

## BACKGROUND INFORMATION FOR CHILD SAFETY

### Keeping Children Safe

Children should be supervised at all times, because they can get into trouble very quickly and easily. Below are two lists to help keep your children safe, indoors and outdoors. Following these lists, could help prevent your child, from being injured.

#### Indoors

- Keep floors free of toys and obstructions that can be tripped over.
- Always use a securely fitted safety harness, in a pram, pushchair or highchair.
- Never leave babies unattended on raised surfaces.
- Baby bouncers should always be on the floor never placed on raised surfaces. Follow the manufacturer's guidance regarding the age of child.
- The use of baby-walkers is not recommended.
- Make sure safety gates are appropriately placed and securely fitted
- Fit child resistant window locks
- Make sure safety glass is fitted in appropriate places
- Take appropriate measures to prevent children climbing onto windows. Do not put anything against windows that can be climbed on.
- Tall furniture and appliances that might be pulled over should be secured to the wall
- Keep matches and lighters out of children's reach
- Never leave young children alone in the bathroom
- When running a bath run the cold water first and always test the water before letting a child get in.
- Hair straighteners are the fastest growing cause of burns among young children. Keep hot hair straighteners out of reach. Ensure that they are switched off and cooled in a safe play.
- A hot drink can scald a young child up to 20 minutes after it has been made. Put your baby down before picking up your cup of tea or coffee and do not pass hot drinks over young children's heads.
- Use a kettle with a short or curled flex and keep it pushed to the back of your kitchen work surface.
- Always use rear hotplates and turn the pan handles away from the front of the cooker.
- Keep medicines and chemicals out of sight and reach of children use locked cupboard
- Wherever possible buy products in child resistant containers
- Avoid buying plants with poisonous leaves or berries and those that can irritate the skin

- Make sure small objects such as marbles are kept out of the way of children under 3
- Never leave uncovered buckets of water around the home.
- Never leave tripping hazards on the stairs
- Fit a smoke alarm on every level of your home and test that it works once a week

## **Outdoors**

- Garden ponds should be filled in while children are small, or securely fenced off
- Never let young children anywhere near lit barbeques or bonfires and remember that barbeques will stay hot long after you have finished cooking
- Trampolines can be a great source of fun for children however they must have a safety fence around them to reduce the risk of injury only one child on at any one time.
- Cover exposed parts of your child's skin with a sunscreen. Use a high protection factor which is effective against UVA and UVB. Re apply often and let your child wear a sun hat. Use waterproof sun block if your child is swimming. Cover your child up in loose baggy cotton clothes such as an oversized t shirt with sleeves. However please note children do need exposure to some sunlight to ensure adequate vitamin D for example 20 minutes per day a few times each week.
- When riding bikes scooters and skate boards make sure they are using a helmet and other protective clothing.
- Make sure children can't get onto roads or other people's land. Keep gates shut and bolted and check hedges or fences to see that there are no gaps.
- Clear up dog or cat mess

## **Water safety**

Any water is an attraction for children they must be supervised at all times near water to prevent accidents please remind your older children about the dangers of the sea, lakes and rivers.

## **Facts**

- 10 children die as a result of falls each year – some from windows and balconies and the remainder mostly from stairs, (Office for National Statistics 2002)
- Every year approximately two million children visit accident and emergency departments in the UK that's about one in five after suffering an accidental injury.
- Around 250 children die each year as the result of accidents, (Child Accident Prevention Trust 2008)

**Anyone looking for further information on child safety should speak to their health visitor or local children's centre.**