a safety guide for parents and carers of toddlers up to the age of 5

Don't be caught out. Accidents can happen in seconds. Very quickly. Toddlers can move.

to safety
active steps
Most children's accidents happen in the home and children aged 4 and under are most at risk. In 1996, the latest figures available, over half a million children in this age group were injured as a result of an accident. Many of these could be prevented.

Make sure your child doesn't get hurt. Look around your home by sitting on the floor so that you get a child's eye view. Remember to think about hazards when you're out and about too.

Take action now and set up a safety action zone and minimise any potential hazards to your child.

burns and scalds

As babies grow up to become toddlers, they become increasingly curious.

**Remember** Hot water can scald up to 30 minutes after it has boiled.
**Action** Place hot drinks out of children's reach. Fit short or curly flexes on kettles, deep fat fryers and coffee makers. Use place mats rather than table cloths - toddlers can pull hot food and drinks down on themselves by grabbing at a cloth.

**Remember** Toddlers run around but are not very co-ordinated. This increases the danger of them falling into a fire.
**Action** Use an appropriate fire guard for all fires whether they are solid fuel, electric or gas.

**Remember** Even simple everyday tasks like cooking can pose a hazard to young children.
**Action** Always use the rear hobs of the cooker, keep pan handles turned away from the edge and be aware that oven doors can become very hot to the touch. If possible, keep children out of the kitchen while cooking.

**Remember** Small children's skin is delicate and injuries caused by burns and scalds can be horrific.
**Action** Turn the hot water thermostat to below 54°C (130°F) to avoid scalds from hot water taps and run cold water into a bath first.

**Remember** In the event of a fire, extra seconds can make the difference between life and death.
**Action** Fit a smoke alarm on each floor in your home. If you've already got one, check that it's working properly on a weekly basis. Be prepared - work out a fire escape plan.

drowning

**Remember** Children drown in just a few centimetres of water and in a very short time.
**Action** Never leave children under 4 years unattended in the bath, even with an older brother or sister. Fill in garden ponds or protect them with a fence at least 1.5m/5ft high. Empty out paddling pools and buckets straight after use. Never leave children alone in or near a swimming pool or open water. Make sure they can't gain access to a neighbour's garden pond.

poisoning

**Remember** By the age of 18 months, sometimes sooner, children can open containers and by 3 years they may also be able to open child resistant tops within minutes.
**Action** Keep household and garden chemicals, medicines, alcohol and even cosmetics out of children's reach, preferably in a locked cupboard. If you haven't got a lockable cupboard use a lockable suitcase or a cosmetics case. When visiting other people's homes, be extra aware of potential hazards. Make sure that you supervise your child at all times.

cuts and bruises

**Remember** At this age children's desire for independence begins to emerge. As a responsible adult you can reduce the risk of an injury as they explore and experiment.
**Action** Low glass doors and windows should be fitted with safety glass or protected with safety film. A simple alternative is to replace the glass with hardboard. Keep sharp knives and tools out of reach.
first aid and keep a first aid kit handy.

Step 1: Call your local emergency services.
Step 2: If possible, get the person to a hospital.
Step 3: If you can, give CPR.

If you're not sure what to do, call 911.

Remember: Children's skin is very sensitive and

If you need further information or advice about

contact your local authority.

Further information or assistance can be obtained by contacting the following people:

- Environmental Health Officer
- Road Safety Officer
- Fire Officer
- Health Visitor

in your local area.

safe in the sun

Remember:

- Keep out of doors.

- Don't use sunscreens on children.

- Protect children from sunburn.

Remember:

- Protect your skin when outdoors.

- Use sunblock when necessary.

- Wear hats and sunglasses.

Remember:

- Be aware of the risks.

- Know the symptoms of sunburn.

Remember:

- Seek medical attention for severe sunburn.