AVOIDING FALLS
Falls cause the most accidents in the home.
- Be aware of the risk of falls for the under 5s.
- Fit window restrictors to stop the window opening fully.

PREVENTING FIRE
10% of burns and most of fire accidents happen to the under 5s.
- Keep matches and lighters out of reach of children.
- Always use a fireguard and secure it to the wall.
- Fit smoke alarms and regularly check they are working.
- Extinguish cigarettes and matches completely.
- Work out and practice a fire escape plan with your family.

AVOIDING BURNS & SCALDS
72% of burn and scald injuries happen to the under 5s.
- Keep hot drinks out of 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.
- Run cold water into the bath first and then add the hot water.
- 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.

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 them 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.

AVOIDING POISONING
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 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 5 when playing in the garden.

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In an emergency - see back of chart

IMPORTANT
Position this chart 1ft/30cm from the floor.

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In an emergency - see back of chart

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Emergency First Aid Advice

**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 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.

**FALLS**
1. If your child is having breathing difficulties or seems very distressed, call an ambulance immediately.
2. If the child has unconsciousness, high or low blood pressure, severe bleeding, call an ambulance immediately.
3. If the child has severe pain, is having a seizure, or is bleeding a lot, call an ambulance immediately.

**CHOKING**
1. If the child has stopped breathing or is choking, call an ambulance immediately.

**SOFFOCATION**
1. If your child stops breathing, immediately give mouth-to-mouth and nose resuscitation and call an ambulance.
2. If the injury looks serious or you don’t know what’s wrong, call an ambulance.
3. If you suspect broken bones or internal injuries, don’t move the child unless absolutely essential.

**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.

**POISONS**
1. If the child is breathing normally, take them to hospital if you think they might need an anaesthetic.
2. Always keep all medicines and cleaning products out of reach of children.

MEDICAL INFO/CONTACT DETAILS

<table>
<thead>
<tr>
<th>Doctor’s name/number</th>
<th>Parent’s mobile</th>
<th>Close relative</th>
<th>NHS 111 for non-emergency assistance</th>
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<tbody>
<tr>
<td>RoSPA House</td>
<td>28 Calthorpe Road</td>
<td>Edgbaston</td>
<td>Birmingham</td>
</tr>
<tr>
<td>Tel: +44 (0)121 248 2107</td>
<td>Email: <a href="mailto:publichealth@rospa.com">publichealth@rospa.com</a></td>
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</tbody>
</table>

For more health & safety information visit - www.rospa.com/resources/hubs

Helping your child to avoid accidents at home

**BURNS & SCALDS**

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

**FALLS**

- If the injury looks serious or you don’t know what’s wrong, call an ambulance.

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**HEIGHT CHART**

<table>
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<tr>
<th>Height</th>
<th>Child 1</th>
<th>Allergies</th>
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The Royal Society for the Prevention of Accidents