

Safety Never Hurts



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

AUTUMN EDITION

Hot Liquids, Burns and Scalds

Did you know that **hot liquids** -NOT FIRE- are the most common causes of burns and scalds to young children!

First Aid for Scalds and Burns.

- Immediately cool the scalded or burned skin by running cool water over it. Why?
 - To lower the temperature of the skin, and to stop the burning process
 - To numb the pain
 - To reduce or stop the swelling
- Remove any hot, wet clothing unless it is **stuck to the skin**.
- Continue to cool the skin for 10-15 minutes.
- Go to the doctor or the hospital if the burn:
 - Is more than half the size of the person's hand
 - Is on the face, hands, feet or groin area
 - Breaks or blisters the skin

****Never use oil, butter, margarine, burn cream, adhesive bandages, ice or ice water on a burn!***

For more information, visit <http://www.parachutecanada.org/injury-topics/item/scalds-and-burns>



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

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Concussions: What Every Parent Should Know

One minute your child is playing happily; the next minute he's tripped and fallen hard to the ground. He gets up and continues playing normally. You notice as the week goes on he is fussier than normal, sleeping more than usual and he is having trouble with his balance and coordination. But he was fine right after he fell, and he didn't pass out or vomit so it couldn't be a **concussion**, could it?

A concussion is a brain injury caused by any direct or indirect blow to the head or body. Concussions are commonly caused by falls or activity injuries, such as running into fixed objects or other children. Signs and symptoms of a concussion may occur right away, after the injury, **or hours or even days later**.

All concussions are serious and most occur **without the loss of consciousness**.

Symptoms in infants and toddlers:

- Unsteady walking, loss of balance (one of the most obvious symptoms)
- Crankiness, irritability or difficult to console
- Changes in eating and/or sleeping patterns
- Tiring easily or lack of interest in usual activities
- Sensitivity to light and/or noise
- Visual problems
- Headache or they are rubbing their head a lot
- Nausea and vomiting

If you suspect a concussion:

- Have your child stop the activity right away
- Have your child see a physician or Nurse Practitioner as soon as possible
- Monitor your child closely for any physical, mental or emotional changes



After a concussion, kids need to let their brains rest. That means cutting out as much unnecessary physical, mental and emotional activities as possible for as long as advised by their doctor or nurse practitioner

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Car Seat Safety

According to the Public Health Agency of Canada, car crashes are the leading cause of death in Canadian children, ages 1-9. When car seats are used correctly, it reduces the risk of fatal injuries by 71% and the risk of serious injury by 67% (Canadian Paediatric Society). Choosing the right car seat for a child can be challenging for parents and caregivers. The best car seat is one that is used correctly every single time. Here are some tips to consider when buying and installing a car seat:

- Look for the National Safety mark label attached to the seat. Presence of this label ensures that it is approved and legal for use in Canada.
- All car seats have an expiration date which can be found in the car seat manual or on the car seat. You must replace the car seat if it's been in a car crash.
- Secure the car seat using the seatbelt OR the Universal Anchorage System (UAS), not both.
- Car seats must be secured tightly and move no more than one inch from side to side.
- Keep your child rear facing as long as possible, until they meet the weight or height limit for the car seat or if the top of their head is less than one inch from the top of the car seat.
- If your child is rear facing, the safety harness must be at or below their shoulder level. If your child is forward facing, the safety harness must be at or above their shoulder level.
- Harness straps should be snug, only one finger should fit between the strap and your child's collar bone. Chest clip should be at armpit level.

For more information on car seats, visit

<http://www.mto.gov.on.ca/english/safety/choose-car-seat.shtml>

Cannabis (Marijuana) poisoning in children

The most common cannabis poisoning event in children happens when cannabis is combined with food in an “edible” form (like cookies, candy, etc.) because children will mistake it for a regular food item. Edible cannabis usually has a stronger and longer effect which can put children at a higher risk because of their smaller size and weight.

The following tips can help reduce your child's risk of unintentional cannabis consumption:

- Talk to young children about not eating or drinking anything without permission.
- Keep cannabis, in any form, away from children in a child-resistant container.
- Store all cannabis products in a locked area where children cannot see or reach it.
- If a child eats cannabis they may look fine at first. The reaction to the drug may not be immediate but show effects much later. Look for problems walking or sitting up, starting to be sleepy or having a hard time breathing. **If you think your child ate cannabis, get medical help right away.**
- **Call 911 immediately if your child seems ill, has difficulty breathing or if you are worried for other reasons.**
- Avoid using cannabis around children. Being high while parenting can affect how you interact with your child and can impair your ability to make good decisions and protect your child from danger.

For more information, visit

www.healthunit.com/cannabis



To find out more about how Rowan's Law will protect your child go to:

http://www.mtc.gov.on.ca/en/sport/rowan_committee_report.shtml#intro

Feel free to copy any part of this bulletin. Document disponible en français.

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