ROSPA

accidents don't have to happen

Working with

Berkeley Group

Safe at Home:

Tips for Under-5s

The Royal Society for the Prevention of Accidents

Brighter Beginnings

While bumps and grazes are a normal part of childhood, some accidents are so serious that families never recover.

Thankfully, there are simple steps you can take to help make sure your children are safe.

Accidents
are the biggest killer of children and young people...

But they don't have to happen

This booklet is full of tips that can save little lives...

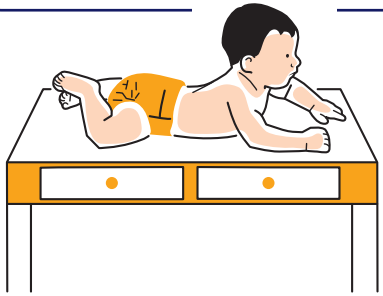
Some ideas to help prevent...

Falls

Don't put furniture near windows as children may use it to climb up. Fit upstairs windows with a restrictor which lets fresh air in, but not children out!

Keep the stairs clear and well lit. Use safety gates at the top and the bottom of the stairs once your baby is on the move.

Babies can move quickly and unexpectedly, so never leave your baby alone on a raised surface.



Some ideas to help prevent...

Burns

Keep hot irons, curling tongs and hair straighteners out of reach – they can still be hot enough to burn even when they're cooling down.

Keep matches, lighters and candles out of sight and out of reach of children.

Always use a fireguard around open fires and secure it to the wall. Watch children around hot radiators.

Some ideas to help prevent...

Suffocation & Choking

Never leave a toddler or baby to feed alone. Make sure you cut small foods like grapes and cherry tomatoes into quarters to stop them choking.

Children can choke on small toys, sweets and nuts and can suffocate on nappy sacks. Keep them out of reach!

Never go to sleep with a baby in your bed. Keep cots free of heavy quilts, cot bumpers, pillows, cushions and cuddly toys.

Some ideas to help prevent...

Strangulation

Choose blinds that don't have a pull cord, especially in a child's bedroom.

If you have existing blinds with looped cords, keep the cord short and use a cleat or clip to tie it out of reach.

Don't hang toys, bags or anything else that dangles in or near a child's cot, bed, playpen, or high chair.

Some ideas to help prevent...

Scalds

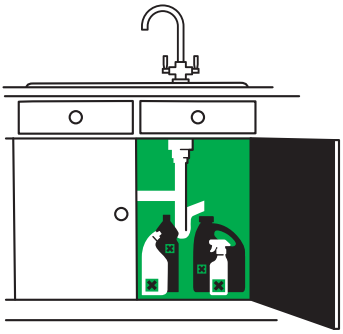
Never hold a child and a hot drink at the same time. Keep hot drinks away from the edge of tables and worktops.

Keep small children out of the kitchen unless supervised. Make sure kettles are at the back of the worktop and turn pan handles away from the front of the cooker.

When running a bath, always turn the cold water on first, mix the water well and check the temperature with your elbow before letting your child get in. Fitting a thermostatic mixing valve to taps can reduce the risk of a serious scald.

Some ideas to help prevent...

Poisoning



Keep cleaning products, such as liquid laundry capsules, out of sight and out of reach, preferably in a locked cupboard.

Watch out for plants with poisonous leaves or berries, either in your house or in the garden.

Children can often mistake medicines for sweets. Keep them out of sight and out of reach preferably in a locked cupboard and take your old medicine to a pharmacy for safe disposal.

Some ideas to help prevent...

Drowning

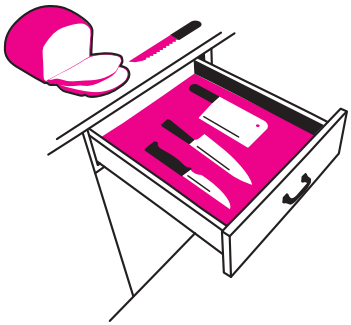
Children can drown in less than 3cm of water. Never leave children or babies alone in the bath, even for a moment.

Always supervise children in paddling or swimming pools. Paddling pools should be emptied and stored away when you've finished using them.

Garden ponds should be filled in when children are small, or safely fenced off or covered. Be careful when visiting other people's gardens.

Some ideas to help prevent...

Cuts



Keep sharp knives, scissors and garden tools out of reach of children.

Use safety scissors when children first start using scissors and never leave them alone while they're cutting.

Make glass safer by using shatter resistant film. Always clear up broken glass quickly and dispose of it safely.

Checklist

- **Cupboard lock** – Great for keeping little fingers away from dangerous cleaning products and medicines
- **Window restrictors** – Let air in without the risk of your little one falling out
- **Safety gate** – Even if your little one isn't crawling yet, these are useful to stop dangerous falls
- **Smoke alarm** – Don't forget to check it's working by testing it every week
- **Carbon Monoxide detector** – As well as checking that your boiler is regularly serviced, this is your last line of defence against CO poisoning
- **Blind cord 'cleat'** – Use these simple hooks to tie up dangling looped blind cords
- **Furniture secured to walls** – Bookshelves, drawers, televisions and fireplaces all need to be secured
- **Loose rugs and cables secured** – Stop potentially painful trips with cable tidies and rug tape
- **Bath mat** – Great to stop nasty slips and falls
- **Thermostatic mixing valve (TMV)** – Prevents serious scalds by controlling the temperature of water that comes out of your taps

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