



### Clothing Safety for Children

#### Fact:

Most childhood injuries are preventable.

#### Fiction:

It's a myth that sleepwear should be loose and flowing.

Clothing keeps children warm and dry. Those little outfits can also be so cute. Although injuries related to children's clothing are uncommon, they can cause serious injury or death. The good news is that most injuries are preventable.

### How Injuries Occur

Children can:

- Strangle if drawstrings or hoods get caught on playground equipment, fences or in car doors
- Choke on buttons that come loose from clothing
- Burn severely if their clothing catches fire
- Fall if shoelaces are untied\*

### Preventing Strangulation/Suffocation

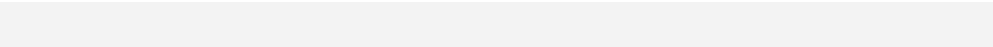
- Avoid children's clothing with draw-strings. Choose snaps, Velcro™, elastic or buttons, and remove drawstrings from clothing.
- Choose garments with "break-away" hoods (Velcro™ or snap attachments)
- Ensure buttons and decorative items are fastened securely
- Tuck the ends of scarves into children's jackets
- Ensure that children remove their bike helmets while playing on playground equipment, and actively supervise them\*

### Preventing Burns

- Keep lighters, matches and flames out of the reach of children
- Teach children to STOP, DROP and ROLL if their clothing catches fire
- Supervise children around fireplaces, stoves, campfires and burning candles
- Choose snug-fitting sleepwear with tight waists, ankles and wrists that meet safety standards; they are less likely to contact a flame and they will burn more slowly if they ignite
- Don't allow children to sleep in baggy T-shirts or adult sleepwear\*

### Other Tips

- Keep shoelaces tied properly, or choose shoes with Velcro™ fasteners
- Inspect socks and mittens for loose threads that may wrap around fingers or toes and cut off circulation
- If your child wears backpacks, have the child wear the straps over both shoulders, keep the backpack under 15% of your child's weight, look for backpacks with wide straps, and use waist straps if available\*



\* KIDSAFE Connection, Stollery Children's Hospital, Capital Health

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