

FIRST AID

FOR THE UNDER 5s



Making Your Home Safer

Information, Hints & Tips



Third Edition

English

Home Safety Information & Tips...

Some hazards are easy to spot - others aren't so obvious. Try looking around your home, and the homes you visit, and think **safety** with this checklist - it could stop an injury from happening!

Safety in the Living Room

- Never leave your baby on a chair, sofa, bed, etc, as they could roll off (from as young as 2 months old).
- All glass doors and low-level windows should be fitted with safety glass or safety glass film.
- Any furniture that is next to a window should be moved to prevent your child climbing on it.
- Switch off plug sockets and put plastic safety covers on empty sockets.
- A hot drink can still scald a child 15 minutes after being made, keep hot drinks out of reach, away from table/worktop edges and do not leave on low coffee tables.
- Never hold your child and a hot drink at the same time.

Safety in the Hall and on Stairs

- Fit safety gates to the top and bottom of your stairs.
- Keep stairs well lit and free of clutter.
- Hold onto a handrail when going down stairs.

Safety in the Bathroom

- Always fill the bath with cold water first and check the temperature with your elbow. It should not feel hot or cold.
- A non-slip mat should be used in the bath or shower.
- Children should be supervised in the bathroom at all times.

Safety in the Bedroom

- Avoid placing a cot near a radiator, it could cause your child to overheat.
- Check the mattress is the correct fit for the cot (you should not have any more than 1cm between the cot and the mattress on any side).
- Ensure there is not a pillow in the cot, as this can cause suffocation.
- Children under one year should not use a duvet.

- Avoid using cot bumpers in the cot, as this can lead to overheating in very young children and can also be used as a foothold for climbing and falling out.
- The area surrounding your child's bed should be clear of any obstacles, to avoid injuries if they fall out.
- Only children 6 years and over should use an upper bunk or an overhead bed.
- After using hair straighteners unplug them and put them away in an insulated bag to cool. Never lay them on the floor.

Safety in the Kitchen

- All knives and scissors should be kept out of reach.
- When cooking, use the back rings on your cooker and turn the pan handles away from the front of the cooker. Never leave a pan unattended.
- Tablecloths can be dangerous as small children can pull them, and everything on the table, down on top of themselves.
- Keep all cleaning products, medicines and alcohol in high cupboards (preferably locked) and out of the reach of your child, or if necessary, fit safety catches to low cupboard doors.
- Use a five strap harness when using a high chair, pushchair and car seat.
- If you give your baby a bottle, always hold the bottle and the baby while they are feeding.
- Do not heat a child's bottle in the microwave, as the liquid may contain hot spots. Use a bottle warmer or jug of hot water.
- Fit a curly or short flex to the kettle.
- Keep plastic bags, bin liners, dry-cleaning covers, etc, out of the reach of children.
- Keep pet food, water bowls and litter trays out of reach.

Safety in the Garden

- Ensure play equipment is anchored securely, in good repair and away from any greenhouses and fences. Make sure there is a soft landing.
- Fill in garden ponds - they make good sandpits. If they cannot be filled in, make sure they are fenced off or covered.
- Always turn paddling pools, garden buckets and containers upside down so they do not collect water.
- Trampolines should be placed on soft ground and only used by one person at a time. Use safety netting and supervise at all times.
- Keep garden chemicals and garden tools out of reach and locked away. Keep them in original containers.
- Keep gates closed and bolted and ensure fences and hedges have no gaps that children can escape through.
- Keep children covered up and apply sun cream on sunny days.
- Clear up pet droppings in the garden.
- Always supervise BBQ's and bonfires - remember they stay hot for hours.

Safety on the Move

- An adult should always supervise young children on bikes.
- A bike's brakes, lights, tyres, reflectors and seat height should be regularly checked by an adult.
- Always wear a safety helmet not just for bikes but when using a skateboard, roller blades, scooter, etc.
- Encourage your child to ride safely and responsibly at all times.
- Ensure your child is properly restrained in the car with a correctly fitted car seat suitable for their weight and height.
- When crossing a road with a pushchair, be aware that by pushing the buggy in front of you it is further out in the road than you are.
- Never leave your baby alone in the car.

General Safety

- Never leave a pet alone with your baby.
- Never put bouncing chairs on tables or work surfaces.
- Tie blind cords well out of your baby's reach.
- Change children's nappies, etc, on the floor on a changing mat. If they roll off, they are not likely to hurt themselves.
- Unplug phone chargers when not in use.

- Mop up all spills immediately to avoid slips.
- All house mats and rugs should have an anti-slip mat under them.
- Make sure only age specific toys are in reach.
- Do not allow a small child to eat peanuts, sweets or small pieces of hard fruit. They are all potential choking hazards.
- Baby walkers are not recommended as they can increase the risk of a child being injured and do not encourage walking.
- Be aware of young children when you are ironing, they could pull the flex and bring the iron down on top of themselves.
- Take all leftover medicines to the chemist for them to dispose of safely.
- Never give a balloon to a child under the age of three as he/she can choke on the rubber waste once it has burst or deflated.
- You should never smoke in the same room as your child. Second hand smoke is very harmful to children.
- Ensure you have a well stocked first aid kit.

Fire Safety

- Keep matches and lighters out of reach and out of sight so children are not tempted to play with them.
- Smoke detectors should be fitted upstairs and downstairs, working and checked once a week. Contact your local fire service to fit one free of charge.
- Ensure you have made a fire escape plan and the whole family knows what to do in the event of a fire.
- Stub cigarettes out completely, empty all ashtrays before going to bed and close all doors.

Further Information & Advice

For more information or advice on home safety or how to prevent injuries in the under 5s:

Speak to your Health Visitor

or

Contact any of NHS Grampian's Healthpoints (freephone) 0500 20 20 30 during office hours



Home Safety - Checklist!

Some hazards are easy to spot – others aren't so obvious. Regularly fill out this checklist in your home to help prevent an injury to your child. If you can't tick any of these statements - take action immediately to make your home and garden a safer place. Why not also think about using it in other homes, gardens and outdoor spaces that your child might visit?

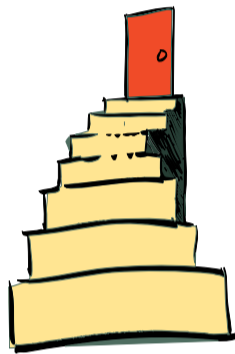
Fire Safety

- Matches and lighters stored out of sight.
- Smoke detectors fitted and working.
- Fireguard fixed to fireplace.
- Fire escape plan made and family members aware.



Hall and Stair Safety

- Safety gates fitted.
- Stairs kept clear of toys and clutter.
- Bright lighting at night.
- All carpets and rugs securely fixed.



Living Room Safety

- Hot drinks kept out of reach.
- Furniture moved away from windows to prevent climbing.
- Glass doors and low level windows fitted with safety glass.
- Alcohol kept out of reach of children.
- Toys tidied away after play.



Safety on the Move

- Young children supervised on bikes.
- Bike brakes, lights, tyres, reflectors and seat height checked regularly by an adult.
- Your child always wears a helmet - not just for bikes but when using a skateboard, roller blades, or scooter, etc.
- Children properly restrained in the car.
- Anti-slip footwear and mats are used on all laminate flooring.



Bedroom Safety

- Perfumes and aftershaves kept out of reach.
- Upper bunks/overhead beds used only by children 6 yrs+.

Kitchen Safety

- Young children kept away when cooking.
- Curly or short flex fitted to kettle.
- Cleaners, chemicals and medicines locked away.
- Sharp knives and scissors stored securely.
- Saucepan handles turned away from front of cooker.
- Children kept away from iron while it's in use or still hot.



Bathroom Safety

- Children supervised.
- Test bathwater with your elbow or have a thermostatic mixing valve fitted. Run cold water first.
- Medicines and cleaning chemicals locked away safely.
- Non-slip mat used in bath or shower.
- Well stocked first aid kit.



Safety in the Garden

- Garden chemicals out of reach and locked away.
- Play equipment well secured, in good repair and away from greenhouses and fences.
- Trampolines fitted with safety netting, used by one person at a time and children supervised.
- Garden ponds filled in or fenced off.
- Paddling pools, garden buckets etc., turned upside down. Gates closed/bolted and fences and hedges have no gaps.
- Lock garden tools away.
- Children supervised at BBQ's and bonfires.
- Pet droppings cleared up.
- Electrical equipment unplugged when not in use.

