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AVOIDING FALLS

CM 120



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 window opening fully

110

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3'6"

3ft

PREVENTING FIRE



72% of burn and scald injuries 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 practise

a fire escape plan with your family

AVOIDING 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
- Use the back plates when possible and turn all saucepan • handles inwards
- Run cold water into the bath first and then add the hot
- Check bath water temperature with your elbow before putting the baby in

2'6"

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AVOIDING SUFFOCATION AND CHOKING



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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

2ft

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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 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

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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

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• Supervise children under 5 when playing in the garden

In an emergency - see back of chart IMPORTANT Position this chart 1ft/30cm 1ft 30 from the floor

Helping your child

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to avoid accidents at home



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

NB 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 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

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- Remove the obstruction or/and 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



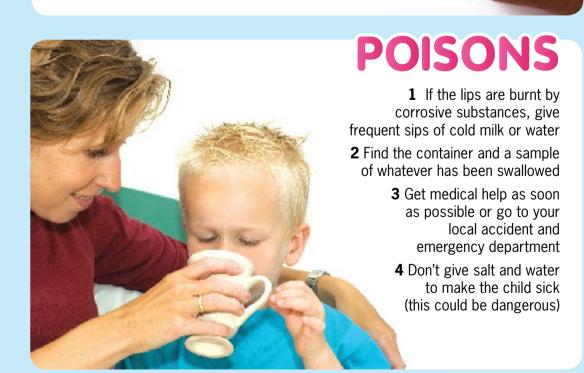
SUFFOCATION

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



MEDICAL INFO/CONTACT DETAILS

Ooctor's name/number
Parent's mobile • • • • • • • • • • • • • • • • • • •
Close relative · · · · · · · · · · · · · · · · · · ·
IHS Direct for emergency information0845 4647
HILD 1 NAME ••••••••••••••••••••••••••••••••••••
CHILD 2 NAME ·····
Illergies · · · · · · · · · · · · · · · · · · ·
Nedical conditions ••••••••••••••••••••••••••••••••••••
CHILD 3 NAME ·····
Illergies ·····

Medical conditions ······

ROSPA SAFEATHOME The National Home Safety Equipment Scheme

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