

4ft

3'6"

3ft

2'6"

2ft

1'6"

accidents don't have to happen

age of 15 experience accidents in and around the home every year. Those most at risk of a home accident are

CM

120

110

100

90

80

Over one million children in the UK under the

the 0-4 years age group.

AVOIDING FALLS



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.
- PREVENTINGFIRE

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
 - your family To help protect your family from fire take smoking right

 To arrange a free home fire safety visit contact your local

a fire escape plan with

outside

fire station. AVOIDING BURNS & SCALDS



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

Avoid drinking hot drinks while holding a baby or a child

- Check bath water temperature with your elbow before putting the baby in Hair straighteners can cause serious burns to children for
- in a heat-resistant bag Keep hot irons out of reach even when cooling down.

up to 40 minutes after use, so store them away immediately

AVOIDING SUFFOCATION AND CHOKING



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

AVOIDING POISONING

arms and keep the cot free from bumpers, pillows and soft toys.

• 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

- The majority of accidents involving household chemicals and medicines happen to children under five.
- such as liquid laundry capsules and e-cigarettes · Lock all pills and medicines in a high cupboard in the kitchen
 - original containers • Try to buy medicines and chemicals in containers with child-resistant caps.

in a high cupboard

· Keep medicines, cleaners and garden chemicals in their

· Children can be poisoned by

everyday items around the home

· Keep chemicals and household cleaning products locked away or

AVOIDING DROWNING



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**

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

70

60

50

40

30



accidents at home **Emergency First Aid Advice**

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

Helping your child to avoid

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

or you don't know what's wrong, call an ambulance.

4 If the injury looks serious

an anaesthetic

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

face down along your forearm,

- 3 If the infant is coughing, then encourage this 4 If the infant is distressed, is unable to cry, cough, or breathe - lay them
- 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.



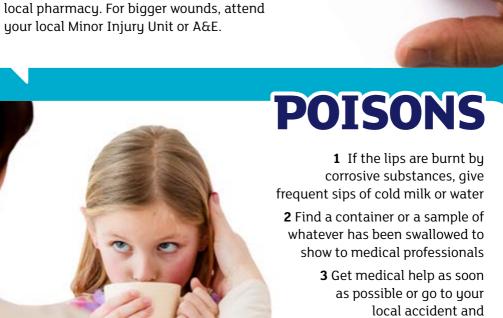
give mouth-to-mouth and nose resuscitation

2 Call an ambulance.



- as you don't think it's broken 3 If you require advice on minor cuts visit your

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



MEDICAL INFO/CONTACT DETAILS Doctor's name/number

emergency department

4 Don't give salt and water to make the child sick (this could be dangerous).

Call 111 for advice

Call 999 immediately for serious injuries or life threatening events CHILD 1 NAME

Medical conditions

Allergies

Medical conditions

Allergies

Medical conditions

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



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