

5-9 years old

Checklist: Safety at Play

CHILDSAFETYLINK
Here for you.



Choose playgrounds with gravel, sand, wood chips or rubber on the ground.

Choose the right helmet and safety gear for your child's sports and activities.

Make sure your child's helmet fits properly by using the 2V1 Rule: 2 fingers above the eyebrows, straps form a V under the ears, and 1 finger under the chin strap.



Make sure your older child knows the rules of the road when doing wheeled activities.

Watch your child closely when around water.



Lifejackets should always be used until your child is a strong swimmer.

In warm weather, encourage your child to apply sunscreen regularly, drink lots of water and stay in the shade between the hours of 10 a.m. and 2 p.m.



Encourage your child to be active and to take healthy risks when he or she is playing.

Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe. CSL-2016

Have questions? Call us at 1-866-288-1388



childsafetylink.ca