## 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 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 in a heat-resistant bag.

## 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

- Accidents involving household chemicals and medicines happen to children under five.
- 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.

## 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.
### 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.

### Choking

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.
3. Hold up a bleeding arm or leg as long as you don't think it's broken.
4. If you require advice on minor cuts visit your local pharmacy. For bigger wounds, attend your local Minor Injury Unit or A&E.

### Falls

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

### Cuts

1. If you suspect broken bones or internal injuries, don’t move the child unless absolutely essential.

### Poisoning

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).

### Suffocation

1. If your child stops breathing, immediately give mouth-to-mouth and nose resuscitation and call an ambulance.
2. If the infant is coughing, then encourage this.
3. 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.
4. Give up to five back blows with the heel of your hand.
5. Check the child’s mouth and remove the obstruction.

### Emergency First Aid Advice

**MEDICAL IMPACT DETAILS**

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**RoSPA**

RoSPA is a registered charity (No. 264652) and a company limited by guarantee (No. 204650) with its registered office at RoSPA House, 28 Calthorpe Road, Edgbaston, Birmingham B15 1RP, UK. Tel: +44 (0)121 248 2107 Email: publichealth@rospa.com

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