

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

This information is provided by York Region Public Health. For more information on bicycle safety please visit york.ca/injuryprevention.

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Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/healthyschools

York Region

CONCUSSIONS - NOT JUST A BUMP ON THE HEAD!

A concussion is a brain injury resulting 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 vehicle 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 can take up to 30 days. It can take even longer if you are between five to 18 years old.

Children with concussions may find it hard to concentrate in school. Once they feel better, let them gradually return to school and see how much they can handle without their symptoms getting worse. Discuss going back to school with your doctor and your child's teacher.



This material is provided by York Region Public Health. For more information, visit york.ca/concussions.

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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 guard's 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

Children

- Stop and scan area in front, left and right side and behind you for drivers before you proceed from a stop sign
- Walk only on the sidewalk and follow the crossing guard's instructions
- Don't use cell phones or ear buds when walking

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

This material is provided by York Region Public Health. For more information on preventing injuries and keeping kids safe, visit york.ca/injuryprevention.

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PREVENTING PLAYGROUND FALLS



A fall is the most common cause of childhood injuries requiring medical attention. To nine, playgrounds are the most common area for fall-related injuries to occur.

The majority of falls are predictable and preventable. A fall often happens when a child is learning a new skill. At this age, children try different activities, spend more time in new surroundings and become more independent. They are often not able to sense danger, or identify and avoid hazards and need adults to help them manage these new challenges.

A Playground Fall Prevention Checklist:

- Do a safety-check before children play
- Choose a playground with a deep, soft surface such as sand, pea gravel, mulch, or rubber chips
- Use equipment designed for the child's age
- Actively supervise and stand next to your child as they are learning a new skill or climbing
- Make sure children use the equipment as intended
- Encourage children to wait their turn and never push
- Do not use playground equipment in the winter
- Teach and reinforce safety rules. Children may need reminders before changing behaviour
- Help children learn to manage risk
- Do not assume a child understands safe practices and hazards
- Do not accept that falls and fall-related injuries are a way to teach children how to be independent or to avoid risk
- Always model safe behaviours for children
- Be aware of the playground safety policy of your child's school or after school program and reinforce those rules with your child

For more information on childhood fall prevention visit: york.ca/childhoodfalls

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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, 36 kg (80 lbs.), or eight years of age.

IS YOUR CHILD READY TO COME OUT OF A BOOSTER SEAT?

- 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 without riding up over their stomach?



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

This material is provided by York Region Public Health. For more information on car seat safety, visit: York.ca/injury_prevention.

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