step safely with a helping hand

Young children are naturally curious but they lack experience. Help them to learn without getting hurt.
Children take time to develop the skills and experience adults take for granted. This makes them vulnerable and at a greater risk of accidental death or injury. Every year over 2 million children are taken to hospital as a result of accidents.

Help your child to stay safe. Choose an area in your home or on the route to school where you and your child can reduce the chance of an accident.

**fALLS**

**REMEMBER** Toys left lying around are a hazard to everyone but especially to children.

**ACTION** Encourage children to clear up toys and games after use to help avoid trips and falls.

**REMEMBER** Injuries often occur when children are playing.

**ACTION** Try to keep an eye on children when they are playing. When indoors, be aware of children playing rough and tumble games near glass doors or low windows. Encourage them not to play on the stairs. Outdoors, teach children to use equipment properly and avoid using old or damaged equipment.
cuts and bruises

**REMEMBER** Kitchen knives, even cutlery, can be very sharp indeed.

**ACTION** Always supervise children while they are learning to use knives properly. Store kitchen knives out of reach.

**REMEMBER** Children at this age are very excitable and keen to run everywhere. This means that they can easily crash into doors and furniture.

**ACTION** Low glass doors and windows should be fitted with safety glass (complying with BS 6206) or protected with safety film. (Contact a Glass and Glazing Federation glazier for further information). A simple alternative is to replace the glass with hardboard.

burns and scalds

**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 when cooking.

**REMEMBER** Hot water can scald up to 20 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.

**REMEMBER** Your child's skin is delicate and injuries caused by burns and scalds can be horrific.

**ACTION** The hot water from your bath tap should not exceed 46° to avoid scalding young children. Always run cold water in a bath first.
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 an escape plan and make sure your child understands what he or she needs to do in an emergency.

**REMEMBER** Many fires are started by children playing with matches and lighters.

**ACTION** Keep matches and lighters out of reach and don't use candles while children are around. Teach children about the dangers of fire.

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**drowning**

**REMEMBER** Left unsupervised, children can easily get out of their depth and drown.

**ACTION** Never leave children under 8 years old alone in, or near, a swimming pool or open water. Teach children to swim as soon as possible, a good time is around the age of 5.

**REMEMBER** Children can easily lose their footing when running barefoot.

**ACTION** Ask children not to run along the edge of a pool in case they slip.
out and about

**REMEMBER** Children travelling by car like to move about, look out of the window, or play with brothers and sisters.

**ACTION** Make sure that they are safely restrained in the car on every trip, however short. If no child seat is available, children of this age can use adult seat belts, ideally with a booster cushion.

**REMEMBER** At age 5, 6 and 7 children are still too young to cross roads alone. They are not able to judge speed or distance reliably and are often impulsive. They are also physically too small to get a real view of the road to allow them to cross safely.

**ACTION** Allow children the opportunity to develop their experience. Teach them to cross roads safely. Help them to make decisions about where and when to cross.

**REMEMBER** Always supervise children of this age when they ride their bikes.

**ACTION** Children are too young to cycle on the road - they are unable to cope with traffic reliably.

Although you may take active steps to ensure that your child is safe from accidental injury there may be an occasion when an injury does occur. CAPT advises that you keep emergency numbers by the telephone, learn some basic first aid and keep a first aid kit handy.
Further information or assistance can be obtained by contacting the following people in your local area.

**HEALTH VISITOR**
advice on health and child safety.

**FIRE OFFICER**
advice on fire prevention.

**ROAD SAFETY OFFICER**
advice on road safety.

**HOME SAFETY OFFICER**
advice on home safety.

Please contact CAPT at the following address if you need further information or advice about children's safety:

Child Accident Prevention Trust
18-20 Farrington Lane
London EC1R 3HA
*telephone* 020 7608 3828
*e-mail* safe@capt.org.uk
*web* www.capt.org.uk

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This leaflet is one of a set of five each covering a different age & stage of a child's development:

**Handle safely:** babies from birth to crawling

**Active steps to safety:** toddlers up to the age of 5

**Step safely with a helping hand:** children aged 5-7

**Step safely from the edge:** children aged 7-11

**It's a safety thing:** young people aged 11-14