

## ABHR and Child Safety

The Poison Control Centre at Sick Kids' Hospital in Toronto reports most of the alcohol-based hand rubs (ABHR) that are used in community settings contain 63% alcohol (compared to between 70-90% in health care settings). A child must ingest 1 ml/kg of ABHR (at 63%) in order for it to reach toxic levels. That means that the average 40 lb (18 kg) child would need to consume 18 ml (almost 4 teaspoons or 1 tablespoon) to reach toxic levels. I just thought that this information was interesting and important to share. Not to take away from the potential harm from ABHR as they should be used under adult supervision only (as stated on most websites discussing the topic of ABHR and children; a typical dispenser will dispense approximately 1-2 ml per pump). For more information, [this article](#) from the Seattle Times quotes the Washington Poison Centre on the subject.

[This article](#) from the Wisconsin Poison Centre provides more information on the risks of ABHR to children.

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