# **Injury Prevention Hot Topics**

#### Child Occupant Protection

WRHA Injury Prevention Program (IMPACT)
Jacquie Habing, Manager
Dr. Lynne Warda, Medical Lead

Population and Public Health Staff Development Sessions December 1 & 6, 2011



# **Session Objectives**

- Welcome and update from the Injury Prevention Program
- 2. Review two hot topics in child injury prevention for public health staff:
- Safe Sleep
- Child Occupant Protection



#### **Injury Prevention Program**

- WRHA IPP/IMPACT merged 2009
- Team:
  - Program specialists: Shawn Feely, Wendy French
  - Program analyst: Gemma Briggs
  - Manager: Jacquie Habing
  - Medical lead: Dr. Lynne Warda
- Site: currently HSC, future Hargrave
  - Scope: all injury, all ages

#### **Guiding Principles**

- Burden (severity, burden, trends)
- Health sector mandate/fit
- Evidence-informed, evidence gap
- Expected significance/impact
- Identified need + potential for uptake
- Population health approach
- Opportunity for partnerships
- Readiness of community/target group
- Disparities are addressed as part of the strategy
- The strategy will be evaluated
- Communication/dissemination planSustainability



#### **Injury Priority Areas**

- Falls: older adults, children
- Vulnerable road users: cyclists, pedestrians
- Child occupants: booster seats, car seats
- Children < 5 years: safe sleep, product safety, home safety





#### **Core Supporting Activities**

- Data/surveillance
- Research/evaluation
- Capacity/training
- Partnerships
- Policy/advocacy
- Strategic planning and program evaluation





# **Child Occupant Protection**







#### Case: Car Seat Advice?

You are counselling a family who has just immigrated to Canada regarding car seats. The children are 6 months, 21 months, 4 years, and 10 years old.

What type of child restraint do you recommend?

Do you have enough information?

What factors might you consider?

# **Child Occupant Protection**

- AAP policy statement and technical report March 2011 (www.pediatrics.org)
- New guidelines!
- Rearfacing to age 2 (or highest seat limits)
- Forward facing w/harness to seat limits (65 lb)
- Booster seat to 4 feet 9 inches (age 8-12)
- Back seat until 13 years

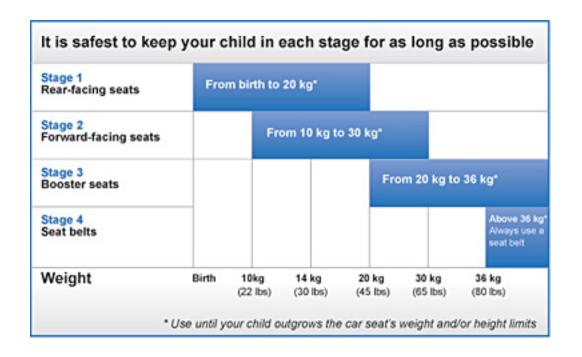


# Why 2 years?

- Infants: large head, immature neck development (bone/soft tissues): higher risk of neck injury in frontal collision
- Better protection for neck/spinal cord injury
- Fewer injuries overall
- All types of collisions, not just frontal
- Sweden: no fatalities in 5 years under age 6



#### **Transport Canada**





#### Available on the market?

Infant (from \$70, \$128 travel system)

•Graco Snugride 32/35 (\$209)

Convertible (from \$80)

- Safety First OnSide Air RF 40, FF40 (\$80)
- Evenflo Triumph 65: RF 30, FF 65 (\$114)

3 in 1 (from \$170)

•Eddie Bauer RF 35, FF 50, B 80 (\$170)

Booster (from \$18)

#### Lower cost options?

- Convertible (\$80) + no back booster (\$18)
- Families should be aware that car seats purchased in the US do not meet Canadian safety requirements
- Second hand?
  - Canada safety mark, expiry date, all parts, plastic shell with no cracks, not in a crash
  - ANY SEAT IS BETTER THAN NO SEAT!

#### **Basic Tips**

- Secure child in seat
  - Harness straps snug
  - Chest clip: arm pit level
  - Nothing behind
  - May wear normal outdoor clothing
- Secure seat in vehicle
  - Seat belt or UAS
  - Follow seat and vehicle instructions
- Questions: MPI, car seat inspection

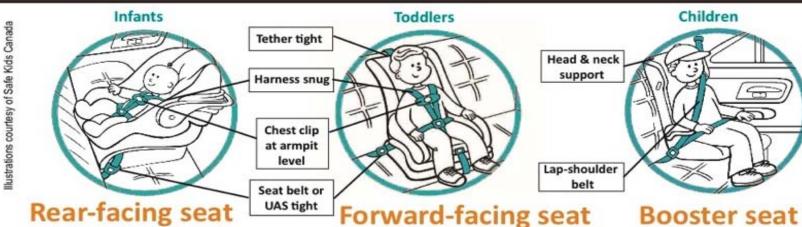
# What resources do you need?

- Postcard for parents?
- Pocket reminder card for professionals?
- Presentation kit for parent groups?
- Hands-on session with car seats?



#### Is your child in the right car seat?





- Use a rear-facing seat until your baby is at least one year old and 10 kg (22 pounds) and walking. Keep your child rear-facing longer, if your seat allows.
- When your baby is too heavy or tall . for their infant seat, use a larger rear-facing seat. Some seats can be used rear-facing until your child weighs 13.6-16 kg (30-35 pounds).
- The harness straps should be in the slot that is level with or below the child's shoulders.

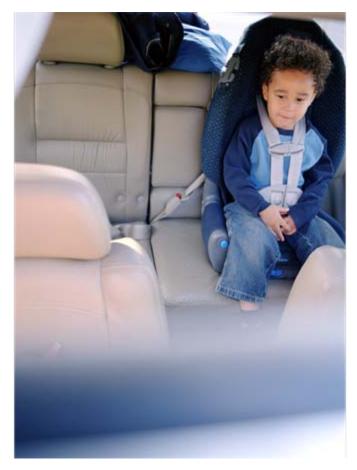
- To use a forward-facing seat, your child . must be a minimum of one year old and 10 kg (22 pounds).
- A top tether strap must always be used with this seat.
- Harness straps should be in the slot that is level with or above your child's shoulders.
- Keep your child in a 5-point harness until they are at least 18 kg (40 pounds). Some seats can hold a child up to 30 kg (65 pounds).
- See our website for installation tips.

- A child must weigh at least 18 kg (40 pounds) to start using a booster seat. It is also best to wait until your child is at least 4 years old.
- A child should use a booster seat until they reach 145 cm (4 feet nine inches) tall.
- The booster seat will position the child so that the adult seat belt fits properly.
- High-back booster seats provide head and neck support.

Car and booster seats reduce your child's risk of being injured or killed in a crash. Always read the manual for your seat.

What about seatbelts? 🕨





**Questions?** 

