

P4S Prescription 4 Safety

What You Can Do to Prevent
Common Childhood Injuries

Newborn to 1 Year

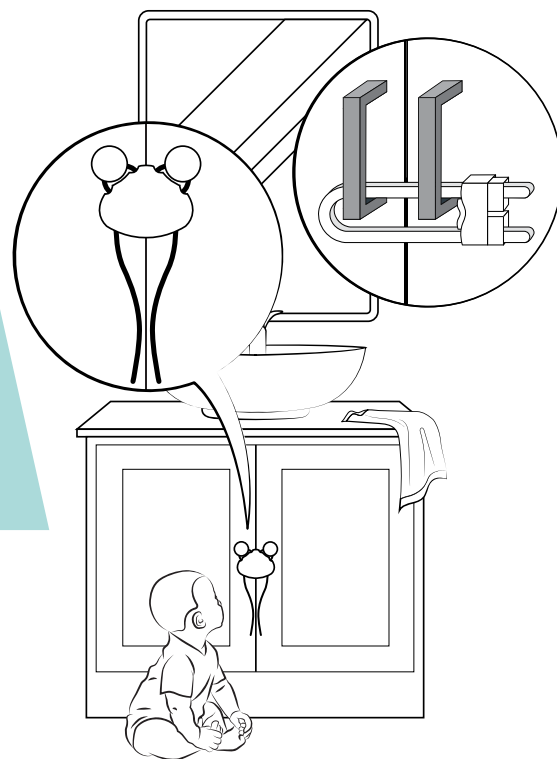


CAR CRASHES

- Always use a rear-facing car seat for your baby when travelling in a vehicle. If your baby outgrows their seat, move them to a larger **rear-facing** car seat.

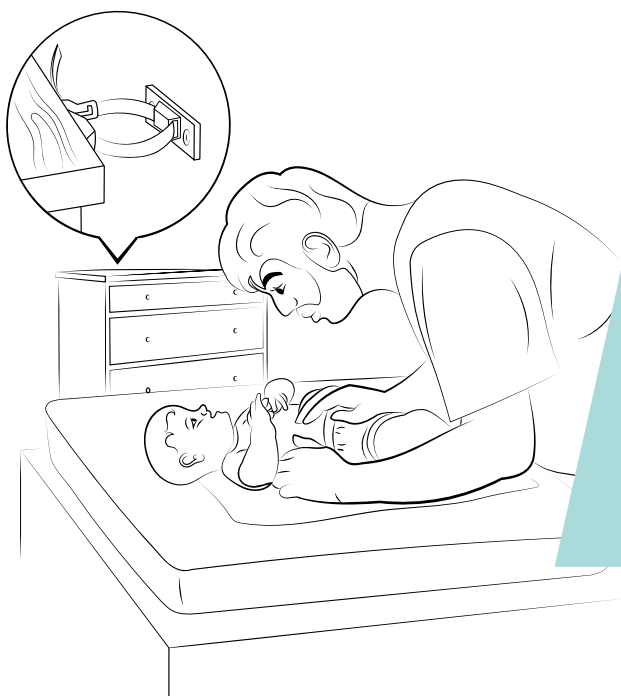
POISONING

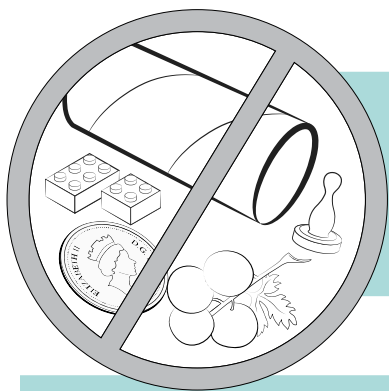
- Keep all poisonous substances like cleaning supplies, beauty products, medications, vitamins and supplements, alcohol, and cannabis locked up and out of sight and reach of babies.
- Program the number for the poison centre into your cell phone, and post it in a visible location in your house: **1-844-POISON-X** (1-844-764-7669)



FALLS

- Always keep one hand on a baby when on a change table or bed. Keep car seats, baby chairs, and bassinets on the floor, never on a counter or bed.
- Use baby gates at the top and bottom of staircases, and secure heavy furniture (bookcases, dressers, etc.) to the wall or floor.





CHOKING

- An object that fits through a toilet paper tube is too small.
- Cut round foods into quarters. Avoid hard or sticky foods.

SUFFOCATION

- Put babies to sleep alone on their backs in a crib that contains only the mattress and tightly fitted sheet.
- Remove mobiles or railing toys once a baby can get on their hands and knees.



DROWNING

- Closely supervise babies during bathtime – don't look away and don't leave them alone.
- Empty or block access to tubs, sinks, buckets, toilets, wading pools, and anything else that can hold water.



BURNS

- Keep hot liquids away from babies including hot food and drinks. Cook on the back burners of the stove, and turn pot and pan handles away from the edge.
- Set home water heaters to 49°C (120°F). Always test the water temperature and turn the tap off before putting your baby into the bath.



BUTTON BATTERY SAFETY

- Keep items containing button batteries out of reach.
- If you think a child has swallowed a button battery, call **911** or get immediate emergency medical treatment.

