

Injury Prevention Hot Topics

Child Occupant Protection

WRHA Injury Prevention Program (IMPACT)

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Population and Public Health Staff Development Sessions

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Session Objectives

1. 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 plan
- Sustainability



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

It is safest to keep your child in each stage for as long as possible

Stage 1 Rear-facing seats	From birth to 20 kg*					
Stage 2 Forward-facing seats				From 10 kg to 30 kg*		
Stage 3 Booster seats				From 20 kg to 36 kg*		
Stage 4 Seat belts				Above 36 kg* Always use a seat belt		
Weight	Birth	10kg (22 lbs)	14 kg (30 lbs)	20 kg (45 lbs)	30 kg (65 lbs)	36 kg (80 lbs)

* Use until your child outgrows the car seat's weight and/or height limits



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?



Illustrations courtesy of Safe Kids Canada

Infants



Tether tight

Harness snug

Chest clip
at armpit
level

Seat belt or
UAS tight

Rear-facing 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.

Toddlers



Forward-facing seat

- 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.**

Children



Head & neck
support

Lap-shoulder
belt

Booster seat

- 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?

