

Burns



Half of all house fires attended by the fire and rescue services are homes without working smoke alarms. Each year, smoke, fire and flames kill around four children aged under five from a dry heat source such as fire, hair straighteners, ovens, hobs, radiators, candles, lighters. Burns cause serious injuries requiring long periods of treatment in hospital.

How can I keep my child safe?

- Keep hair straighteners out of reach – ideally place hot straighteners into a heat resistance storage pouch immediately after use to cool down and store the pouch out of reach.
- Keep young children away from cooker, hobs and BBQs when cooking; make sure children do not climb near work surfaces.
- Teach older children about kitchen safety rules and hot things.
- Keep lighters and matches out of reach.
- Never overload sockets. For example, using multiple extension leads or multi-socket plugs.
- Never leave food cooking unattended.
- Replace a chip pan with a thermostatic deep fat fryer.
- Fit smoke alarms to each floor and test alarms regularly. Replace immediately if not working – a smoke alarm could save a life.
- Keep button cell batteries out of children's reach. If a child swallows them they cause chemical burns inside the body.

Scalds



Hot drinks are the cause of most scald injuries in the under-fives. Scalds cause disfiguring scars from hot liquids such as hot drinks, kettles, saucepans and bath/tap water.

How can I keep my child safe?

- Keep hot drinks out of reach. Drinks can scald for at least 15 minutes after being made. A child's skin is 15 times thinner than an adult's skin.
- Never hold a baby and hot drink at the same time.
- Place the kettle at the back of the worktop.
- Keep pan handles turned inwards.
- Regulate water temperature by having a thermostatic mixing valve (TMV) fitted.

Falls



At around 20,000 per year, falls are the main cause of A&E admissions for children under five. Most commonly falls are from furniture such as bunk beds, adult beds, sofas, changing tables and highchairs. The most serious accidents are from a balcony, window or stairs.

How can I keep my child safe?

- Never leave a baby on a raised surface. Babies learn to roll, rock or move very quickly. Change nappies on the floor.
- Never put a car seat or bouncing chair on a raised surface.
- Always use the correct harness in buggies, highchairs and other equipment.
- Fit window restrictors to accessible windows to prevent children falling from a height.
- Fit non-trip safety gates (for children under 24 months) to prevent falls on stairs – always close the gate.
- Keep stairs free from clutter.
- Always restrict and supervise children near balconies.

Poison



Each year, around 4,000 children under five are admitted to A&E due to poisoning. 70% are from prescription and over the counter medications, household cleaning products, garden insecticides and DIY products such as methylated spirits.

How can I keep my child safe?

- Keep all medications in a high lockable cupboard, or at least out of easy access to children.
- Often medication is kept in handbags. Keep handbags on a coat hook out of children's reach, including bags belonging to visitors.
- Keep all chemicals and cleaning products in a lockable cupboard or on a high shelf. Consider all areas, including kitchen, bathroom, toilets, sheds and garages.
- Carbon Monoxide awareness – Gas appliances should be checked annually by an approved Gas Safe engineer, and ensure a CO alarm is fitted.
- Button cell batteries – Keep out of reach of children.

Choking / Suffocation



Suffocation or strangulation whilst sleeping is the leading cause of accidental death in the under-fives. Half of children who die are under 1 year old.

- **Suffocation:** due to a restriction to the airway from products such as cot bumpers, pillows, baby nests, soft bedding and cuddly toys.
- **Strangulation:** due to blind cords, electrical cables, loose ribbons and cords on clothing/toys etc.
- **Choking:** due to the inhalation and ingestion of food or drinks such as large pieces of grape, cherry tomato, feeding bottles propped in the cot etc.

How can I keep my child safe?

- Safe sleep practice:
 - Always place baby flat on his/her back to sleep.
 - Lay them face up, face clear with their feet to the bottom of the cot/crib or Moses basket, in the same room as parent for the first six months.
 - Never use pillows, duvets, cot bumpers, sleep positioners or baby nests/cocoons.
 - Use a well-fitting baby sleep sack or cellular blankets tucked in.
 - When baby is sleeping or unsupervised always remove clothing or items that may add risk, such as headbands, and dummy/soother cords.
- Keep nappy sacks out of reach. Keep sleep space clear – no toys or additional softness.
- Never place the cot near window blinds – use a blind cord cleat or cord winder to keep the cord out of reach of children.
- Unplug electrical cables when not in use and store safely. Use a cable tidy or secure cables to skirting boards where possible.
- Always supervise your child when they are eating or drinking. Cut food into thin batons.

Drowning



Babies are unable to lift their faces out of water if they fall face down.

On average 13 children will die each year in places such as the bath, paddling pool, garden ponds and buckets. 90% of children who die are aged between 1-4, and 40% of child deaths due to drowning are in the bath.

How can I keep my child safe?

- Make sure children are always supervised by an adult when around water.
- Never leave an older sibling or child to look after a young baby in the bath, paddling pool or near water.
- Remember baby bath seats are not safety devices and babies should never be left in one unattended.
- Never leave a child alone in a bath even for a few seconds, drowning is quick and silent.
- Always supervise children when they are using a paddling pool and empty the pool when playtime has finished.
- Book your children onto swimming lessons at your local pool