

Equipment Safety

Toddlers may be small but they often use a lot of equipment. You can keep it all safe by:

- ✓ choosing equipment that's right for your toddler's height, weight and age
- ✓ supervising your toddler whenever they're using it
- ✓ ensuring it's in good condition by checking often for sharp edges, loose wheels, broken brakes and upholstery tears
- ✓ using safety straps and a helmet as appropriate
- ✓ following manufacturers' instructions for assembly, care and use



BE AWARE

Before using any second-hand equipment, check for safety recalls at recalls-rappels.canada.ca/en.

Safer Chairs

High chairs

Look for:

- wide base
- strong tray locks
- proper locking device on folding chairs
- no moving parts for your child to get caught in when you're changing the position of the chair or tray

Ensure:

- safety straps are done up
- your child is not left unattended
- chair is placed away from appliances, windows, blind cords, mirrors and sharp corners

Booster chairs

Ensure:

- booster is safely strapped to a chair, and your child is securely strapped in
- no shoulder straps are tangled around your child's neck



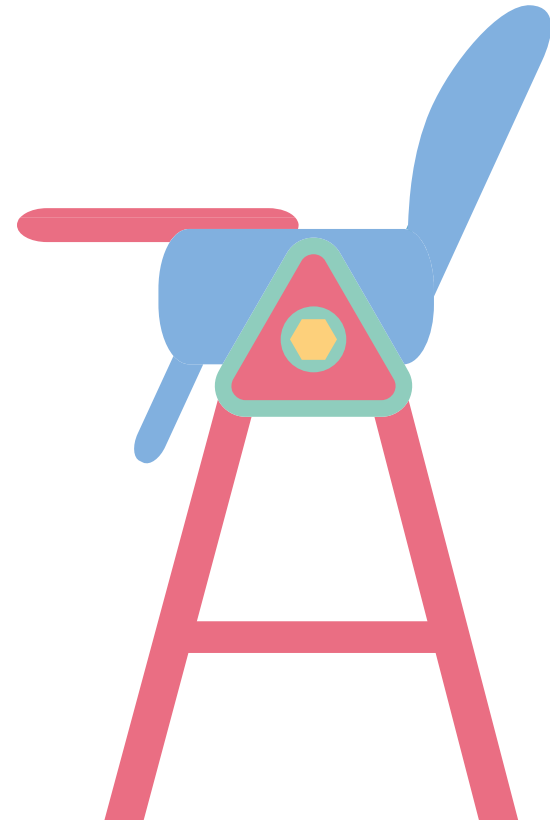
BE AWARE

Keep the chair away from walls and counters. Your child might be strong enough to push against them and tip over the chair.



BE AWARE

Chairs that hook onto a table can fall off. If you need to use one, be sure to attach it to a strong table away from table legs. Before putting your child in, pull on it to check that it's solidly attached. If your child is over 13½ kg (30 lb) or is very active, don't use a hook-on chair.



Safer Gates

Look for:

- gates manufactured after 1990
- safety-approved label
- right size for the space being blocked
- smooth finish, with no splinters, cracks or snags

Ensure:

- gate is mounted close to the floor so it can't be crawled under
- gate is installed early so you're ready when your child starts moving around on their own

For stairs, use swing gates that screw into the wall. Use one gate at the top of the stairs and another at the bottom. Don't remove them until your toddler can climb stairs without help.



BE AWARE

Accordion-style or expandable gates can trap your toddler in their openings. Pressure gates (gates that press against the wall but don't screw in) can be pushed over, so shouldn't be used for stairs.



DID YOU KNOW?

It's best for your child's development to let them walk whenever possible.



BE AWARE

Don't jog with your child in a stroller until they're at least a year old and their neck muscles have strengthened. And always use the 5-point harness.

Safer Beds and Cribs

See [Sleep and Your Toddler](#).

Safer Playpens

Look for:

- fine mesh that you can't fit your little finger through
- no more than 2 wheels
- at least 48 cm (19 inches) high
- no rough or sharp edges or loose parts
- no drilled holes between 3 and 10 mm ($\frac{1}{8}$ and $\frac{3}{8}$ inch)
- no hinges that can pinch or accidentally collapse
- no tears in rails or mattress pad
- no scarves, necklaces or cords
- no toys strung across the top
- all sides fully raised and firmly fixed

Safer Strollers

Look for:

- 5-point harness
- easy-to-use good brakes
- secure wheels
- sun shade
- no sharp edges or loose folding parts
- suitable to your child's age, height and weight

Ensure:

- no purse or heavy packages on handle

Safer Child Carriers

Front carriers

Look for:

- firm, padded head support
- leg holes your child can't slip through
- right size for your child (check the weight limit)



Back carriers

Look for:

- wide, solid base
- padding near your child's face



Ensure:

- straps and buckles are done up
- carrier isn't used as a car seat
- carrier is used only for a child who can sit up by themselves (5 months or older)
- carrier is never placed on a table or counter with your child in it
- your coat is not done up around the carrier



BE AWARE

Don't use a carrier while skiing, jogging, biking, cooking or doing any other risky activity. Your child could be bumped, burned, thrown out or crushed under you.

Safer Cycling

Only ride with your child if you're a skilled cyclist. Ride in safe areas like parks, bike paths and quiet streets when road conditions are good. And help prevent choking by not giving your child drinks or snacks during the ride.



BE AWARE

Children under 12 months shouldn't ride with you on a bicycle or in a trailer. Their back and neck muscles can't support the weight of a helmet and can be damaged by the bumping.



TRY THIS

Before riding your bike with your toddler in a carrier or trailer, practise turning, stopping and climbing hills with a bag of flour.



DID YOU KNOW?

Bicycle trailers are more stable than child seats mounted on a bike. In either case, you can be thrown off balance if your child moves suddenly.

Bicycle-mounted child seats

Ensure:

- your child weighs 18 kg (40 lb) or less
- harness is buckled snugly
- your toddler's feet, hands and clothes aren't near spokes or other moving parts
- your toddler is never left alone in the seat
- bike isn't leaned up against anything and kickstand isn't used when your toddler is in the seat

Bicycle trailers

Look for:

- bike flag, tail light and reflector
- solid connection between trailer and bike
- secure harness

Ensure:

- used only with 1 or 2 children weighing no more than 45 kg (100 lb) total
- your toddler can't reach the wheels
- your toddler is protected from dirt thrown by tires

Tricycles, scooters and push/run bikes

Ensure all are:

- sized so your toddler can pedal while sitting comfortably
- used only with supervision
- never ridden near cars, swimming pools or stairs

Helmets

Look for:

- child-sized
- covers the upper forehead
- adjustable strap with quick-release buckle
- bright colour so they're easily seen
- not purchased second-hand
- never been in a crash, dropped or damaged
- approved by CSA, Snell, ANSI, ASTM, BSI or SAA

Ensure:

- sits straight – not tilted – on their head
- expiration date is checked regularly, and helmet is replaced at least every 5 years



HOW TO Properly fit a helmet

1. Ensure the helmet covers the top of your child's forehead and rests about two fingers above their eyebrows.
2. Fit the side straps snugly around each ear in a V shape.
3. Buckle the chin strap, tightening it until you can fit only one finger between the strap and your child's chin.
4. Re-check the helmet's fit each time your child uses it.



KEY TAKEAWAY

Your child must wear a helmet whenever they're playing on a riding toy, bike, scooter or tricycle, or when they're riding in a trailer or bike seat. Helmets reduce serious head injuries by 60% and traumatic brain injuries by 53%.



TRY THIS

Store your child's helmet on the handlebars, ready for the next ride. Don't leave it in the sun or in the back window of the car, where it can be damaged by heat.

Safer Toys

See Toys.



DID YOU KNOW?

Baby walkers are banned in Canada. They move too quickly and can cause head injuries. Try an activity centre instead.