

SUMMER 2023

CHILD INJURY PREVENTION NEWSLETTER



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STAY COOL IN THE SUN

It is important for children to explore and play in the fresh air, but it is also important to protect them from harmful sun exposure. The following actions will help keep children safe when spending time in the sun.

COVER UP! Dress children in long sleeves and long pants that are light and breathable.

STAY IN THE SHADE! Choose areas with large trees or use an umbrella.

USE SUNSCREEN! Always use sunscreen and reapply it often. Always use sunscreen on children over 6 months of age and reapply it often. Do not use sunscreen on babies under 6 months of age, and always keep babies in the shade.

[Click here for more sun safety tips.](#)

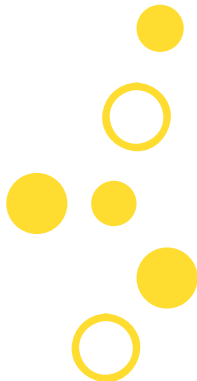


Children are vulnerable to overheating and developing a heat-related illness like heat stroke or heat exhaustion. Heat affects infants and young children quickly because of their physical size. Babies and children sweat less, reducing their bodies' ability to cool down. To learn more, see [Keep children cool! Protect Your Child from Extreme Heat.](#)

WHAT YOU CAN DO:

- **KEEP CHILDREN HYDRATED BY GIVING PLENTY OF WATER.**
- **KEEP THE HOME COOL BY CLOSING CURTAINS TO BLOCK OUT THE SUN.**
- **AVOID SUN EXPOSURE BY CHOOSING SHADED OUTDOOR AREAS.**
- **NEVER LEAVE CHILDREN ALONE IN A VEHICLE.**

When the outside temperature is 34 degrees Celsius, the temperature inside a vehicle can reach 52 degrees Celsius in 10-20 minutes.



If you see a child alone in a vehicle on a hot day, call 911 immediately.
If the child appears to be in distress, break the vehicle window to remove the child.

MAKE A SPLASH: WATER SAFETY

Young children are at risk for drowning because they are attracted to water but don't understand its danger. Older children are also at risk because they may overestimate their ability to swim or underestimate the dangers. Remember, children can drown in as little as 2.5 cm of water.

WHENEVER CHILDREN ARE IN OR AROUND WATER:

- **KEEP CHILDREN WITHIN ARMS REACH.**
- **ENSURE THAT CHILDREN ALWAYS WEAR A PERSONAL FLOATATION DEVICE (PFD) OR LIFEJACKET THAT FITS SNUGLY AND DOES NOT RIDE UP OVER THE EARS.**

Swimming lessons that include survival skills and information about the unique dangers of different bodies of water (e.g., pools, lakes, rivers) can reduce the risk of drowning.

The goal of supervision is to find the right combination of physical closeness to the child and attention to what the child is doing. This combination will change depending on the child and the activity.

DROWNING PREVENTION AWARENESS

July 16-22 has been designated as National Drowning Prevention Week by the Lifesaving Society. This is closely followed by World Drowning Prevention Day on July 25. Throughout July, communities will highlight the tragic impacts of drowning while raising awareness of prevention practices that can save lives.



The World Health Organization encourages countries and partners to respond to their call to action, "Do one thing. Improve one thing. Add one thing."



Anyone can drown,
no one should.

[Click here to learn more.](#)



RESOURCE 4-911 DROWNING PREVENTION INFORMATION CARD

This information card is part of the *Injury prevention begins with you* campaign, and shares tips for how you can prevent drowning injuries in children.

[CLICK HERE TO DOWNLOAD OR ORDER.](#)

PREPARE TO PLAY: PLAYGROUNDS & TRAMPOLINES

Playgrounds offer children an environment to play in as they develop their sensory-motor skills and test the boundaries of their abilities. The following actions will help keep children safe at the playground.

- 1 CHECK THE CHILDREN!** Remove clothing and accessories that may catch in playground equipment (e.g., drawstrings, scarves, helmets, skipping ropes).
- 2 CHECK THE PLAYGROUND!** Look for parts that are loose, worn out, or otherwise broken. Check for glass and other garbage that could be dangerous.
- 3 SUPERVISE!** Provide active supervision, especially for children ages 5 and under. Encourage safe play habits such as taking turns, no pushing, and looking before jumping.

[Click here to learn more about playground safety.](#)

Trampoline-related injuries are most common when there is more than one child on the trampoline, when children are doing stunts, and when children land improperly or fall off the trampoline. Injuries can happen in other ways as well, even when adults are supervising. [The Canadian Paediatric Society](#) states that recreational trampolines are not safe and does not recommend using trampolines at home, or at trampoline parks.



VIDEO: HOW TO AVOID TRAMPOLINE INJURIES

If children are using a trampoline, following these rules can reduce the chance of injury.

- Install and use safety nets properly. Use protective padding on the springs and bars.
- Allow only one jumper on the trampoline at a time.
- Teach children not to do summersaults, tricks, or flips.
- Remove objects such as balls and toys from the trampoline.
- Remove clothing and accessories that could become a hazard (e.g., earrings, glasses, necklaces).

RESOURCE 4-913 – TRAMPOLINE SAFETY INFORMATION CARD

This information card is part of the *Injury prevention begins with you* campaign, and shares tips for how you can prevent trampoline injuries in children.

[CLICK HERE TO DOWNLOAD OR ORDER.](#)





NATIONAL INJURY PREVENTION DAY

On July 5, landmarks across Canada will light up green to raise awareness about the devastating effects of predictable and preventable injuries. The goal of National Injury Prevention Day, led by Parachute, is to educate others and help all Canadians live long lives to the fullest.

[Click here to learn more.](#)

SASKATCHEWAN CHILD INJURY PREVENTION NETWORK – JOIN US!

Do you teach children and caregivers about safety? Is the prevention of childhood injuries important to you? The Saskatchewan Child Injury Prevention Network is a group where you can ask questions, engage in discussions, and share information and resources related to child injury prevention. For more information or to join, email Robyn Stewart at rstewart@skprevention.ca.

Play supports child development in many ways: physically, socially, intellectually, emotionally, and creatively. Providing safe environments for play reduces the chance of life-altering injuries, so children have more opportunities to thrive!

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CHILD INJURY IN THE NEWS

[Water beads may pose life-threatening risks to young children - Health Canada](#)

[Winnipeg Children's Hospital sees 20 youth treated for ATV-related injuries since mid-March - CBC](#)

[Wilkie bike safety rodeo emphasized 1 road and 2 wheels are 4 everyone - SASK Today](#)

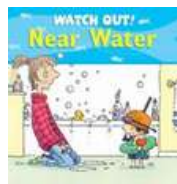
[Annual bike safety event in Swift Current wheels around again - Southwest Booster](#)

VISIT THE LIBRARY: RECOMMENDED READING

Books available through Saskatchewan's Public Library System



[Please play safe! Penguin's guide to playground safety](#)
by Margery Cuyler



[Watch out! Near Water](#)
by Claire Llewellyn

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