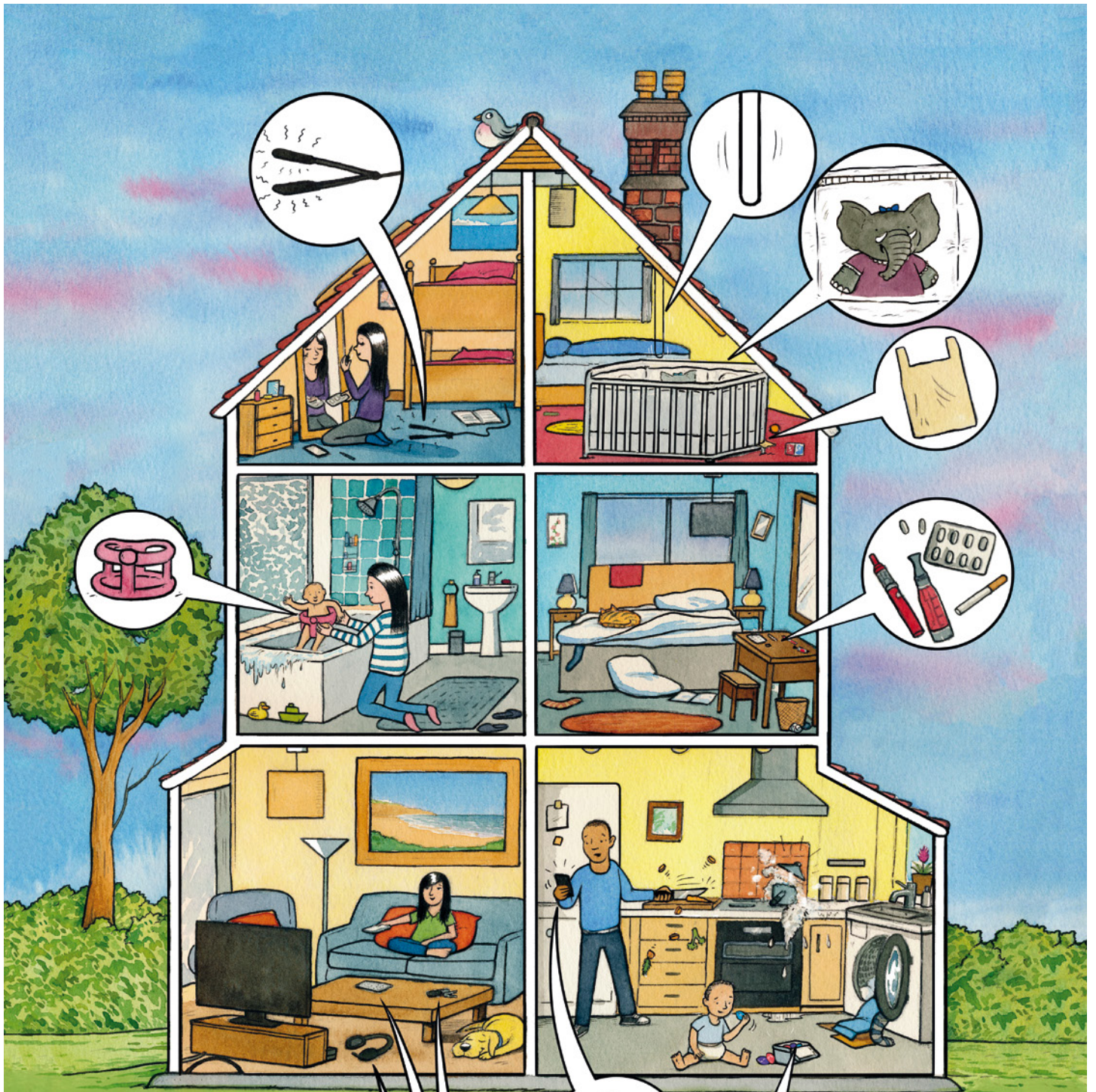


Child Safety Week 2019



Parents' pack



Burns and scalds

Fast boil kettles, fast heating straighteners and hobs – how did we manage without them? But not so good for babies and small children. Did you know... A baby's skin is 15 times thinner than an adult's, so they can get badly burnt on hot things much more easily than us.



Hair straighteners – can get as hot as your iron and can still burn 15 minutes after they are switched off.

- Keep straighteners out of reach when you're using them
- Put them in a heat-proof pouch or on a high shelf to cool.

Internal burns from button batteries – if swallowed, a lithium coin cell battery can burn through a child's throat and lead to serious internal bleeding and even death.

- Keep objects with accessible button batteries well out of young children's reach
- Store spare batteries somewhere safe and take care when replacing batteries.

Cooking – hot cooker hobs, oven doors, kettles and saucepans are just a few of the dangers in the kitchen. **Young children don't have a reflex to pull away from something that is burning them, it's something we learn.**

- Push kettles to the back of the worktop and try to use the back rings on the hob. Better still, keep children out of the kitchen when you're cooking if you can.

Hot drinks – Your hot drink can scald a baby 15 minutes after it's been made.

- Put your hot drink down well out of reach – don't rely on young children understanding not to touch
- Put your baby down safely before you pick up your hot drink.
- In cafes make sure children stay close to you or in their seats to avoid bumping into people carrying hot drinks
- Tell family members about the dangers of hot drinks

Bath water – can cause a serious scald in just 5 seconds.

- Put the cold water in first and top up with hot, in case your toddler takes a tumble into the bath.

Fires and heaters – babies in cots can trap arms or legs against radiators. Children can touch or fall into fires, especially if using babywalkers.

- Move cots away from radiators
- Fit fireguards around fires and heaters.

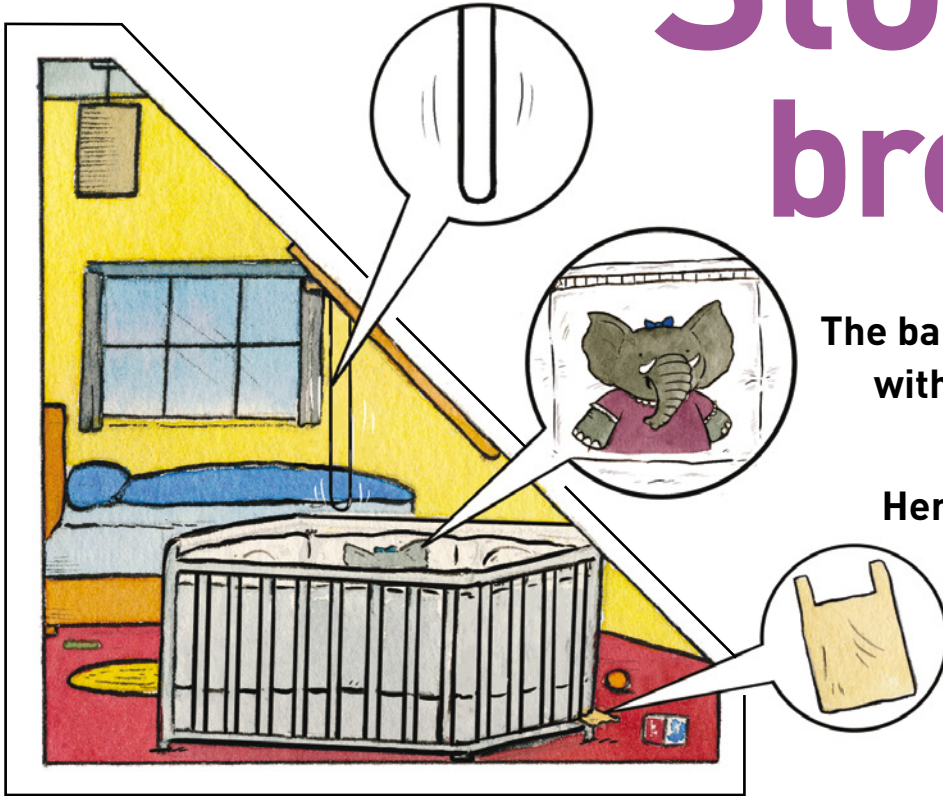
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Stopping breathing



The baby's bedroom can be packed with helpful products, but some come with hidden dangers.

Here are things to keep in mind to help children stay safe from choking, strangulation and suffocation.

Blind cords – it can take only 20 seconds for a toddler to die from strangulation.

- Fit a cleat hook to tie blind cords and chains back
- Keep children's bedroom furniture away from blind cords and chains.
- Make sure the cords on the back of Roman blinds are connected using a safety device that breaks away under pressure

Nappy sacks – young babies naturally grasp things and put them to their mouths, but don't have the ability to pull things away. This means they can suffocate on nappy sacks.

- Store nappy sacks safely away and never under the cot mattress.

Food, drink and small toys – Babies can choke on liquids and can't push a bottle away.

- Cut food up into small pieces for young children, particularly grapes and other round foods, which should be cut length-ways in to quarters.

- Encourage older children to put small parts from their toys away
- Don't prop a baby's bottle up and leave them to feed.
- Watch the St John's Ambulance Chokeables film at www.sja.org.uk/thechokeables to find out what to do if your child starts choking.

Sleeping and slings – babies can be suffocated by things they can't push away.

- Don't use duvets, pillows or cot bumpers for young babies and put them down to sleep in the 'feet to foot' position
- Don't sleep on a sofa or in an armchair with your baby
- Don't sleep in the same bed as your baby if you smoke, drink or take drugs or are extremely tired, if your baby was born prematurely or was a low birth-weight
- Follow the T.I.C.K.S advice at www.babyslingsafety.co.uk when using a sling, wrap or baby carrier.

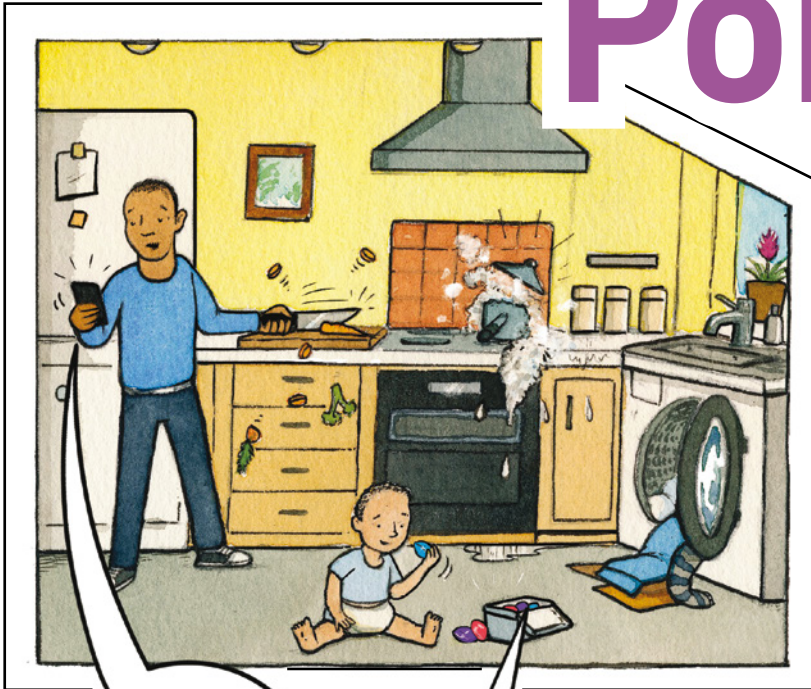
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Poisoning



Products that are great for cleaning or saving us time, can be very appealing to children, for all the wrong reasons! Here are our top tips for keeping children safe from poisoning:




 **Painkillers** – everyday painkillers and other medicines are **the most common way for young children to be poisoned**.

- Keep all medicines out of reach and sight of young children, ideally in a high up lockable cabinet
- Watch out for painkillers left on the bedside table or in the handbag slung on the floor.

 **Laundry and cleaning products** –

Washing tablets make laundry easy. But the bright colours and squeezable texture make them attractive to babies and small children. And **the concentrated detergent is harmful if swallowed**. Brightly coloured cleaning products can also be attractive to small children.

- Keep your laundry and cleaning things on a high shelf or in a cupboard with a safety lock
- Put your laundry and cleaning products away as soon as you've used them
- Safety caps and lids slow children down but don't rely on them – it takes just seconds for some three or four year olds to open them
- Look out for products with bittering agents such as Bitrex® when you're shopping. They help prevent children swallowing products by making them taste really nasty.

 **E-cigarettes and air fresheners** – e-cigarette refills can contain high levels of nicotine which **can make children ill if swallowed**. Young children can mistake an air freshener bottle with reed diffusers for a drink with a straw.

- Keep these products well out of reach of young children.

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Falls

Highchairs and changing tables are a great help but falls can cause brain injury even from such a low height. Here are our top tips for keeping children safe from falls:



Stairs – one of the worst ways for small babies to be injured on the stairs is when they are **being carried by a parent who slips or trips.**

- Keep a hand free to hold on when carrying your baby up or down the stairs
- As soon as your baby starts crawling, fit safety gates to stop them climbing or falling down the stairs.

Highchairs – many babies will try to climb out of their highchair to get things that are out of their reach.

- Strap babies and toddlers into their highchair every time you use it.

Windows – **many toddlers can operate window catches** and will fit their bodies through surprisingly small gaps.

- Take care not to put furniture in front of windows so there is nothing for children to climb onto
- Fit safety locks or catches to your windows to stop them opening too wide. Make sure your family know where the keys are in case of fire.

Cots, beds and changing tables – babies can wriggle their way to the edge of a bed or changing table if left alone even for a moment.

- Don't leave a baby alone on a raised surface, even for a moment
- As soon as your baby can stand, take any large toys they might climb on out of their cot to stop them falling out.

Trampolines – a great way for children and young people to get fit as long as you follow these safety tips:

- Just one child on the trampoline at any time. The biggest risk is from adults and children bouncing together, due to the difference in weights
- Use safety netting or a safety cage so children can't be thrown to the ground.

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Road safety



Young children often struggle to judge speed and distance so need your help. Older children and drivers may struggle with digital distractions. Here are a few top tips for keeping children safe:

Hand icon **Pedestrians** – children have difficulty judging speed and distance until they are at least eight, and older children are still at risk: **the number of children injured as pedestrians peaks at 12** when many children start travelling to and from school on their own.

- Make sure young children know to hold your hand or use walking reins
- Start to teach the Green Cross Code from around the age of five
- Set a good example and avoid dashing across the road
- Remind children not to talk or text on mobiles or listen to music when crossing the road.

Hand icon **In cars** – not all car seats fit all cars, and if the seat isn't right, or fitted incorrectly, your child won't be as safe as they should be.

- Make sure you use the right car seat for your child's age, weight and height
- Use a child car seat or booster seat for all children under 135cm and under the age of 12.

Hand icon **Cycling** – almost one quarter of the cyclists killed or injured are children. Cycling accidents increase as children grow older, with **10 to 15 year-old riders at greater risk** than other age groups.

- Get your child into the habit of always wearing a helmet when cycling.

Hand icon **Driving** – if hit by a car travelling at 40mph, 80 out of 100 child pedestrians will die. If hit by a car travelling at 20mph, 95 out of 100 child pedestrians will survive.

- Keep an eye on your speed – with today's powerful cars, it's so easy to creep over the speed limit.
- Avoid the temptation to look at your phone while driving - keep it in the glove compartment or a handbag out of reach.

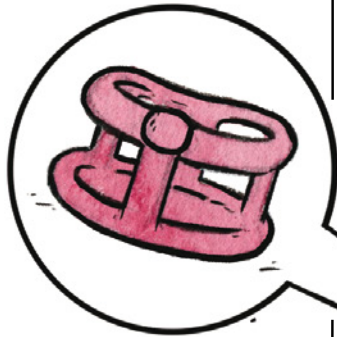
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Drowning



Most babies and small children who drown, drown at home in the bath or in the garden. Babies can drown in as little as 5 cm of water.



Baths

- Bath seats can be a great help but they're not safety aids – don't leave your baby alone in one, even for a moment.
- Stay with your baby or young child when they're in the bath and pull the plug as soon as you're finished

In the garden

- Empty the paddling pool after use
- If you have a pond, turn it into a sandpit, fence it in or cover it while your children are small. Be alert to drowning risks when you visit friends and family.

Out and about

- Keep children off inflatables when an orange windsock is flying at the beach – a wind blowing off the land can make the sea look flat, calm and safe but it can quickly sweep inflatables out to sea
- At the beach, teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Remind kids not to swim in canals and rivers – there are many hidden dangers, like strong currents, deep water and objects in the water they can't see.

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Fire safety



With so many devices charging as well as other modern appliances, it's easy for sockets to become overloaded.

Read on for tips on fire prevention.

Are you sure your smoke alarms are working?

Prevent fires

- Keep matches and lighters out of sight and reach of young children
- Stub your cigarette out properly and avoid smoking if you're really tired (or in bed) - you may fall asleep with it in your hand
- Change your chip pan to an electric one if you can. If not, never fill the pan more than half full
- Store your hair straighteners safely. A growing number of house fires are caused by hair straighteners left switched on
- Take care not to overload electrical sockets. For example, if you use the combination of a toaster and a kettle on an extension lead running from one socket, it's dangerously overloaded.

Plan your escape

- With your family, work out the best route for you to get out of the house. Talk about it together and make sure everyone knows what to do in an emergency
- Keep the stairs and the escape route clear of clutter at night
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.

Check your smoke alarms

- You need a working smoke alarm both upstairs and downstairs, to warn you quickly if a fire starts
- Test your alarms every month
- If your alarm keeps going off while you're cooking, don't remove the battery - the chances are you'll forget to put it back. Instead move it further away from the kitchen or fit one that has a silencer button
- Encourage children to get involved in testing the smoke alarms.

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Searching for safety



K	M	Z	U	H	X	S	V	P	W	J	N	Z	W	K	P	S	M
P	Q	J	Y	I	L	B	I	Q	D	I	A	U	N	P	R	O	O
B	A	T	H	S	E	A	T	L	Y	T	M	I	X	E	J	E	B
B	U	T	T	O	N	B	A	T	T	E	R	Y	N	K	C	X	I
D	W	T	Q	M	K	M	B	L	T	D	T	E	Q	I	D	Z	L
R	P	A	U	N	I	F	Z	A	T	W	T	Q	G	Y	Z	Y	E
O	K	U	S	M	H	E	Z	O	T	H	K	A	M	H	D	M	P
C	R	C	O	H	B	Y	H	Y	G	I	R	P	B	R	G	P	H
D	Y	U	A	S	I	U	U	I	C	E	O	N	I	T	D	H	O
N	L	I	W	S	Y	N	A	F	T	Y	N	W	C	N	F	N	N
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H	E	J	V	Y	Z	B	S	R	Z	V	J	D	M	T	G	O	E

BATHSEAT

BLINDCORD

BUTTONBATTERY

COTBUMPER

ECIGARETTE

HAIRSTRAIGHTENERS

HOTDRINK

MOBILEPHONE

NAPPYSACK

WASHINGTABLET

The things listed are everyday products that can help make life easier or more enjoyable. But they each bring their own risk to young children. Can you find them and work out what the risk is?

hint: to find out more about the real risks to today's children follow the Child Accident Prevention Trust on facebook (www.facebook.com/childaccidentpreventiontrust) or visit the website

www.capt.org.uk

It's fun to be safe!



Spot the dangers

Walking is good for you. But roads can be dangerous. Look at the two pictures of a child crossing the road with a grown-up. In one of the pictures, they are crossing the road safely. In the other picture, they are doing dangerous things.

How many dangerous things can you spot? Circle all the dangers you can see. Then colour in the picture that shows the safe way to cross the road.



Safety scramble!

Don't get in a muddle with safety. Unscramble the words below to find the best ways to keep yourself and your family and friends safe from harm.

1 If you're talking on this when you cross the road, you won't be able to hear cars coming

BONEMILEHOP

2 Playing with these can start a fire

CATMESH

3 Sitting on one of these helps your seat belt work better

RETASAC

4 This keeps your head safe when you're playing on your bike

THEMILKBEE

5 This gives you time to escape if there's a fire

KAMRAMSOLE

6 This tells you it's not safe to swim at the seaside

DRAGFEL

Safety Scramble: 1. Mobile Phone, 2. Matches, 3. Car Seat, 4. Bike Helmet, 5. Smoke Alarm, 6. Red Flag

Spot the dangers! • They are not crossing at a safe crossing place • They are not stopping, and looking and listening for cars, before stepping off the kerb • This means they have not seen that a car is coming • They are not holding hands • The child is chasing a ball into the road • The lady is not looking at what the child is doing, so she has not seen that the child is chasing the ball into the road

ANSWERS:



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