

Safety Never Hurts

Beamer the Safety Bug's
Bulletin for parents and caregivers of young children



Spring/Summer Edition



The Dangers of Lead

Why have there been so many government warnings about toys and products that contain lead?

Lead is a metal that is produced in the earth and can be found anywhere in our environment. Children can be poisoned when lead is ingested by the mouth, inhaled by the nose, or absorbed through the skin. Lead can cause many health problems, especially in young children.

Here are some tips from Health Canada to help prevent lead poisoning in infants and children.

- Keep children away from peeling and chipping paint. Some paint, especially in homes and buildings built before 1960, may be lead based.
- Wash your children's toys on a regular basis. Lead dust can settle on objects that are often placed in children mouths.
- Wash your children's face and hands before eating. Children like to touch objects in and outside of the home. Some of these objects may contain lead that can be ingested when eating

or when sucking their fingers or thumbs.

- Wash your floors with a wet mop to collect dust. Sweeping causes dust to circulate in the air.
- When remodeling your home, block off rooms to prevent lead dust from circulating in the air.
- Check your children's jewellery and toys. If you think it may contain lead throw it out.
- Do not let your children chew or suck on any jewellery.
- Read about product recalls on Health Canada's website.

If you think your child has been exposed to lead contact your doctor or the Ontario Poison Centre at 1-800-268-9017.

For more information on lead poisoning and product recalls visit Health Canada's website at www.hc-sc.gc.ca

Bike Helmet Tax Break

The government of Ontario recently announced that until November 30th 2008, anyone buying bikes, bicycle helmets, and some bicycle safety



equipment will not have to pay Retail Sales Tax. This is a great opportunity for families to replace old or broken bikes and safety equipment.

It is the law in Ontario to wear a bicycle helmet if you are under the age of 18. Bicycle helmets are required for children, and strongly recommended for adults, when riding a bicycle or tricycle.

When buying a helmet be sure that it is certified and meets Canadian safety standards. Look for a sticker with CSA, CPSC, SNELL, ASTM, CEN, BS, or AS inside the helmet.

Here are a few things you should know about bicycle helmets:

- Replace a helmet if it has been in a crash, fall, or is over 5 years old.
- Do not cover the helmet with stickers. This can hide any cracks that are on the helmet.
- Second-hand helmets should not be used or bought. There is no way to know if it has already been in a crash or a fall.
- Check helmets regularly for any cracks, loose straps, and damage on the inside of the helmet.
- There are specific helmets made for children under 5 years of age.

For more information on bicycle helmets visit the Middlesex-London Health Unit at www.healthunit.com

To learn more about the Ontario Tax Exemption call 1-800-263-7965 or visit www.rev.gov.on.ca/english/notices/rst/61.html

Trampoline Safety

Trampolines have become a popular way for families to be physically active. Unfortunately, trampolines are also causing a large number of injuries. Trampoline injuries range from minor bruises to sprains and broken bones.

The following tips can help keep your family safe from trampoline injuries [Based on Health Canada's "Trampoline Safety" fact sheet (2006)]

- Always inspect a trampoline before buying it. Make sure the trampoline has secure leg braces that properly lock, secure padding, no broken springs, and no holes.
- Trampolines should have shock-absorbing pads that are a different colour than the trampoline jumping area.
- When setting up a trampoline, follow the manual and safety instructions and make sure all parts are secure.
- Do not place trampolines near trees, fences, or play areas.
- Only one person should be on a trampoline at a time.
- Children under 6 should not use a trampoline.
- An adult should always supervise when children use a trampoline. Safety netting around the trampoline does not replace adult supervision.

All-Terrain Vehicles (ATV)

The number of ATV injuries seen in hospital emergency rooms has increased and the injuries are often serious or fatal. Children and young teenagers are not safe when using an ATV because they do not have the skills or strength to operate it.

Here are some things you should know about ATVs:

- Children younger than 16 years of age are not recommended to use ATVs or ride as a passenger on an ATV.
- Children under 15 years of age account for close to 25% of ATV related deaths.
- Four wheeled ATV vehicles are more stable than three-wheeled ATV vehicles.
- Proper gear should be worn such as an approved motor vehicle / ATV helmet, proper clothing, eye protection, and boots.
- All ATV drivers should take an approved ATV training course.

For more information visit the Canadian Pediatric Society, Caring for Kids website at www.caringforkids.cps.ca



Did You Know?

Two-thirds of infant and toddler fatal drownings occur when there is no parental supervision

Financial assistance provided by:

