

Child Safety indoors, outside & in the car...

Child Car Seats...

- > you CAN install them safely
 - read the car & seat manuals
- > avoid after-market add-ons to the that don't come with the seat
- > remove projectiles in the vehicle, including "baby on board" sign
- > straps are one-finger snug & don't over dress the child

check out: www.tc.gc.ca



Be prepared & prevention-focused!

Day to day safety...

- > keep phone nearby during feeding, bathing, playing, driving
- > choking while eating? Can you quickly rescue them?
- > avoid feeding kids while travelling in the car
- > keep a well-stocked, chemical-free and accessible first aid kit in the diaper bag, at home, & in vehicle(s)
- > do regular 'crawl tests' in areas kids are in – look for poisons, dangers & choking hazards
- > bathing time is ALWAYS with adult present
- > keep hot water tank 120°F max.
- > feeding time is ALWAYS with adult present
- > feed age appropriate foods & size of pieces
- > avoid holding child with tea/ coffee in hand
- > stay current with safer products (i.e. cleaning)



2HEALTH SAFETY MANTRA...
 more emergency prevention
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 less first aid treatment

Toys... check them regularly for loose/ small parts and use a toy box with a light lid or slow closing lid

Playgrounds... avoid loose, dangly clothing; ground should be soft and material is 6"-12" deep; check equipment first and be arm's length away!

check out: www.sickkids.ca/safekidsCanada

Sleepwear, cribs and other equipment...

- > sleepwear should meet fire retardant requirements, choose snug-fitting nylon/ polyester based clothing
- > cribs should be newer than 09/ 1986 with clear label
- > crib mattresses: maximum gap is 3cm around mattress
- > all equipment should be used when age appropriate, don't modify the design, watch for loose parts, and destroy & discard if damaged (don't donate)

check out: Health Canada, Consumer Product Safety, www.hc-sc.gc.ca

Vacations / cottages...

- > use lifejackets/ PFDs
 - > add to a first aid kit - sanitizers, emergency #s, over-counter meds, swiss army knife, flashlight, mosquito net, insect repellent, thermometer, sunscreen, suture supplies (Steri Aid Kit), water purifier
 - > use car seats for that country
- www.drwisetravel.com

Building confidence in YOU
 to be **First Aid** prepared &
 able to rescue in 60 seconds!

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