

Booster Seat Laws (a summary)		
	Earliest Graduation to Booster Seat	Earliest graduation to Seatbelt alone
BC	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥ 9 years old
AB	≥18 kg (40 lbs) OR ≥ 6 years old	
SK	≥18 kg (40 lbs)	≥145 cm tall (57 inches) AND ≥36 kg (80 lbs) OR ≥ 7 years old
MB	Appropriate restraining device	≥145 cm tall (57 inches) OR ≥36 kg (80 lbs) OR ≥ 9 years old
ON	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥36 kg (80 lbs) OR ≥ 8 years old
QC	Appropriate car seat or booster seat	≥145 cm tall (57 inches) OR ≥ 9 years old
NB	Appropriate car seat or booster seat	≥145 cm tall (57 inches) OR ≥36 kg (80 lbs) OR ≥ 9 years old
NS	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥ 9 years old
PE	≥18 kg (40 lbs)	≥145 cm tall (57 inches) OR ≥ 10 years old OR Exceed manufacturer's weight limit
NL	≥18 kg (40 lbs)	≥145 cm tall (57 inches) AND ≥37 kg (81.5 lbs) OR ≥ 9 years old
YT	≥22 kg (48lbs)	≥145 cm tall (57 inches) OR ≥45 kg (100 lbs)
NT	≥18 kg (40 lbs)	
NU	≥18 kg (40 lbs)	
		Note that this summary is for comparison only. Refer to local legislation for details and current status

Environmental Hazards	
General Resources	American Academy of Pediatrics: https://publications.aap.org/aapbooks/book/524/Pediatric-Environmental-Health Canadian Partnership for Children's Health and Environment / Physician & Patient Resources: https://healthyenvironmentforkids.ca/ CDC National Center for Environment Health : https://www.cdc.gov/nceh/
Air Quality	https://www.canada.ca/en/health-canada/services/air-quality.html
Climate and Heat	https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html
Firearms	https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/gun-safety-information-for-families
Needle Stick	https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/needle_stick_injuries
Pedestrian	https://parachute.ca/en/injury-topic/pedestrian-safety/
Poison Centres	Call 1-844-POISON-X (1-844-764-7669) In Quebec 1-800-454-1212 In Nunavut call your local health centre
Poisonings	Cannabis https://parachute.ca/en/injury-topic/poisoning/cannabis/ Radon Gas https://parachute.ca/en/injury-topic/poisoning/approver-draft-copy-1249/
Smoke and Carbon Monoxide Detectors	Smoke Detectors https://parachute.ca/en/injury-topic/burns-and-scalds/smoke-alarms/ Carbon Monoxide https://parachute.ca/en/injury-topic/poisoning/carbonmonoxide/ and https://www.oafc.on.ca/public-safety/carbon-monoxide-alarms
Radon reduction	https://www.canada.ca/en/health-canada/services/health-risks-safety/radiation/radon/resources.html
Rail Safety	https://parachute.ca/en/injury-topic/rail-safety/
Second Hand Smoke	https://www.thoracic.org/patients/patient-resources/resources/second-hand-smoke.pdf
Workplace safety	https://www.canada.ca/en/employment-social-development/services/health-safety/workplace-safety/youth.html

Concussion Resources	
Parachute Canada – information, handouts, Tools, Return to School and Sport Strategies - parachute.ca/en/injury-topic/concussion/	
PedsConcussion – Guideline and detailed information, handouts https://pedsconcussion.com/#	
Sport Concussion Assessment Tool https://cattonline.com/scat/	
Parent / coach handout www.caringforkids.cps.ca/handouts/sport_related_concussion	
CRT5 – immediate assessment tool https://bjsm.bmj.com/content/bjsports/51/11/872.full.pdf	