

accidents don't have to happen

**Over one million children in the UK under the age of 15 experience accidents in and around the home every year.**

**Those most at risk of a home accident are the 0-4 years age group.**

## AVOIDING FALLS



**Falls cause the most accidents in the home**

- Never leave babies unattended while on a raised surface
- Change baby's nappy on the floor
- Fit safety gates to the top and bottom of the stairs
- Fit window restrictors to stop the windows opening fully
- Always use a five point harness in buggies and highchairs.

## PREVENTING FIRE



**Burns and scalds are more likely to happen to children under five years old**

- Keep matches and lighters out of reach of children
- Always use a fireguard and secure it to the wall
- Fit smoke alarms and check weekly to make sure they are working
- Extinguish cigarettes and matches completely
- Work out and practice a fire escape plan with your family
- To help protect your family from fire take smoking right outside
- To arrange a free home fire safety visit contact your local fire station.

## AVOIDING BURNS & SCALDS



**Hot drinks can stay hot enough to scald a baby for at least 15 minutes after being made**

- Never leave hot drinks within reach of children
- Avoid drinking hot drinks while holding a baby or a child
- When cooking, use the back plates when possible and turn all saucepan handles inwards
- Keep young children out of the kitchen unless well supervised
- Run cold water into the bath first and then add the hot
- Check bath water temperature with your elbow before putting the baby in
- Hair straighteners can cause serious burns to children for up to 40 minutes after use, so store them away immediately in a heat-resistant bag
- Keep hot irons out of reach even when cooling down.

## AVOIDING SUFFOCATION AND CHOKING



**Children can swallow, inhale, or choke on items such as small toys, peanuts and marbles**

- Choose toys appropriate to the age of the child
- Ensure that small objects are kept out of reach of children under three
- Looped cords on blinds and curtains should be avoided especially in children's bedrooms. Keep cords tied up high and out of reach
- Plastic bags can be very dangerous to small children – this includes nappy sacks and charity collection plastic bags
- Small foods such as grapes, cherry tomatoes, blackberries and other soft fruits should be cut into quarters to prevent choking
- Keep button cell batteries out of reach of children – they can cause severe injuries if swallowed or inserted into ears and noses
- Put babies to sleep on their back with their feet at the foot of their cot. Tuck the blanket in across their chest and under their arms and keep the cot free from bumpers, pillows and soft toys.

## AVOIDING POISONING



**The majority of accidents involving household chemicals and medicines happen to children under five.**

- Children can be poisoned by everyday items around the home such as liquid laundry capsules and e-cigarettes
- Lock all pills and medicines in a high cupboard in the kitchen
- Keep chemicals and household cleaning products locked away or in a high cupboard
- Keep medicines, cleaners and garden chemicals in their original containers
- Try to buy medicines and chemicals in containers with child-resistant caps.

## AVOIDING DROWNING



**Children can drown in less than 5cm of water. They should be under constant supervision when in or near any water**

- Never leave children or babies in the bath unsupervised, even for a moment
- Empty and tidy away paddling pools
- Cover ponds with a strong mesh, fence off or convert to sandpits
- Supervise children under five when playing in the garden
- Never leave uncovered bowls or buckets of water around the home.

**In an emergency - see back of chart**

**IMPORTANT**

**Position this chart 1ft/30cm from the floor**

4ft

CM

120

3'6"

110

100

3ft

90

80

2'6"

70

2ft

60

1'6"

40

1ft

30



# Height Chart

Helping your child to avoid accidents at home

## Emergency First Aid Advice

What to do if your child does have an accident at home.

If you're in any doubt get advice by contacting your GP or call 111.

Call 999 immediately for serious injuries or life threatening events.

### BURNS & SCALDS

- 1 Immediately run cold water over the burn for at least 20 minutes, never use ice. Keep the person warm
- 2 If the burnt clothes are stuck to the skin, do not try to remove them
- 3 If safe to do so, remove tight clothing or jewellery as burnt skin can swell
- 4 Cover the burn with a layer of cling film. A clean, clear plastic bag can be used for burns on your hand
- 5 For anything other than a small burn, you should take your child to hospital immediately.

**N.B. Don't put butter, oil or ointment on a burn. Don't prick blisters – you'll allow germs to enter.**



### FALLS

- 1 If your child stops breathing, give mouth-to-mouth and nose resuscitation immediately and call an ambulance
- 2 If you suspect broken bones or internal injuries, don't move the child unless absolutely essential
- 3 Don't give a child anything to eat or drink after a fall if you think they might need an anaesthetic
- 4 If the injury looks serious or you don't know what's wrong, call an ambulance.



### CHOKING

- 1 If you can see the obstruction at the front of the mouth try and remove it. If it is towards the back do not attempt to remove
- 2 Do not do a finger sweep of the mouth
- 3 If the infant is coughing, then encourage this
- 4 If the infant is distressed, is unable to cry, cough, or breathe – lay them face down along your forearm, with their head low supporting the back and head
- 5 Give up to five back blows with the heel of your hand
- 6 Check the child's mouth and remove the obstruction.



### SUFFOCATION

- 1 If your child stops breathing, immediately give mouth-to-mouth and nose resuscitation
- 2 Call an ambulance.



### CUTS

- 1 Clean small cuts and grazes with water and soap if necessary, not an antiseptic
- 2 If there is heavy bleeding press on the cut (or near it if there is something stuck inside). Use a pad like a folded hankie if you can. Hold up a bleeding arm or leg as long as you don't think it's broken
- 3 If you require advice on minor cuts visit your local pharmacy. For bigger wounds, attend your local Minor Injury Unit or A&E.



### POISONS

- 1 If the lips are burnt by corrosive substances, give frequent sips of cold milk or water
- 2 Find a container or a sample of whatever has been swallowed to show to medical professionals
- 3 Get medical help as soon as possible or go to your local accident and emergency department
- 4 Don't give salt and water to make the child sick (this could be dangerous).



#### MEDICAL INFO/CONTACT DETAILS

Doctor's name/number .....

Parent's mobile .....

Close relative .....

**Call 111 for advice**

**Call 999 immediately for serious injuries or life threatening events**

CHILD 1 NAME .....

Allergies .....

Medical conditions .....

CHILD 2 NAME .....

Allergies .....

Medical conditions .....

CHILD 3 NAME .....

Allergies .....

Medical conditions .....

For more health and safety information visit - [www.rospa.com/resources/hubs](http://www.rospa.com/resources/hubs)