

Safety Tips for Children

給孩子的安全提示



BEING SAFETY AWARE

你應該知道

More children in Canada die from injuries than from any kind of sickness!

The leading causes of injury in children are:

- Falls
- Choking
- Burns
- Poisoning
- Car accidents

WHAT CAN YOU DO?

- Think of your child's abilities and what new things they are learning. (How are they moving? How tall are they? What are they interested in?) Look at the world through your child's eyes. Get down on the floor and see things from their viewpoint. Remember children are naturally curious, while adults view the world with caution
- Go through your home room by room and look for safety hazards

在加拿大,因意外受傷而死亡的孩子數目,比因任何一種疾病而死亡的孩子還要多!

導致孩子受傷的主要原因包括:

- 摔倒
- 窒息
- 燒/燙傷
- 中毒
- 車禍

你可以做什麼

- 想想孩子的能力及他們正在學習什麼新東西(他們怎樣移動?身高多少?對什麼感興趣?)。從孩子的角度來看這個世界,趴到地上用孩子的視角來看東西。請記住,孩子是天生好奇的,成人必須提高警惕來看這個世界
- 查看家裏每一個的房間,找出任何安全的隱患

FALLS:

- Could your child fall down the stairs, out of their chair, off the bed? Could something fall on them if they pulled a cord, or reached up high? Could they crawl up to a ledge and fall out the window?

CHOKING:

- Could your child find or reach for items that are choking hazards? Can they reach for items such as coins, hard candy, or small toys? For children 3 years and under, avoid foods that are choking hazards such as raw carrots, grapes and popcorn. Check if items are too small by dropping them through a toilet paper roll. If they go through, they must be kept away from your young child

摔倒:

- 你的孩子會摔下樓梯嗎,會從椅子掉下嗎,會從床上摔下嗎?如果孩子拉動繩子或爬向高處,會有東西會掉下來砸到他們嗎?孩子能爬上窗台掉出窗外嗎

窒息:

- 孩子能否找到或抓到有機會導致窒息的物品嗎?他們會否拿到硬幣、硬糖果或小玩具等類的東西嗎?3歲及3歲以下的孩子,必須遠離有可能導致窒息的食物,例如生胡蘿蔔、葡萄和爆米花。將物品掉進一個廁紙圓筒來檢查物品是否太小,如果能夠通過,則一定不要讓你的小朋友接觸到這些過小的物品

BURNS:

- Could your child burn themselves by reaching for hot liquids and pulling something off a stove, tipping your coffee mug or turning on a hot water tap that is set at too high a temperature? A safe household hot water temperature is 49°C (120°F). Smoke alarms must be installed on every floor. Check your smoke alarm batteries regularly. Put safety plugs in electrical outlets. Install a fire extinguisher

POISONING:

- Could your child get into cabinets where cleaning products or medicines are stored? Cleaning products can look like juice or pop to children and pills like candies. Install safety locks on cupboards; keep poisons such as medicines, cleaning products and fertilizers in locked cupboards. Remove poisonous plants from your house and garden

CAR ACCIDENTS:

- Could your child be at risk for injury in a car accident? All children under 9 years must be in an approved car seat for their size at all times. Ensure the straps are secured and fit snugly and the seat is safely installed. Insist your child is always in a car seat, even in friends and grandparents' cars. Children who always ride in car seats learn to like them

燒/燙傷:

- 你的孩子會否因下列情況而燒/燙傷：伸手去拿熱的液體，從爐灶拉下東西，打翻你的咖啡杯，或扭開水溫設定得太高的熱水龍頭嗎？安全的家用熱水溫度是49°C (120°F)，每個樓層均須安裝煙霧警報器，並定期檢查煙霧警報器的電池，在電源插座上加上安全插頭，安裝滅火器

中毒:

- 孩子能否接觸到存放清潔用品或藥物的櫃子嗎？對孩子來是，清潔用品看起來像果汁或汽水，藥物就像是糖果。在櫃子安裝安全鎖，將有毒物品，例如藥物、清潔用品和肥料鎖進櫃裏；有毒的植物也必須從房子和花園拿走

車禍:

- 你的孩子會否遇上車禍而受傷嗎？乘坐汽車時，9歲以下的孩子任何時間均必須坐在大小合適、認可的汽車安全座椅上。確保安全帶是扣好和合適的，安全座椅是安裝妥當的。即使是乘坐朋友或祖父母的汽車，孩子也必須坐在汽車安全座椅上。乘車時經常坐在安全座椅上的孩子，會學習到喜歡安全座椅的



✓ TIP / 提示

Do a safety check of your home every 6 months to ensure it is safe for your child's developmental stage.

每六個月在家中做一次安全檢查，以確保家內各處對你孩子的發展階段來說仍是安全的。