



TIPS FOR PARENTS

Electrical Safety at Home

On average, more than 110 kids under 15 end up in the emergency room each year in Ontario because of an electrical injury. More than half are under the age of five.* New research shows that even low-voltage shocks can have long-term after effects such as pins and needles, numbness, memory loss and anxiety. No shock is a safe shock. Always seek medical attention because what can seem like a little zap can have serious consequences.

Here are some simple tips to make your home a safe-zone for you and your kids.

- ◆ **Replace any missing or broken cover plates.** Outlet covers create a barrier between children and exposed wires.
- ◆ **Install tamper-resistant (TR) receptacles** to protect younger children from shocks. They have shutters that cover the plug slots and help prevent little fingers or objects from going into the outlet.
- ◆ Small kids often want to explore new things by putting them in their mouths. **Keep cords away from little hands and mouths.**
- ◆ **Teach older children how to plug in and unplug safely.** Never overload outlets by plugging in too many cords. Use an approved power bar that has surge protection instead. When it's time to unplug, don't yank cords from the wall.
- ◆ **If a cord is frayed, replace it.** Tape won't protect kids from a shock. Extension cords – which should only be used temporarily – are prone to cracking and fraying, which can lead to a shock or fire.
- ◆ Water and electricity can be a lethal mix. **Install Ground Fault Circuit Interrupters (GFCIs)** – the ones with the reset button – in any room with water (i.e. bathrooms, kitchens and laundry rooms).

* 2016 Ontario Electrical Safety Report

Learn more at:

parachutecanada.org/electricalsafety

