

Practice Note

Bathtub Safety

This practice note is to assist practitioners in providing information to the families they work with, to share with colleagues and other community professionals and to support the work they do to keep children and families safe. Drowning is one of the leading causes of death among Canadian children between the ages of 1 to 4, with the bathtub being the most common location. Infants and toddlers can drown in water as little as two inches deep.

Bath time safety tips:

- Stay with your child for the whole bath, because drowning can occur in only a minute; **if you have to leave the room always take your child with you**
- Take the phone off the hook or put on the answering machine before running the bath
- Check the water temperature before putting your child in the bath. Bath water should be between the temperatures of 37°C and 38°C
- Run the hot and cold water together
- Run only enough water for washing and play
- Turn the taps off tightly
- Watch your child all the time, even if you are using a bath seat or cradle
- Let older siblings join in the fun, rather than putting them in charge
- Empty the bath as soon as you have finished with it

Safety Tips provided by the Raising Children Network
http://raisingchildren.net.au/articles/bath_safety.html

Additional Resources

There are numerous resources available to the public on bathtub/water safety. Below is a list of some of these resources related to bathtub/water safety, bathtub safety devices, bathtub seats and rings.

About Kids Health

This website provides information on bathtub and water safety and facts about child drowning according to the Canadian Red Cross.

<http://www.aboutkidshealth.ca/News/Water-safety-watch.aspx?articleID=7926&categoryID=news-poh3>

5min Life Videopedia

This website provides a short video on bathtub safety and information on bathtub safety devices.

<http://www.5min.com/Video/Bathing-Your-Kids---Tub-Time-Safety-Tips-56625828>

Health Canada

This website provides information on the dangers of infant bath seats and bath rings. A fact sheet is available to download for free in PDF.

http://www.hc-sc.gc.ca/cps-spc/alt_formats/hecs-sesc/pdf/pubs/cons/bath_seats-sieges_de_bain-eng.pdf

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