselves. Keep all curtain and blind cords well out of reach using a knot, clip or clothes-pin.

✓ Make sure that there are no tripping hazards around the home, like loose electrical cords, or small, slippery mats and carpets.