AVOIDING FALLS

Falls cause the most accidents in the home

• Never leave babies unattended 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 window opening fully

75% of accidents involving household chemicals and medicines happen to children under 5

• Lock all pills and medicines in a high cupboard in the kitchen
• Keep chemicals and household cleaners 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

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 5 when playing in the garden

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
• Pull-cords on curtains and blinds should be kept short and out of reach

In an emergency - see back of chart

IMPORTANT

Position this chart 1ft/30cm from the floor
Emergency First Aid Advice

What to do if your child does have an accident at home. If you are in any doubt about an injury, always ask your doctor’s advice, or go to your local accident and emergency department.

**BURNS & SCALDS**

1. Immediately run cold water over the burn for at least 10 minutes
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 clean non-fluffy cloth (a cotton pillowcase or linen tea towel or kitchen film)
5. For anything other than a small burn, you should take your child to hospital immediately

**FALLS**

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

**CHOKING**

1. Remove the obstruction in the old child’s mouth
2. 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
3. Give up to 5 back blows with the heel of your hand
4. Check the child’s mouth and remove any obvious obstructions
5. Do not do a finger sweep of the mouth

**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 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 handkerchief if you can.
3. Hold up a bleeding arm or leg as long as you don’t think it’s broken

**POISONS**

1. If your child swallows poisonous substances, get medical help as soon as possible
2. If they vomit, give nothing to eat or drink
3. If the child is not breathing, give mouth-to-mouth and nose resuscitation
4. Don’t give any food or drink unless your doctor tells you to

**HEIGHT CHART**

Helping your child to avoid accidents at home

1. Remove the obstruction or take the child to hospital if necessary
2. 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
3. Give up to 5 back blows with the heel of your hand
4. Check the child’s mouth and remove any obvious obstructions
5. Do not do a finger sweep of the mouth

**MEDICAL INFO/CONTACT DETAILS**

- Doctor’s name/number
- Parent’s mobile
- Close relative
- NHS Direct for emergency information 0845 4647

**CHILD 1 NAME**

- Allergies
- Medical conditions

**CHILD 2 NAME**

- Allergies
- Medical conditions

**CHILD 3 NAME**

- Allergies
- Medical conditions

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