

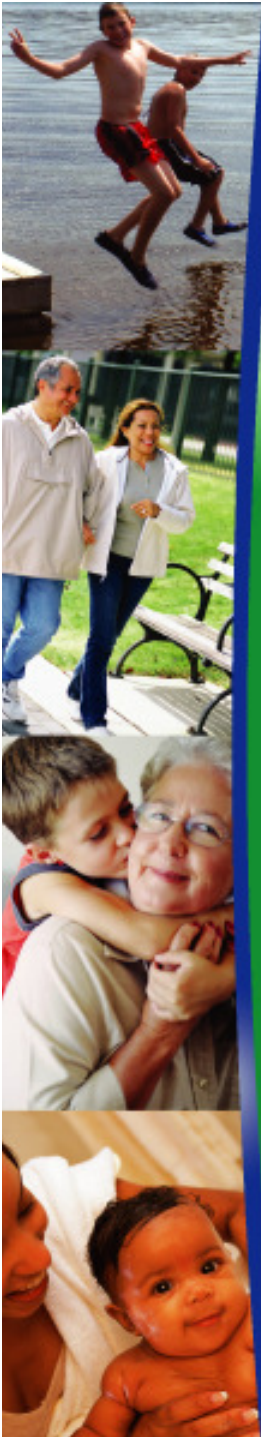
Your Health Connection



**simcoe
muskoka**
DISTRICT HEALTH UNIT

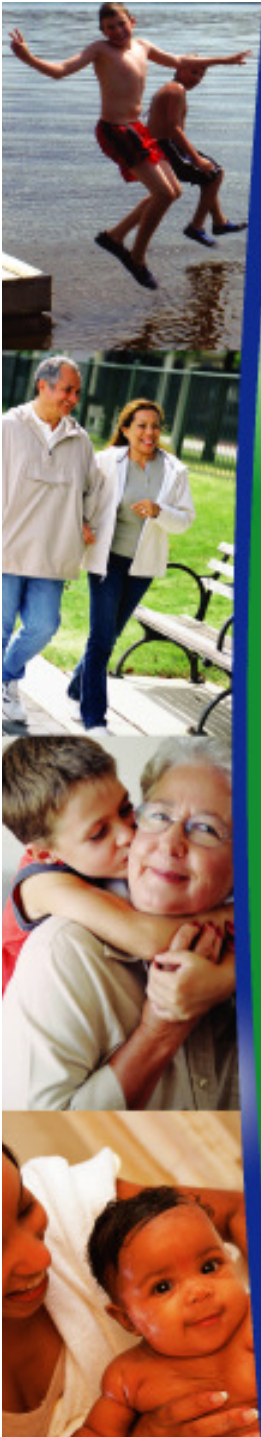


**Kids Are Unpredictable,
Injuries Don't Have to Be
Mia Brown, PHN**



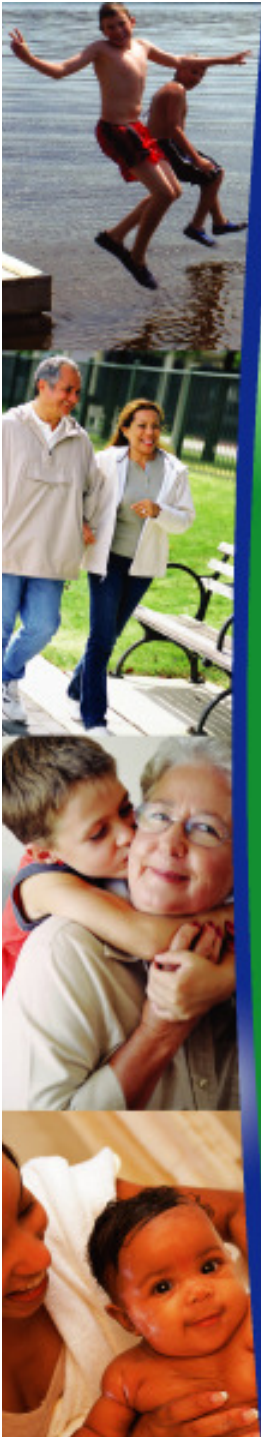
Childhood Injuries at a Glance

Injuries related to motor vehicle collisions are the leading cause of injury-related death for Canadian children. Motor vehicle collisions can cause a number of serious injuries such as damage to the spine and internal organs. Children are also at a higher risk for head injuries when they are not restrained properly. (Journal of Neurosurgery, 2005)



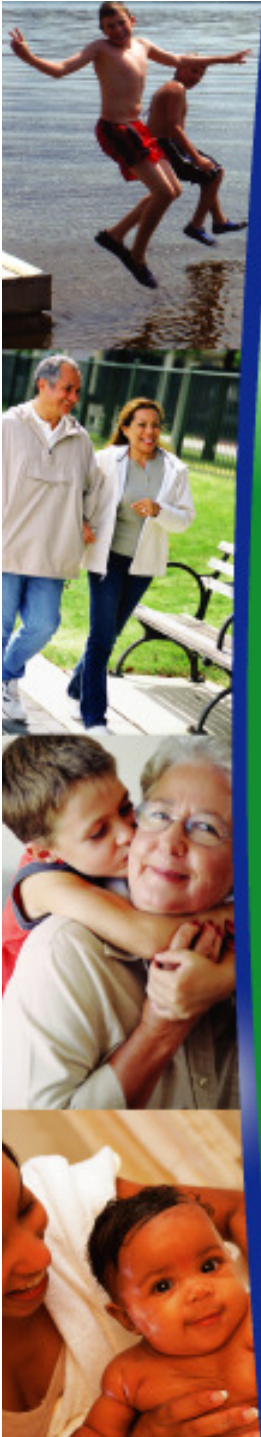
Childhood Injuries at a Glance

Every week in Canada, an average of 80 child pedestrians are involved in a collision with a motor vehicle. Each year more than 4,000 children are hit by motor vehicles while playing outdoors or walking to school, to friends, to sports activities or to a neighborhood shop. *(Safe Kids Canada)*

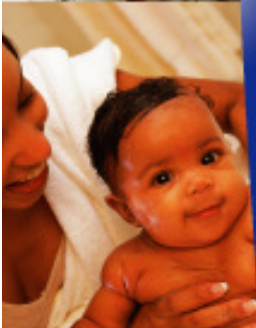


Childhood Injuries at a Glance

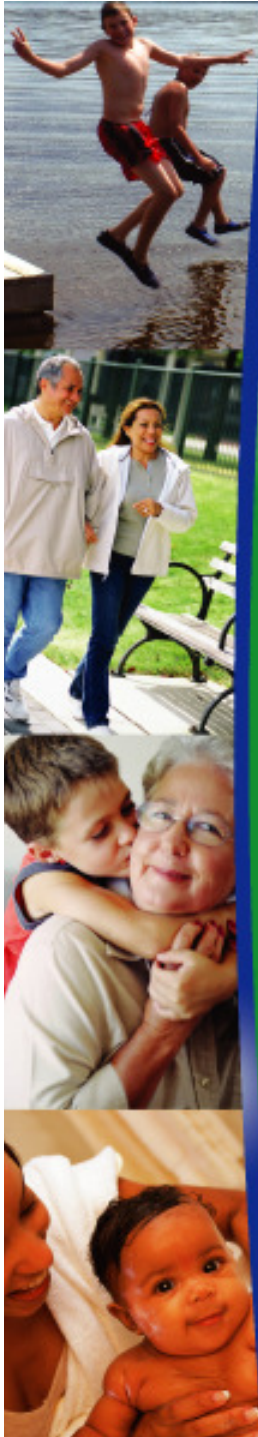
In Simcoe County and Muskoka District, falls were responsible for 43% of all unintentional injury related hospitalizations among children under 10 years of age. The playground is where half of those injuries took place. (SMDHU, Child Health Report)



Are These Injuries 'Accidental' ?



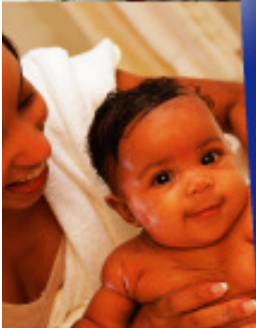
Injuries are often Predictable
and Preventable.....

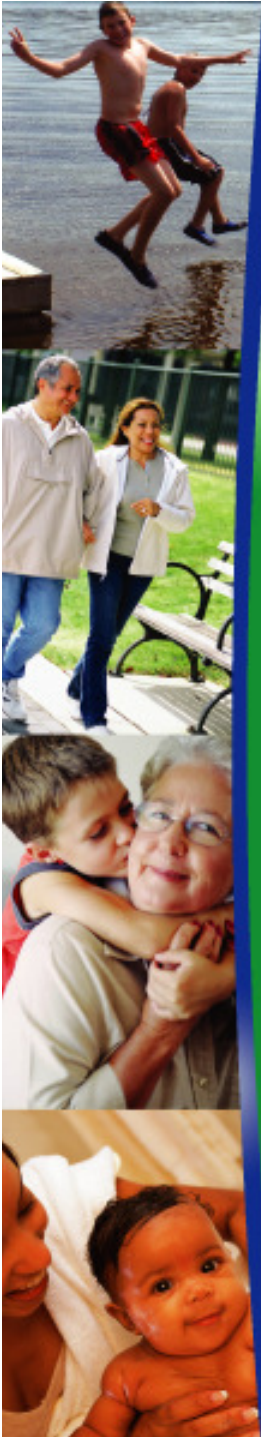


Can you think of a childhood injury in which the circumstances of that injury could not have been predicted or prevented?

Developmental Stages

Injuries experienced by children are often related to their developmental stage. Generally, young children are vulnerable to unintentional injuries from growth and development factors





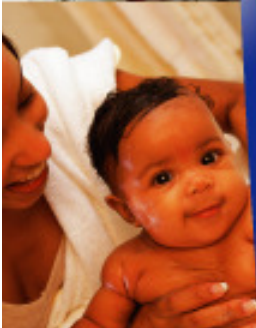
Developmental Stages

Children learn and develop new skills everyday. Between 5– 9 years of age they:

- ◆ Like to be the biggest, fastest and best
- ◆ Enjoy jumping, balancing and climbing.
- ◆ Think they can do more than they are able to do, especially boys, who are injured more often than girls.
- ◆ May not see danger in what they are doing.

Developmental Stages

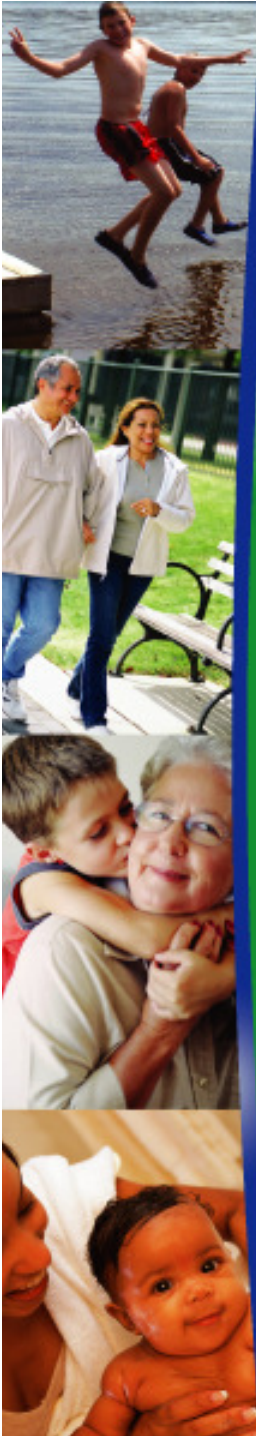
- ◆ May forget the safety rules, especially when excited.
- ◆ May be influenced by older children to try new things and use equipment in ways that can be dangerous.
- ◆ Cannot judge the speed and distance of cars and will always need to be watched when they are crossing or playing near the road.
- ◆ Are commonly treated in hospital as a result of falling from: playground equipment, a bicycle, skateboard, or in-line skates





Child Passenger Safety

The risk of death and serious injury are reduced by 74% when children are correctly installed in appropriate car seats.



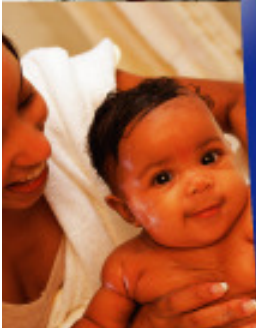
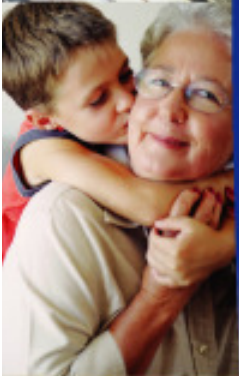
Child Passenger Safety Con't

It is clear that the risk of injury can be significantly reduced by protecting children with the appropriate car seat or booster seat for their age, height and weight and by using it correctly!

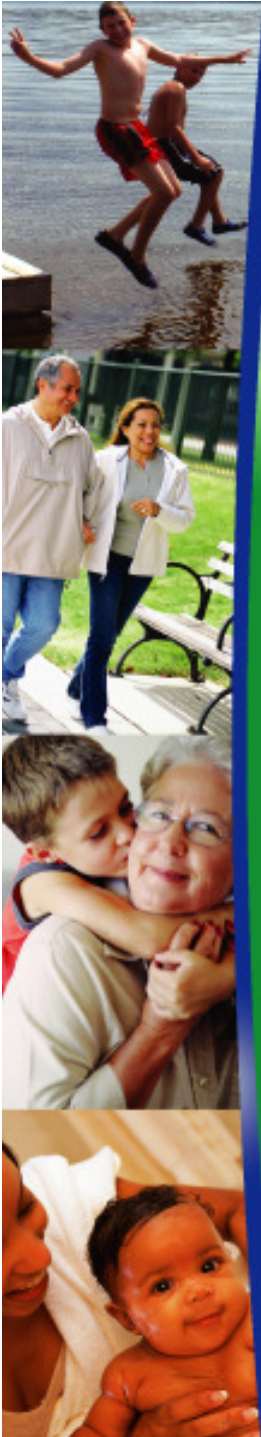


As Child Care Professionals-

What can you do to promote road safety for child pedestrians?



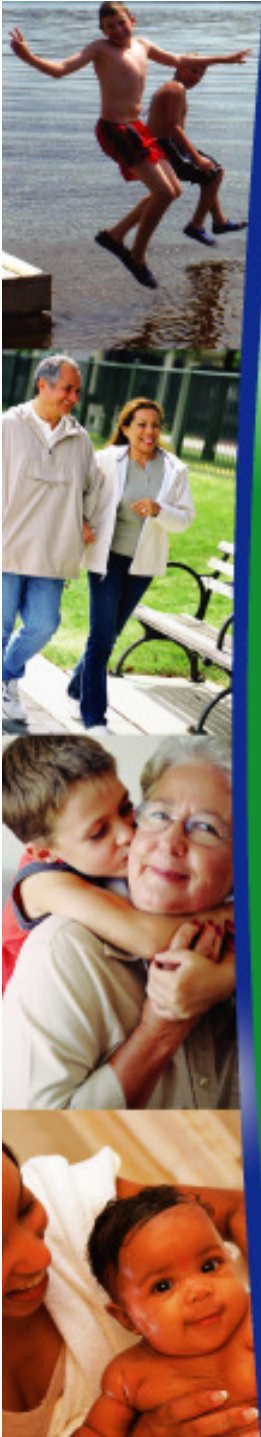
- ◆ **Promote a reduction in neighborhood traffic speeds**
- ◆ **Promote pedestrian safety**
- ◆ **Promote more walkable communities**



Reduce Traffic Speeds

Reducing vehicle speed has proven to be effective in preventing crashes and reducing the severity of injuries. (Safe Kids Canada)

Even small reductions in vehicle speed can yield significant reductions in injury risk. It is estimated that a pedestrian struck by a car traveling at 50 km/hr is eight times more likely to be killed than someone hit at 30 km/h. (Safe Kids Canada)



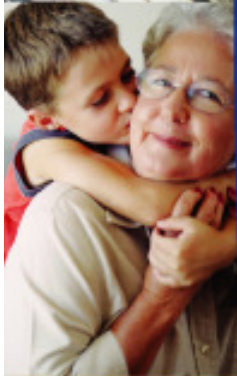
Promote Reduction in Vehicular Speed by:

Organize a Pace Car Program in your community

- ◆ Residents sign the Pace Car Supporters Pledge and proudly display the official Pace Car emblems on their cars.
- ◆ Residents agree to drive the posted speed limit. Cars become a "mobile speed bump" slowing speeding traffic behind them.
- ◆ Many Pace Cars calm traffic throughout a neighborhood. The more people who participate, the better it works!

Teach Pedestrian Safety

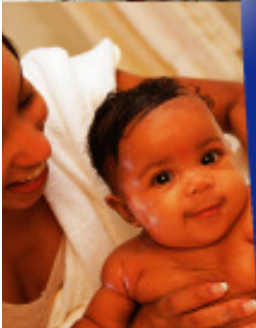
Discussions about and demonstrations of safe crossing behaviors, in a variety of situations, will enable children to make more independent decisions about road crossings and safe pedestrian travel.



Teach Pedestrian Safety

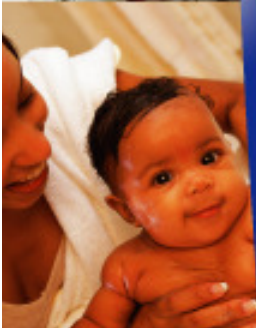
MTO and OPHEA developed a
Road Safety Resource

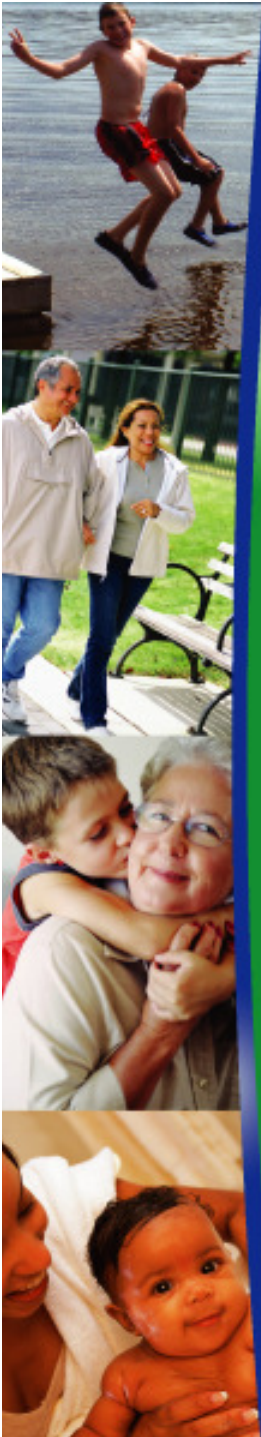
<http://www.ontarioroadsafety.ca/>



Make Communities More Walkable

Communities that have lower pedestrian injury rates have environments that promote walking by making routes attractive (e.g., trees and trails) and safe (e.g., sidewalks, bicycle lanes and crosswalks) for pedestrians.

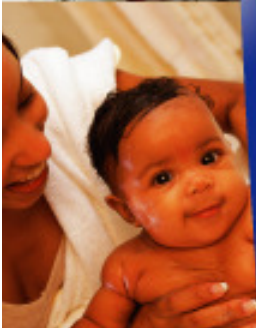




Conduct a Walkability Assessment of Your Community

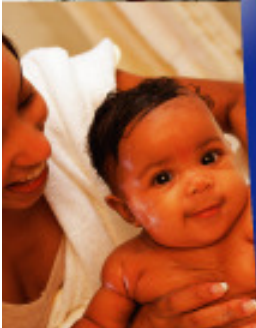
Conduct a walkability assessment of your community with the children to see how safe and walkable it is.

Go to www.icanwalk.ca for details on how to conduct a walkability assessment of your neighborhood.



Playground Safety

Playgrounds have been identified as a significant setting for childhood injuries. The majority of playground injuries are due to falls from equipment, prevention efforts should be directed at reducing the risk of falls and their impact.
(Canadian Pediatric Society)



What Can I do as a Child Care Professional?

There is a playground safety manual that was developed in Alberta that Safe Kids Canada endorses. It's free and available on line :

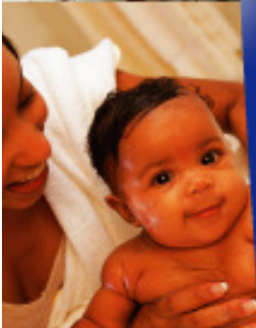
<http://www.capitalhealth.ca/YourHealth/Campaigns/Kidsafe/Playground Safety Manual.htm>



Playground Safety Manual Cont'd

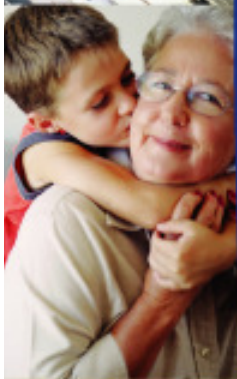
The Playground Safety Manual was developed for grades K- 3 and can be used in the school or child care setting.

The manual contains: learner outcomes, lesson plans, activity sheets, quizzes and information sheets for children of this age.



What is My Role in Advocacy for Child Injury Prevention?

Advocacy is something that everyone can do by learning about the issues and working with local partners to engage policy makers in our communities. Educating the children and parents on how to reduce injuries is another way to get involved!



**Thank You and Make Every
Day a
Safe Day!**