

## It's *your* head – use it!

Head injuries are the leading cause of serious injury and death to kids on wheels. Wearing a properly fitted, certified helmet can reduce the risk of serious head injury by 85 per cent. Children and youth under 18 years of age are required by law to wear a helmet when bicycling. Helmets must fit properly to protect your child in the event of a crash.



Remember the 2V1 Shake, Shake, Shake rule:

- 2: The helmet should cover the top of your child's head and sit two finger widths above his or her eyebrows. A helmet that is too big will not provide proper protection
- V: Adjust the side straps so they form a V-shape under your child's ears
- 1: Only one finger should fit between your child's chin and the fastened straps
- Shake, Shake, Shake: Have your child shake his or her head up and down and side to side to make sure the helmet is snug

For more information visit [publichealthgreybruce.on.ca/Your-Health/Injury-Prevention](http://publichealthgreybruce.on.ca/Your-Health/Injury-Prevention)

This material is provided by Grey Bruce Health Unit.

## Concussions — not just a bump on the head!

A concussion is a brain injury from a direct or indirect hit to the head or body which causes excessive, rapid movement of the brain inside the skull. Concussions can happen during sports, motor collisions, falls, or other activities. It is extremely important to see a medical doctor if you suspect a concussion.

Symptoms can last for days, weeks or even longer. Recovery is based on severity and can take up to 30 days with more serious concussions.

It can be difficult for children who have had a concussion to concentrate in school. Children should follow a return-to-learn protocol under the guidance of a health care provider to ensure symptoms don't worsen. Before returning to full school activity, speak with your doctor and your child's teacher.



This material has been provided by Grey Bruce Health Unit. For more information, visit [publichealthgreybruce.on.ca/Your-Health/Injury-Prevention/Concussions](https://publichealthgreybruce.on.ca/Your-Health/Injury-Prevention/Concussions)

## Summer water safety

For many Canadian families, summer includes activities such as boating or going to the lake or pool to cool off and have fun. Each year tragic and avoidable water-related fatalities occur. The absence of adult supervision is a key factor in most child drownings. Minimize your child's risk!



- Watch your kids in and around water
- Children eight years of age and under should be accompanied by an adult at all times while in the water
- Adults and children should always wear a lifejacket or personal floatation device (PFD) when boating or if they are weak swimmers
- An experienced adult who knows how to react in an emergency situation should provide supervision

*Adapted from the Canadian Red Cross 2016.*

For more information visit [redcross.ca/swim](http://redcross.ca/swim)

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## School zone safety

The rush of cars, buses and children arriving at school can create many dangers. Help keep kids safe on the way to and from school.

### Drivers:

- Slow down and be ready to stop for school buses and pedestrians
- Respect the crossing guards instructions
- Be aware of children running in front or behind buses or other obstructions (snow banks)
- Make sure your child gets out from the passenger side of your vehicle
- Park away from the school and walk your child onto school property



### Teach your children to:

- Stop, look, listen and make eye contact with drivers before crossing
- Walk only on the sidewalk and follow the crossing guards instructions
- Not use cell phones or ear phones when walking

The Safer School Zones Act (May 2017) will give municipalities more tools to fight speeding and dangerous driving in their communities.

For more information, visit

[publichealthgreybruce.on.ca/Your-Health/Injury-Prevention](http://publichealthgreybruce.on.ca/Your-Health/Injury-Prevention)

Ontario legislation to keep kids safe on local roads

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## Skateboarding safety

Skateboarding is a great way for children to be physically active. However, it involves a tricky combination of balance, coordination and speed on hard surfaces, so there is always the risk of injury. Injuries from falls are common due to a child's limited judgment skills and strength, and the challenge of maneuvering a skateboard on pavement. Younger children have slower reaction times and a higher centre of gravity, and children and youth who skateboard in the street are at an increased risk of being hit by motor vehicles.



### Tips:

- Always supervise children between the ages of five to 10
- Make sure children wear skateboard helmets and other protective gear such as elbow pads, knee pads and wrist guards
- Go to a supervised skate park, or find places for your child to ride such as playgrounds, parks and rinks with smooth surfaces, far away from cars

For more information, visit [publichealthgreybruce.on.ca/Your-Health/Injury-Prevention](http://publichealthgreybruce.on.ca/Your-Health/Injury-Prevention)

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## Boost your child up and keep them safe

Adult seat belts are not designed to fit children. Booster seats raise children so the seat belt fits properly across their shoulder, chest and hips. Booster seats are **required by law** until a child is 145 cm (4'9") tall, 56 kg (80 lbs.), or eight years of age.

### Is your child ready to come out of a booster seat? Some things to consider:

- Does he or she have a standing height of at least 145 cm (4'9")?
- When your child sits all the way back against the vehicle seat, do your child's knees bend comfortably over the front edge of the seat (without slouching)?
- Does the shoulder belt lie across the middle of your child's chest and shoulder (not across the neck or face), and does the lap belt fit low across the hips (it shouldn't ride up over their stomach)?



Always read your booster seat and vehicle manuals to make sure you use your booster seat correctly.

For more information, visit [publichealthgreybruce.on.ca/Your-Health/Injury-Prevention/Road-Safety/Car-Seat-Safety](http://publichealthgreybruce.on.ca/Your-Health/Injury-Prevention/Road-Safety/Car-Seat-Safety)

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## Tobogganing and sledding safety

Tobogganing and sledding are fun, popular winter activities; however, every year hundreds of children are injured on toboggans. Here are some tips to keep your children safe:



- Parents should always actively supervise children at the toboggan/sled hill
- Dress children in warm layers of brightly coloured, waterproof clothes and boots. Use a neck warmer instead of a scarf and cover children's heads, ears and hands
- Teach children to toboggan/sled down the middle of hill and use the sides to walk to the top
- To prevent head injuries, children should always wear a hockey or ski helmet designed to protect the head in all directions in icy conditions
- Toboggans/sleds should be sturdy, easy to control and in good condition
- Remind children to sit on a toboggan/sled face forward and not lay on their stomachs; never allow children to sled head first
- Choose a hill with a gentle slope and enough room to stop. The hill should be free of hazards (such as trees and rocks) and be well lit to see any potential dangers as well as to be seen by others
- Remind children to never jump in front of toboggans/sleds going downhill
- Make sure only the recommended number of children ride the toboggan/sled

For more information, visit [publichealthgreybruce.on.ca/Your-Health/Injury-Prevention](http://publichealthgreybruce.on.ca/Your-Health/Injury-Prevention)

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