



THE GOOD EGG GUIDE TO IN-HOME

ChildSafety



The Good Egg Guide
to keeping your child
safe at home





“ This colourful, vibrant new resource is fast becoming a vital educational tool for parents, carers and practitioners everywhere. Community Safety Partnerships are increasingly using this accessible booklet and accompanying website to engage with communities and provide education on ways to prevent accidents and keep young children safe at home. RoSPA is delighted to have contributed to the guide. ”

RoSPA
The Royal Society for the Prevention of Accidents

Welcome

to the Good Egg Guide to keeping your child safe at home.

For babies and young children, the family home is their world. As they grow, it becomes a big world of discovery with new experiences waiting around every corner. This is how they learn – but all too often, learning by mistake can lead to serious injury in the place where they should be safest of all.

The startling fact is that the overwhelming majority of injuries to children under five happen at home. From scalds and burns to bumps, falls and poisoning – the list goes on and on. You don't want to wrap them in cotton wool, but just what *can* you do to keep them safe from harm when it's so difficult to keep your eye on them every second of the day?

This booklet highlights the most common causes of injury to children in the home, with commonsense advice on the simple steps you can take to reduce the risk of accidents and make your home as child-safe as possible.



We hope you'll find this information helpful and that you'll keep this booklet handy to refresh your memory on the particular hazards to look out for as your child develops and grows.

It's also a good idea to share the information in this booklet with relatives and other carers who may look after your child from time to time. By making them aware of the potential dangers, you'll know that you've done the best you can to keep your child safe from injury – even when you're not there.

So read on and think about what YOU can do to make sure your children can always feel as safe as houses in their own home...

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**Stage 4:
Walking Tall**



Fire Safety



A simple checklist of what to do in an emergency.

The real story

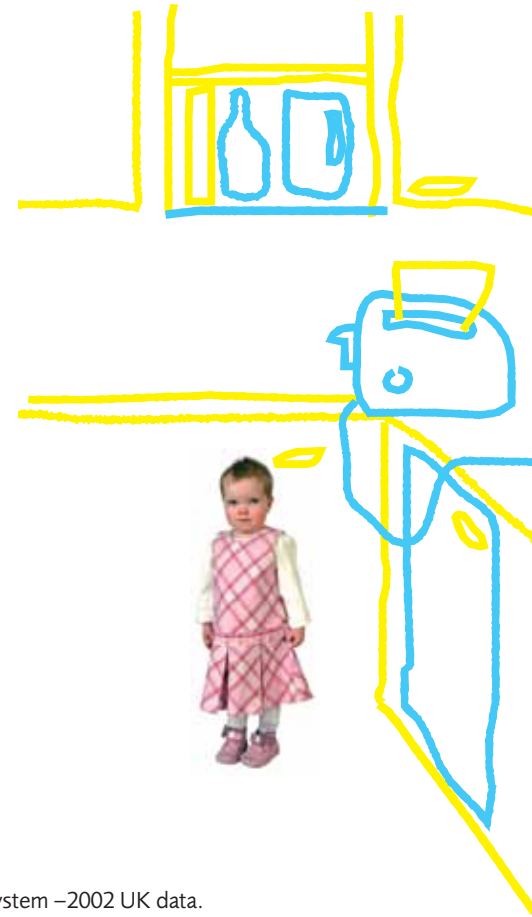
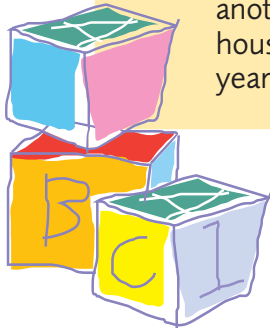
Every year in the UK, over a million children under the age of fifteen are taken to hospital following accidents in and around the home. Over half of these children are under five years old.¹

That's nearly the equivalent of a double decker bus full of injured children under five, arriving at Accident & Emergency units every hour!

Worse still, there are likely to be countless other cases that we just don't know about, where an injured child has been treated at home or at their local health centre.

The most serious household injuries can leave a child scarred or disabled for life. Even minor accidental injuries can lead to long-term psychological problems. But it's not only the children who carry the scars. Parents and carers can also be left with a lifelong burden of guilt, haunted by the thought that it might so easily have been avoided.

The more you know, the better equipped you'll be to avoid such accidents happening to your child. This is what this booklet is about. Helping you make sure that the child you love doesn't become just another statistic to add to the huge number of household injuries suffered by UK children year after year.





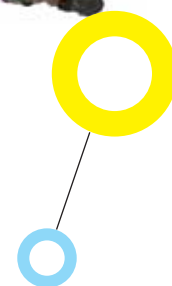
Brave Mollie in real life drama

Little Mollie Wright has to wear a special vest 24 hours a day because, when she was only two, she poured a cup of boiling tea over herself when her mum, Kay, had just nipped out of the room.

Her flesh-coloured vest can only be taken off at bath time and has to be worn very tightly to stop the scars from rising. Her mum hopes this story will help other parents see just how quickly young children can come to harm in the relative 'safety' of their own home.

As Kay says: "I'd just popped to the loo, after having made a quick cuppa, when I heard Mollie screaming. I thought she must have fallen over. When I reached her, her skin was peeling off in big strips. It was like she was melting in front of my eyes and huge blisters were forming all over her face and chest".

Mollie was rushed to the specialist burns unit at the Royal Hospital for Sick Children in Edinburgh and had to have a four-hour operation to graft skin from her left thigh onto her chest. Surgeons have warned Kay that many of the scars will stay with her beautiful little girl for life.



She added "it just shows what can happen when you turn your back, even for a minute, with a toddler in the house. If we can help save one family from the trauma we have been through then this message will be worth it".

STAGE 1

Growing pains



All children are unique little individuals who develop in their own way at their own pace. Every young child goes through certain stages as they learn new skills and become more active – key stages that not only mark important steps in a child's development but can also signpost new dangers too.

Sometimes, the change from one stage to another can happen so quickly that it's difficult for parents and carers to keep up. A child that can only crawl one minute could be taking their first few steps as a toddler the next.

So how can you tell when your child has reached another stage – and what new risks could that bring? As you'll see, it's never too early to put safety first ... even before your baby is born!

Stage 1 – Getting ready for your new arrival

Preparing for the birth of a new baby is always a busy and exciting time. There's so much to think about, so much to organise, so much to buy – and as a new-born baby is so helpless and vulnerable in the first few months of life, safety should be at the top of the shopping list for every expectant parent.

While their little lungs are still developing, babies up to one year old are at particular risk from the potentially fatal effects of inhaling smoke. So nothing could be more important than making sure your home is properly equipped with smoke alarms, at least one on each floor.

If your home is NOT fitted with a smoke alarm, now is the time to get one. Your local Fire and Rescue Service will fit one free of charge and give advice on the best place to put it. If you already have alarms fitted, this is an ideal opportunity to put in new batteries for the peace of mind that all your alarms are in full working order ready for your new arrival. (For more details about what you can do to protect your children from the worst effects of a fire in the home, please turn to page 26.)

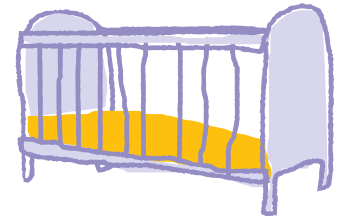
Keeping your baby safe from harm doesn't stop there, of course. So, what other safety measures should you be thinking about as you shop around for all the essential equipment you'll need when you bring your baby home?

Where will your baby sleep – cot, crib, Moses basket or carrycot?

Cot

For many new parents, this is the most practical, value-for-money choice – mainly because it can be used for up to the first two years of a baby's life. So what safety features should you look for if you're buying a cot?

- ✓ It won't be too long before your baby grows into the climbing stage, so check that the sides are at least 50cms (20 inches) deep.
- ✓ Make sure the bars are no more than 7.5cms (3 inches) apart or your baby's head could get trapped between them.
- ✓ Always choose a firm mattress and make sure it fits snugly with no more than a 5cm (2 inch) gap on any side between the edge of the mattress and the bars of the cot. If the gap is any larger, your baby's head can become trapped and may cause suffocation.



Crib, Moses basket and carrycot

Before you decide on any of these, you should remember that they can only be suitable for about 3 or 4 months until your baby starts to roll over, sit up, kneel or get on all fours. When they reach this stage, they could have the strength to climb or roll over the low sides with disastrous results!

- ✓ If you choose a Moses basket or carrycot, make sure it is properly positioned on a firm stand that won't topple over as your baby becomes more energetic and rolls from side to side.
- ✓ If you're buying a crib, check that you can easily lock any built-in swinging or rocking motion it may have.

Avoid carrying your baby in a Moses basket or carrycot– especially on the stairs. This needs two hands, so you won't have a free hand to hold on to the banister to steady yourself if you trip. Also, if you tilt the basket or carrycot even slightly then your baby could easily slip out.

- ! To be on the safe side, always carry your child separately preferably in both arms.

Taking your baby out

Prams and carrycots

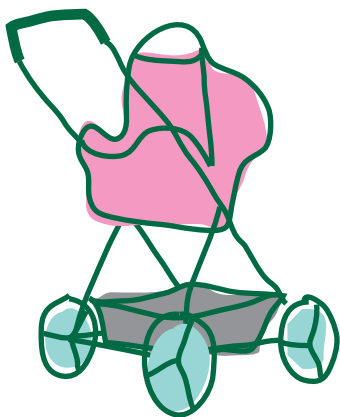
As newborn babies need to be carried flat, either of these would seem an ideal choice for the first few months – but probably not very practical if you intend to use public transport a lot or regularly need to climb stairs.

If you travel by car then visit protectchildgb.org.uk for more information on effective seat restraints.

Pushchairs and buggies

Because they are usually lightweight and fold up easily, a pushchair or buggy is a popular choice with many new parents. Think about these safety points first...

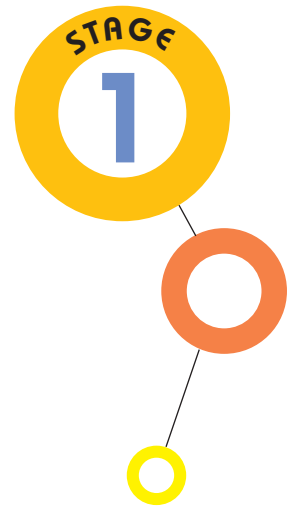
- ✓ When you are buying for a new baby, the first thing to check is whether it can be adjusted so that your baby can lie flat.
- ✓ Make sure that it comes with a five-point harness to strap your baby in. Although new models should have this harness fitted, an older model that you might buy second-hand or inherit from a friend or relative may not. In this case, you should buy a suitable harness separately and follow the instructions on how to safely fit it yourself.
- ✓ Check that the pushchair or buggy cannot fold up when your baby is in it (there should be a locking device fitted to prevent this).
- ✓ Test the brakes to see if they work properly with the weight of a growing child in the seat. If you're buying before your baby is born, try putting a bag or two of heavy shopping in the seat instead!
- ✓ If you're buying second-hand, feel around with your hand to make sure that there are no sharp metal or plastic edges poking through where the fabric might have worn thin.



Slings and backpacks

As well as the convenience of keeping both your hands free, many new parents choose these for the feeling of having their baby close to them at all times – but what about safety?

- ✓ To keep your baby safe, make sure the baby carrier you choose is strongly built with sturdy fastenings that won't work themselves loose or slip open accidentally.
- ✓ For babies under three months, you should also make sure the model you choose offers firm head support.
- ✓ With these kinds of baby-carriers, most accidents happen when parents fall over and crush the baby. So always wear suitable shoes and be particularly careful in slippery conditions such as wet floors or icy pavements.



VERY IMPORTANT!!!

When buying baby equipment – whether new or second-hand – it is vitally important to check that it conforms to British (BS), European (EN) or International (ISO) safety standards. If you're looking for suitable baby toys, check for the manufacturer's CE mark. This shows that the toy meets all relevant standards required by the EU Toy Directive.



...but what about safety? The standard to look out for is BSEN 13209.

These standards only show that a product is considered safe to use for a specific purpose – they should NOT be taken as any kind of guide to whether or not a particular product is the most appropriate choice for your child. So as well as checking for safety standards, always follow what it says about the safe use and suitability of the product in the manufacturer's guidelines.

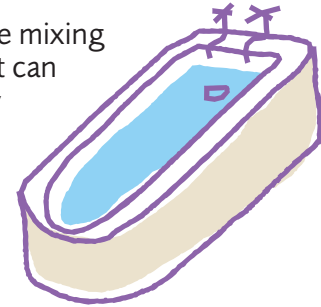
For further information, contact the British Standards Institution or visit their website www.bsi-global.com



Bath time

Babies and young children have very sensitive skin and can scald easily. Always run the cold tap first and then add the hot water until it reaches the right temperature. Test the bath water with your elbow before putting your baby in. It shouldn't feel too hot or too cold, the temperature should be just right. Always use both hands to lift your baby in and out of the bath. Never leave a child unattended in the bath, especially when using a bath seat.

- ! Take advice from your public health nurse/health visitor or doctor before mixing essential herbal oils in with your baby's bath water. Even a small amount can cause severe irritations to sensitive young skin and can cause potentially dangerous allergic reactions. Never apply these types of aromatherapy oils directly to your baby's skin (this does not include baby oils which are made specially for this purpose).



Bottle feeding

- ! Do not warm your baby's bottle in the microwave. The milk may heat up unevenly, leaving spots of very hot milk which can scald your baby's mouth. Never leave the bottle propped in your baby's mouth, even for a few seconds, as they could easily choke.

Pets

- ! Pets can get very jealous of a new arrival in the home, especially cats. So never leave a cat or a dog alone with your baby in case they scratch, bite or climb on top of your baby and cause suffocation.

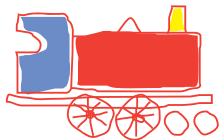
Brothers and sisters



They might mean well, but small children don't understand just how helpless a young baby really is. So never leave your baby alone with an older brother or sister – they might give the baby an unsuitable toy or sweets to eat, for example.

Baby toys

It's only natural to want to surround your new baby with toys – but could they do more harm than good? Take advice when buying baby toys to make sure they are suitable for your baby's age. Don't rely on a CE mark alone as a guarantee of safety. A CE mark on a product is simply a declaration by the manufacturer that the product meets all the requirements of European law and is safe to use'. For added reassurance look for third party independent safety certification.



Check that toys have no broken bits, sharp edges or loose parts. Never give a young baby a toy with long hair or fur as these can cause choking – and never string a line of toys across a pram or cot as the string could break or come loose and get wrapped around your baby's neck.

! To be on the safe side, remove all cot toys – especially mobiles which could now be in your baby's reach.

Baby listening monitor

! You can't be with your baby at all times, so fitting one of these can give you valuable peace of mind. But you should never rely on it totally as it could break down without you knowing it. Also, many serious accidents such as choking happen silently. There's simply no substitute for checking on your baby regularly, whether you have a monitor or not.

Changing nappies

! Always change your baby's nappy on the floor, never on a raised surface as it only takes a second for a baby at this stage to roll off.

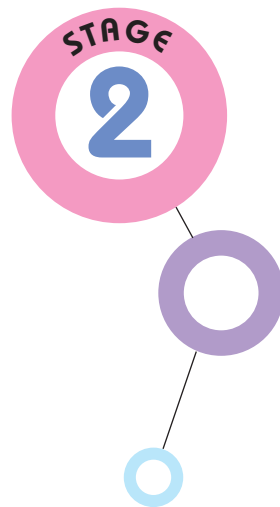
And then all of a sudden...

Babies kick and wriggle right from birth. But when they start doing this all the time with more energy and purpose than ever before, it's a sure sign that he or she will soon be able to roll over and even sit propped up. At this stage, you should also notice your baby wanting to reach out and grasp things – usually to put them straight into his or her mouth! So all of a sudden, there's a lot more for you to think about...

Baby bouncer chairs

! These can be a great way to keep your baby entertained. However, you should never put a baby bouncer chair on a table or worktop as the motion of an active baby can easily make it topple over on to the floor.





Highchairs



When your baby can comfortably sit up unaided – and only then – it's time to start using a highchair. Always place this in the middle of the floor out of reach of tables and work surfaces, and make sure your baby is firmly strapped in using a 5-point harness. If the highchair only has a 3-point harness, it's most important to tighten it firmly around the baby's waist. Unless they are properly strapped in, babies can slip down through the gap between the chair and the folding table. A fall to the floor can be bad enough, but sometimes the baby's head can become trapped causing strangulation.

In the bath

- ! A small child can drown in no more than 3-5 cm (1-2 inches) of water in a matter of seconds. So even though your baby can now sit up in the bath, never leave them unsupervised on their own at any time – for example, to answer the door or the phone. If you have to leave the bathroom for any reason, always take your child with you.

Fancy a break?

It might be tempting, but never leave your baby lying on a chair or sofa while you pop into the kitchen to put the kettle on. It only takes a second for a baby at this stage to roll off and seriously injure themselves, especially if they fall head first. Also, never carry your baby if you've got a hot drink in your other hand as they could reach out and tip the scalding liquid all over themselves.



Smoking

- ! You should never smoke in the same room as your baby, to remove all risk to your baby smoke outside the house. If you can't go outside safely only smoke in one room away from your baby. So if you've always wanted to give up smoking, what better time to quit than now? Your local GP surgery may run stop smoking clinics, but you might prefer to make a start by visiting **smokefree.nhs.uk** or by calling the free helpline on **0800 022 4332**.

Stage 3 – Crawling to toddling



Babies usually start crawling at any time between 8 months and a year old. Some might miss the crawling stage out altogether and go straight to toddling. For you, this is a time to be more on your guard than ever as you can never tell what they'll be up to from one minute to the next!

So what are the main dangers around the home for a curious crawler or adventurous toddler?

Choking

- ! Young children at this stage explore their new world by putting anything they pick up straight into their mouth. So when they start to shuffle and crawl, make sure there are no small or sharp objects on the floor that could choke or cut your baby – buttons or safety pins, for example.

Vacuum the floor regularly. This should pick up most of these objects, or at least show you where they are. If you have older children in the house, also make sure that their toys are never left lying around for your baby to chew and choke on.

Burns

- ! What might feel just warm to an adult can burn a young child. So always put a fireguard or other suitable barrier in front of open fires, radiators and heaters. Ideally, you should fasten the guard to the wall. If this is not possible, make sure the guard is strong and sturdy so it won't move if a child pushes it or falls into it.

Hair straighteners can cause serious burns to young children. After using them unplug them and put them away in an insulated bag to cool or make sure they are safely out of the child's reach.

Never leave an unguarded electric fire on in the same room as a crawling baby, and always keep hot irons and mugs of hot liquid well out of reach. Remember – a mug of tea or coffee will stay hot enough to scald a young child for up to 20 minutes after it has been made!





Bumps and bruises

- ! A crawling baby can't judge distance properly and can easily crawl straight into hard, heavy furniture. This can be particularly dangerous if there are sharp edges at the baby's eye level – low coffee tables and fireplaces, for example.
- ! Try lying on your front on the floor so you are at the same level as a crawling child. This will show you where the hazards are that could injure your baby. Either take any dangerous furniture out of the room or soften sharp edges with corner protector cushion pads. Never leave glass-topped furniture in the same room as a crawler or toddler.
- ! Also, avoid the danger of little fingers getting trapped by closing all doors when your baby is crawling around.

Falls

The most serious accidents involving falls to crawlers and toddlers usually happen on the stairs. As soon as your baby can move about on his or her own, fit safety gates at both the bottom and top of the stairs. Make sure you don't fit a gate designed for the bottom of the stairs at the top, as these gates usually have an extra low-level bar which could be a dangerous trip hazard when the gate is open. It could also be a good idea to fit a safety gate to stop crawlers and toddlers getting into potentially dangerous rooms such as the kitchen.

You should also remember that toddlers are not fully-formed walkers. They can take a few steps, then lose their balance and fall. So make sure all carpets and rugs are firmly fixed to the floor, and be especially careful to look after your toddler in rooms with wooden or stone floors.

Pulling and tugging

At this stage, children tend to pull and tug at anything they see hanging down in front of them.

- ! Imagine what could happen if they pulled on a trailing tablecloth when there's a hot cup of coffee on top or, when crawling in the kitchen, they pull on the cord of a kettle or hot iron hanging down from the ironing board.
- ! Blind cords can easily get twisted around a child's neck, cords should not be cut, parents should tie up the cords out or reach and use cleats where possible. Please look for the BS EN 13120:2009 standard mark.





Poisoning

Because everything goes straight to their mouths at this stage, poisoning is a particular danger for crawlers and toddlers. So think about it...

Bleach, polishes, cleaners, perfume, aftershave, toiletries ... how many everyday products containing chemicals that can be poisonous do you leave lying around your house within reach of your crawling baby – in a low-level kitchen cupboard, perhaps, or on the floor in the bathroom?

- ! What medicines, drugs or cosmetics could there be in a handbag or carrier bag left on the floor? What about bottles or cans of alcohol sitting within easy reach on a table or worktop?



Everyday remedies bought over-the-counter at the local supermarket or chemist can be just as dangerous as prescription drugs. For example, it only takes 5 or 6 iron tablets with a high iron content to kill a child.

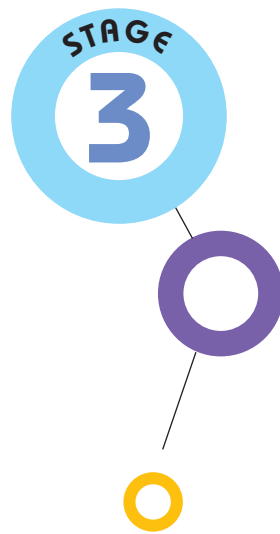
- ! Although no adult would consider swallowing essential oils, a young child cannot read the warnings on the label and could be curious enough to try. These oils are highly poisonous and only a few sips can be fatal.
- ! Did you know that just one smoked cigarette butt left in an ashtray contains enough toxins to kill a small child if he or she picks it up and swallows it?

You can't see it, hear it, smell it or taste it yet carbon monoxide poisoning due to poorly maintained heating systems accounts for over 20 deaths and around 200 serious incidents every year. So fit a carbon monoxide detector and make sure your heating system is professionally serviced at least once a year.



NHS Direct

visit: www.nhsdirect.nhs.uk

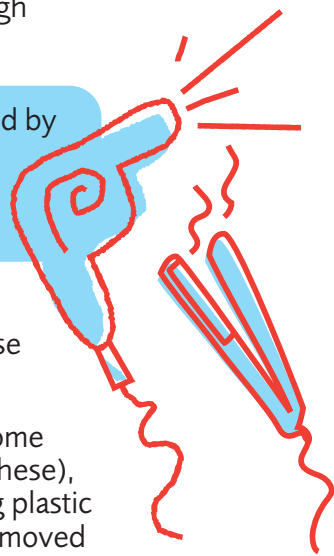


Electrical Appliances

Just think of all the electrical equipment around your home that could injure or even kill a young child. Here are just a few...

- ! **TV's and PCs** – Make sure heavy appliances such as PCs and television sets are secure and stable with all dangling cables hidden well out of sight. Remember that the most common television-related accident involving under-fives is being struck by a falling TV set. Large wall-mounted Plasma TVs are particularly dangerous if not fitted correctly – so make sure the wall is strong enough to support it and play safe by having it professionally installed (many retailers selling these sets now offer this fitting service at no extra cost).
- ! **DVD players** – Put your DVD player on a high shelf out of reach or turn them off at the mains when not in use.
- ! **Electric fires** – never leave an electric fire plugged into the mains. Even though you may have turned off the switches on the fire itself, the bars are still live with enough voltage to kill a small child.

Hairdryers, hair straighteners and curling tongs – young children are fascinated by flicking switches on and off – so imagine what could happen if your child started playing with one of these appliances while it was still plugged in! Always unplug immediately after use and put them away to cool somewhere safely out of reach.



- ! **Mobile phone chargers** – always unplug when you're not charging your phone. The tip might not give you even a tingle if you hold it in a dry hand, but it can cause severe scalding if your baby puts it into his or her mouth.
- ! **Electrical sockets** – modern electrical sockets have built-in safety shutters that come down when a plug is taken out (and you should check that all your sockets have these), but it's still always best to switch sockets off when they're not being used. Putting plastic safety covers in empty sockets may seem like a good idea, but these should be removed as soon as your child is able to tug them out.

Always use an RCD – a safety device that works like a normal adaptor which you can get from any electrical or hardware store. These switch off the supply to the main socket if it detects a fault and provide valuable protection for children against electrocution or dangerous injury from electric shock.

Climbing

Crawlers and toddlers are climbers too. As soon as they can pull themselves up on a piece of furniture, they just can't resist climbing on it! So...

- ✓ Take all furniture away from windows. If this is not possible, fit safety latches (window restrictors) on all windows. These prevent windows from opening more than 10cm (4inches) – enough to let air in but not wide enough for a small child to fall through.
- ✓ Never leave furniture on a balcony that a child can climb over – and never leave your child alone on a balcony, whether there's furniture or not!
- ✓ The kitchen is one of the most dangerous rooms in the house. Never leave your child alone to climb on to a chair and then on to a worktop, or – much worse – to check out what's cooking! Whenever possible, put pots and pans on the back rings and turn them away from the front so little hands can't grasp the handles and pull them over.
- ✓ On the stairs, make sure banisters don't have any footholds for climbing and that any horizontal rails are boarded up. Also, always make sure the stairs are kept clutter free to avoid the risk of tripping or falling over such obstacles as toys, laundry baskets, piles of books or magazines ... and so on.
- ✓ Never leave a young child alone in the bathroom, even for a second. If they are already in the bath, they might try to climb out. If they're not in the bath, they might try to climb in and even start playing with the hot tap!

Baby walkers

- ! At the first sign of toddling, many parents buy a baby walker in the hope that this might speed up their child's development to the next stage. Exactly the opposite is the case. Baby walkers are NOT recommended by experts and can, in fact, hamper a child's natural physical development. When children are ready to walk, they will!





Stage 4 – Walking tall!

As soon as they find their feet and start walking and talking, you might think the worst dangers of accidental injury are behind them. Think again. Because as they become more active, they'll want to test their limits and try things they've never done before. That means new risks for them – and new worries for you!



Running wild

If they can walk, they can run too. This can only mean more risk of them tripping and falling. So...

- ! Be especially careful if you have glass doors or floor-level windows in your home. Fit these with toughened safety glass or stick a transparent film over the lower area of the glass to prevent shattering if your child should stumble into it.
- ! When you're out and about with your child, use safety reins. These can reduce the risk of your child injuring themselves by tripping over a raised or cracked paving stone – and you won't have the worry of them running into the road!
- ! Tripping over toys is a common cause of falls in the home. Always clear your child's toys away when they've finished playing with them, and never leave toys on the stairs.

Injury through play

Go through your child's toy box regularly and throw away any broken toys. Don't give them away to jumble sales or charity shops – this will only pass the risk of injury on to somebody else's child.

- ! Make sure the toy is suitable for your child's age. Don't let your child play with their older brother's or sister's toys.
- ! If your child plays with battery-operated toys, change all the batteries at the same time. Never mix new batteries with old ones as this can cause overheating. Throw out or recycle old batteries.
- ! Swings and climbing frames can be great fun, but make sure there's a soft landing underneath such as a mat, bark chippings or grass. Children can be badly hurt if they fall onto a hard surface such as tarmac, gravel or concrete.



Always try to keep your eye on your children at play, especially the younger ones. Children under 3 should never play with toys with small parts and bits that could easily break off.

Copying adults and older children

Children are naturally curious and, as they feel so grown-up at this stage, it's a natural thing to try and copy the everyday things they see adults and older children do. So think about the ordinary, harmless things you do in your daily routine that your child could imitate with disastrous results.

- ! Did you know, for example, that children at this stage can strike matches, operate a cigarette lighter or unscrew caps on bottles and containers? And don't forget the danger of curious little fingers getting hold of pills, lighters or matches left in open handbags or in coat pockets draped over a banister or chair.
- ! One of the main reasons that children copy adults is that they want to help and get your thanks for it. But imagine what could happen if they decide to help out by copying what they see you do in the kitchen. It's a frightening thought that your child could try to finish the ironing for you, make you a cup of coffee or peel the potatoes – so make sure you never leave them alone in the most dangerous room of the house!

Playing in the garden

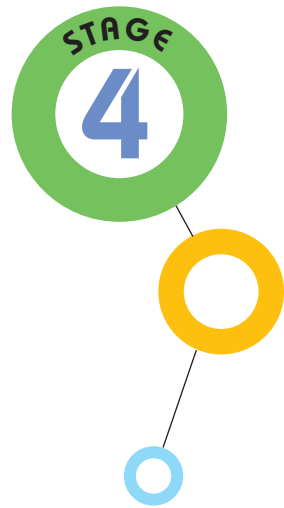
It's great for children to get out of the house to play in the open air. Gardens are fun places – but they have their own dangers too. Even if you don't have a garden of your own, it's important to know what these dangers are so you can pass on safety tips to neighbours, friends or relatives who might invite your child over to play in their garden from time to time.

Trampolines

Garden trampolines are becoming increasingly popular as a great way for children to exercise and have fun. However, accidents can happen. So always be there to supervise, never let more than one child on at a time and make sure shoes and socks are removed, first. Most important of all, remember that the trampoline should always be fitted with adequate safety netting.







- ! **Falls** - Kids will be kids, but you should encourage your child not to climb trees, walls, fences or on the roof of a shed or garage without adult supervision. Falls from these heights can cause serious injury, even death.
- ! **Drowning** - Young children can drown in just an inch or two (3-5 cm) of water. Garden ponds can be a particular danger – especially if a child has never seen one before! With small children around, garden ponds should be fenced off or drained. Why not turn the pond into a sand pit instead? Paddling pools and even buckets should be stored away after use, and never left outside to collect rainwater that could get deep enough to drown a curious young child.
- ! **Glasshouses** - Always make sure glasshouses and cold frames are made of safety glass, or fence them off to stop a young child cutting themselves badly if they run or fall into one.

Poisoning - Teach children never to eat anything they find growing in the garden as many berries, flowers and leaves can poison a young child. Also, keep all garden chemicals, sprays and seeds locked up in a shed or garage. To be on the safe side, put these in child-resistant containers and place them on high shelves out of reach.

- ! **Garden tools and machinery** - Lock these away and never leave any sharp tool or piece of machinery lying around when children are playing in the garden.
- ! **Exploring** - Always lock and bolt garden gates and make sure there are no gaps in the garden fence for a child to squeeze through and go running out into the road. Electric gates which close automatically can trap or crush children, be very aware of the dangers they pose.
- ! **Barbecues and bonfires** - Keep children away at all times! Remember that a barbecue can stay hot for hours after all the cooking is finished.
- ! **Swings, slides and climbing frames** - Make sure these are properly assembled (it's worth getting a professional to do it) and keep checking regularly for any loose nuts or bolts.
- ! **Seasonal safety** - Young children can burn easily in the summer sun (even when it's cloudy), so keep them covered with high-factor sunscreen cream, make sure they wear a cap or sun hat. In winter, keep children warm outdoors with multiple layers of clothing rather than just slipping a coat over their normal indoor clothes. You can reduce the risk of them slipping over on icy steps or paths with a generous coating of grit or salt.



Check your home for safety room-by-room

Each room in the house has its own particular hazards that could put a young child at risk of injury. One major danger which not only threatens children but everyone in the house, anywhere in the house, any time of the day or night is FIRE!

House fires pose a grave risk to children. This is not only as a result of burns but through the effects of inhaling smoke, with children under one year old at particular risk.

Fires in the home can start in many ways. Information is available from your local Fire & Rescue Service to assist you and your family to keep safe from fire. Even then, you can never be sure that you're completely protected against the risk of fire – and that's why it's so important to make sure your house or flat is fully equipped with smoke alarms.

Alarmed about the risk of fire? You should be!

The warning given by a smoke alarm can make all the difference between life and death, giving you a precious few minutes to get your family out of the house and away from danger.

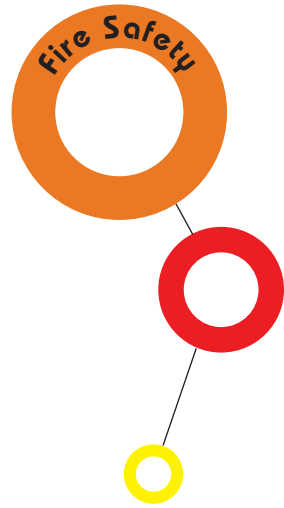


There are many different types of smoke alarms in use. Some require the battery to be changed annually, some are wired into the electrics of your home and others have a 10 year battery that doesn't need to be changed during the lifetime of the alarm. It is important to know which type you have in order to maintain it properly.



You should always choose an alarm that meets the British Safety Standard BS EN 14604. They are inexpensive to buy, easy to fit and are widely available from DIY, hardware and electrical shops.

It's well worth ringing your local Fire and Rescue service before fitting your smoke alarms as you may be entitled to have all the alarms you need supplied and fitted free of charge! They can also provide valuable advice about making a 'fire plan' so everyone in the house knows what to do if a fire breaks out.



And remember – it's not just a question of fitting a smoke alarm and then forgetting about it. It's also vitally important to make sure your alarms are always in the best working order. So...

- ✓ Once a week, press the test button on the front of each smoke alarm to check that the alarm sounds.
- ✓ If the alarm doesn't work, fit a new battery. If the alarm still doesn't sound, it's best to assume that the alarm itself is faulty and should be immediately replaced.
- ✓ Change the battery once a year (on your birthday, or Christmas, if this helps you remember). In the meantime, listen out for the alarm sounding a single regular beep as this tells you that the battery is low and needs replacing.
- ✓ Clean the outer and inner casings of the alarm using the hose fitting on your vacuum at least once a year – preferably when you change the battery.
- ✓ Never take the battery out of the smoke alarm for use on another appliance as you could so easily forget to replace it.

If you have access to the Internet, go to www.firekills.gov.uk where you'll find a huge range of information about how to prevent a fire in your home, as well as details on who to contact for advice in every region of England.

What if a fire breaks out?



- ✓ Raise the alarm amongst everyone in the house
- ✓ DON'T try to investigate the fire yourself
- ✓ Get everybody out of the house as quickly as you can, and don't waste precious time picking up possessions
- ✓ Once safely outside, call 999
- ✓ Never go back inside the house until you get the all-clear from the Fire and Rescue Service

If your child's clothes catch fire, immediately smother the flames with a coat, blanket, rug or material not readily ignitable – whatever is closest to hand. Do NOT try to take off burnt or charred clothing as these must be expertly removed to avoid taking skin off as well.

GET OUT - STAY OUT - GET THE FIRE & RESCUE SERVICE OUT

What to do in an emergency



No matter what steps you take to keep your child safe from harm, accidents do happen. Minor bumps, bruises, cuts and grazes are a natural part of childhood – but what should you do if your child suffers a more serious injury?

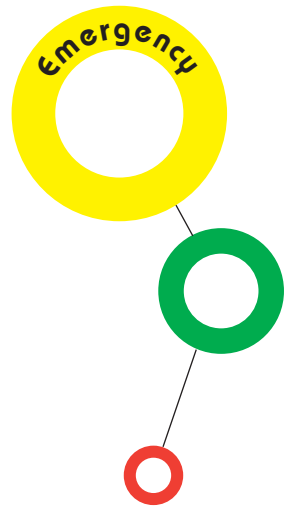
The first thing to remember is **DON'T PANIC!** Try to stay calm and think carefully about whether the best course of action is to treat the injury yourself, contact your doctor or, if you believe the injury is serious enough, take your child to the nearest hospital with an Accident & Emergency department or dial 999 for an ambulance.

You should **ALWAYS** take your child quickly to hospital or call an ambulance if:

- your child has a head injury
- you see bleeding from an ear
- your child has difficulty breathing
- your child is, or has been, unconscious
- your child is being violently sick and feels sleepy
- your child has received an electric shock
- your child has serious burns
- you suspect poisoning
- you cannot stop bleeding from a cut
- you think your child may have broken bones
- your child appears to be in severe pain
- your child has been stung on the tongue, mouth, throat or near the eyes.



Remember – when a young child is injured and you're not sure about how serious the injury might be, it's always best to be on the safe side and seek medical advice. However, prompt action by you can be vital. So here is some general advice on the 'do's and don'ts' of actions you can take immediately to help an injured child.



Cuts, bites and stings

- Clean small cuts and grazes gently with warm water. Use soap if necessary, but NOT antiseptic.
- Deep dirty cuts or wounds with anything stuck in them (glass, for example) will need expert cleaning to reduce the risk of infection – so take your child to a doctor or your nearest A&E department rather than trying to treat the wound yourself.
- Always seek medical advice if your child has been bitten by an animal. If your child has been stung by an insect and you can see the sting, gently remove it with tweezers.
- If there is a lot of bleeding from a cut, press it firmly with a clean cloth pad (or use your hand if you don't have a cloth). If the cut has anything stuck in it, apply pressure around the wound rather than directly against it. To reduce the blood flow it will also help to lift an injured leg or arm to a raised position, as long as it isn't broken. If the bleeding doesn't stop, get medical help.

Bumps and falls

If your child receives a head injury which knocks them unconscious, call an ambulance immediately. Meanwhile, place the unconscious child on their side with their head resting on their hand. This recovery position will help reduce the risk of the tongue falling back and stopping them breathing.



- Don't move an injured child after a fall if you think any bones might be broken.
- There can sometimes be a delayed reaction to a head injury, even if the child appears to recover quickly – so keep a close eye on them and get medical advice if they develop pain in any area or complain of headaches or dizziness.

Burns and scalds

- Reduce the heat of a burnt or scalded area by immersing in cold water or by holding it under the cold running tap for at least 20 minutes. Do NOT treat with lotions or creams.
- Take your child to hospital immediately for anything more than a very small burn or scald. Cover the affected area with a clean, plastic bag or clingfilm to reduce the risk of infection.

Poisoning

- Take your child to hospital immediately if you suspect poisoning. Do NOT let your child drink anything.
- Do NOT try to make the child sick as this can cause even more damage to a young child's delicate insides.
- If you know what poison your child has taken, keep a sample to show to the doctor to help him or her decide on the best course of treatment.

Choking

- If you suspect choking, dial 999 immediately to call for an ambulance. If the child is unconscious and not breathing, dial 999.
- Do NOT try to remove the object in your child's throat, you could end up pushing it even further down.
- Hold a choking child over your knee or a chair with the child's head pointing downwards and then slap firmly between the shoulder blades.

More information on learning about First Aid



You never know when you might need it – so with young children around, it certainly makes sense to find out more about what to do in an emergency by taking a first aid course. Contact the following organisation for details of courses in your area.

British Red Cross www.redcross.org.uk/firstaid

BBC First Aid www.bbc.co.uk/firstaid

Where to get more information



www.rospa.com
www.nhsdirect.nhs.uk
www.bbc.co.uk/firstaid
www.redcross.org.uk/firstaid
www.esc.org.uk
www.smokefree.nhs.uk

UK Cot Death Charity
www.fsid.org.uk

Contact your local Fire and Rescue Service at:
www.firekills.gov.uk

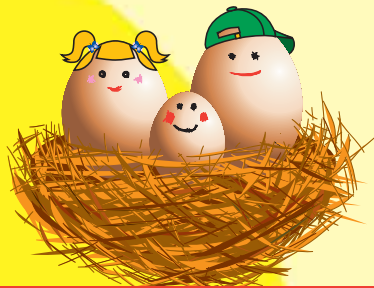
With thanks to Bumble Beez Private Children's Nursery

www.inhomechildsafety.co.uk



*While every endeavour has been made to ensure the information contained within this guide is accurate, Dynamic Initiatives accepts no responsibility for any omissions or errors.

www.inhomechildsafety.co.uk



THE GOOD EGG GUIDE TO IN-HOME

ChildSafety

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