

# ...a pound of cure

For a trauma-free summer

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Summer has finally arrived and it is a great time for children, teens and their families to hang out together and participate in a wide variety of sports, recreational activities and outings. Physical activity is crucial to a child's physical, social and psychological development. Nonetheless, some of these activities are associated with certain degrees of risk. It is important to assess the level of risk and determine if it is appropriate for you or your child. Our trauma programs aim to promote health through the prevention of injuries. A great day outdoors filled with laughter and fun should not end in a visit to the Trauma Centre.

The following are some important tips to remember:

**For cycling...** Wear approved (ASTM, CPSC, CSA, Snell Foundation) protective head gear, ensuring that it fits squarely on the head and that a chin strap is attached, allowing for minimal movement. Parents should set a positive example by wearing protective headgear themselves. Children under 10 years of age should not cycle alone because there is a lot of information to integrate for their age and stage of development.

**For wheel sports...** In addition to helmets, wear elbow-pads, knee pads, and gloves. Use areas reserved for this activity, preferably not busy streets.

**Road safety...** As a pedestrian, motorist, or as a cyclist, be aware of risks and know and respect road safety rules. Never drink and drive, respect speed limits and stay off of cell phones.

**Car safety...** When traveling, age appropriate car seats, boosters and seatbelts should be installed properly and used. Children under 13 should not sit in the front seat. Never leave infants, young children or pets in the car alone; it takes no time for the heat to reach a dangerous level.

**Playgrounds...** Make sure that equipment meets approved standards (CSA 2003), is used for intended purposes and has approved soft under-surfacing. **We do not recommend the use of backyard trampolines; this is a piece of gymnastic equipment and needs to be respected. As such it does not belong in the backyard!**

**Windows...** If you have young children, use window guards, which create a protective barrier, or other devices that limit the amount the window can open (no more than 4 inches). Screens are great for keeping insects out but are not strong enough to keep children in. They can easily push through and fall out. Keep furniture away from windows to discourage young curious children from climbing. Never leave young children unattended on balconies.

**BBQ...** Clean barbecue utensils after use. Change cleaning brushes often as the metal bristles can break off on the grill and end up in the food. Keep young children at a safe distance at all times and turn the barbecue off when cooking is finished. Keep lighters, propane tanks, grills and utensils out of the reach of children.



1. Donner l'exemple est extrêmement important. Young cyclists setting a good example.

**Lawnmowers...** Many parents do not realize the dangers of such power equipment. When using a lawnmower make sure children (under 6) and pets are far away. Closed footwear should be worn, and the lawnmower should have a feature that stops the motor when the handle is released. When backing up, check first! Do not leave the key in the ignition.

**Swimming...** Regardless of age or skill level no one is drown-proof. Chose swimming areas that are properly supervised and designated for that purpose. Children should swim only in areas for which they have the appropriate skill level. For inground and above ground pools, install 4-sided fencing around the pool (minimum of 4 ft or 1.2 m high) with automatic locking gates. There should be no direct access from the patio.

**Diving...** Skill training is recommended and having trained spotters in close proximity is essential. Diving should be attempted only in areas designated for this activity. Remember the 3 m diving board is not a toy and should not be used as one. Never dive into lakes or areas with shallow water.

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