



Strangulation and suffocation

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Breathing emergencies such as suffocation, strangulation and entrapment are a leading cause of injury-related death to Canadian children.

Approximately 40 children aged 14 and under die every year in Canada from suffocation and another 800 are hospitalized for injuries.

Children who survive may suffer brain damage because they have been deprived of oxygen for a period of time. Major threats to breathing for young children include strangulation by items such as ropes or blind cords and suffocating in cribs or beds.

Tips to prevent strangulation and suffocation

Ensure children have safe sleeping environments.

- Do not use car seats, baby bouncers, incline rockers or seats for sleeping in the home. The safest place for infants and toddlers to sleep or nap is on their back in their crib.
- Learn about how to keep your child safe while sleeping.

[\[https://parachute.ca/en/injury-topic/home-safety/bed-time/\]](https://parachute.ca/en/injury-topic/home-safety/bed-time/)

Remove or modify items in the home that are common strangulation hazards, including window blind or curtain cords.

Use cordless window coverings, such as drapes without cords or roller blinds, as these are safer for children. If you have older window coverings with cords:

- Cut the cords short and tie them high to keep them out of reach from your child.
- Place children’s furniture, such as cribs, beds, high chairs and play pens away from window blind and curtain cords.
- Throw out older window blinds with inside cords (vertical cords that hold blind slats together) that can form a loop if pulled by a child.

Read about product safety of window binds and curtain cords. [<https://parachute.ca/en/injury-topic/product-safety/>]



RESOURCES

Window covering safety – Government of Canada

LINK



Government of Canada implements new regulations to help stop strangulation deaths linked to corded window coverings

[LINK](#) 

INJURY TOPICS

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Product safety

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Breathe easy

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