your Child's Safety
**Burns & Scalds**

**House fires are a major cause of death.**

By installing a smoke alarm and checking your battery regularly you can protect your family.

To reduce the risk of fire:

- don’t leave candles unattended.
- make sure plugs are correctly fitted.
- replace worn cables.
- don’t store anything above the cooker.
- chip pans should never be left unattended.
- keep heaters clear of hanging clothes.
- empty ashtrays before you go to bed.
- unplug battery/mobile phone chargers.
- plan an escape route in the event of a fire.

**A spilt cup of tea may give you a fright, but it could scald and scar a small child - for life.**

To prevent burns and scalds:

- keep hot things away from small children.
- keep all fires guarded.
- lock away matches and inflammable materials.
- keep kettles away from the edge of worktops.
- never drink a hot drink while holding a child.
- always run cold water in a bath before adding the hot.
- check the temperature of hot drinks before giving them to your child.
- keep flexes on electrical items out of reach.
Falls are a major cause of death and injury in children of all ages

Windows and Stairs
- Make sure windows can be opened in case of fire.
- Fit safety catches so that children cannot climb out.
- Don’t put furniture in front of windows.
- If you have a toddler, fit stair gates at the top and bottom.
- Check your banisters - children can squeeze through a 100mm gap.

Cots
- The top of the cot must always be at least 50cm above the top of the mattress - to stop the baby climbing out.
- Make sure that spaces between bars are less than 65mm so baby can’t get their head trapped.
- Avoid pillows, quilts and cot bumpers in the first year as they increase the risk of suffocation and overheating.
- Make sure there is nothing in or around the cot that the baby could get entangled with.

Bunk Beds
- These are not suitable for children under six years of age.
- Make sure the gap between the top of the mattress and the bottom of the rail is between 65 and 75mm.

Baby Equipment
- Baby walkers are not recommended.
- Use a five point safety harness in your baby’s highchair, your baby could climb out and fall while your back is turned.
Some everyday things that children swallow can cause them harm. Common household items can cause poisoning (such as hair and beauty products) and small objects can get stuck in the windpipe.

- Medicines, cleaning materials and chemicals should be locked away from children.
- Keep chemicals in the original bottle with proper labelling.
- Don’t leave plastic bags lying around.
- Don’t leave babies alone when feeding, they can choke.
- Don’t let children walk or run with anything in their mouths - they could trip and inhale it.
- Don’t give peanuts to children under six years as they can cause choking. They also contain an oil which could make the lungs swell up.
- Keep toys with small parts and balloons away from young children.
As many children drown in the bath as in the sea.

- Never leave a child without adult supervision in or near water.
- Young children should not be left in the bath, they can slip under the water and be unable to get back up.
- Never allow young children to play in paddling pools unsupervised.
- Always empty the water out when you’ve finished playing.
- Encourage your child to learn to swim as soon as possible.
0 - 9 Months

By nine months it is possible that your baby will be able to roll, sit up, crawl, pull themselves upright and climb.

To keep your child safe use:-
- A fireguard.
- A stair gate.
- A safety harness (when in a high chair/buggy).

1 Year Old

By one year old it is possible that your toddler will be able to walk, crawl upstairs, climb and open some containers.

To keep your child safe:-
- Try getting down on your hands and knees to look for the dangers.
- Remove dangers within their reach.
- Store dangerous items safely.

18 Months Old

By 18 months it is possible your toddler will be able to work switches, open draws or cupboards and crawl into spaces they cannot crawl out of.

To keep your child safe:-
- Fit safety catches to doors and windows.
- Store chemicals out of reach.
- Lock medicines away.

Never leave your baby/toddler alone while they are awake!
2 Years Old

By two years old it is possible that your toddler will be able to open screw top containers such as bottles and jars, strike matches, turn taps on and chew objects.

To keep your child safe:-
- Lock medicines and chemicals away.
- Keep small objects out of reach.
- Don’t leave your child without adult supervision in the bath.

3 Years Old

By three years old it is possible that your child will be able to understand instructions, walk downstairs alone and stop putting everything in their mouth.

To keep your child safe:-
- Start teaching your child to do things safely.
- Be patient, learning to be safe takes time.
- Make sure you are nearby when they are playing.
- Make sure you know where your child is at all times.

Note: Don’t worry if your child does not match up to the development stages. Not all children grow or develop at the same rate!

Never leave your baby/toddler alone while they are awake!
Burns and Scalds

- Cool the burn or scald with cold running water (for a minimum of 10 mins)
- Remove watches, rings etc during cooling, as burned areas will swell. Clothing that has not stuck to the wound may be removed carefully.
- Never apply any creams to the burn or scald
- Cover the area with a clean non-fluff material (i.e. cling film)
- Seek medical attention. If the burn is severe dial 999 or 112

Serious Falls

If the child is unconscious:
- Check for breathing, if not breathing – dial 999 or 112 and get help
- Carry out resuscitation (if you know how)
- If the child starts to breathe - place them in the recovery position

Minor Falls

If the child is conscious and in considerable pain, do not move them.
- Ask the child (if old enough to explain) what has happened
- Dial 999 or 112

Poisoning

- Ask the child (if old enough to explain) what has happened
- Find a sample of what they have taken
- If possible find the original container
  Dial 999 or 112

Do not give your child anything to eat or drink if you think they may need to go to hospital.
Choking - Baby (under 1 year)

- Shout for help
- Lay the baby over your arm, give up to five blows between the shoulder blades with the palms of your fingers
- Check between blows and stop if you clear the obstruction
- If the obstruction is not cleared, turn the baby over, with their head lower than their chest
- Using two fingers on the chest, press down (called chest thrusts) up to five times
- Check between chest thrusts and stop if you clear the obstruction
  
  If you cannot clear the obstruction dial 999 or 112

Choking – Child (over 1 year)

- Shout for help
- Bend the child over so their head is lower than their chest, a small child can be put over your knee
- Give five firm blows between the shoulder blades with the palm of your hand, check between blows and stop if you clear the obstruction
- If the obstruction is not cleared, stand behind the child or kneel behind a small child, place your arms around their waist
- Make a fist with one hand and place just above the belly button, with your thumb inwards. Grasp this fist with your other hand, then pull sharply inwards and upwards. Do this five times, check between thrusts and stop if you clear the obstruction
- If you cannot clear the obstruction dial 999 or 112
What to do in an emergency continued...

Drowning

- If unconscious and breathing, place in the recovery position, monitor them and keep them warm, dial 999 or 112
- If unconscious and NOT breathing dial 999 or 112, then carry out resuscitation if you know how
- Always ring 999 or 112 even if the child appears to recover

Important: This leaflet is intended as a guide. In the case of an emergency get help and advice from the emergency services or medical professionals

Useful Websites

Royal Society for the Prevention of Accidents (ROSPA) - www.rospa.com
Child Accident Prevention Trust (CAPT) - www.capt.org.uk
Healthy Choices – www.nhs.uk
Whoops Child Safety Project - www.whoopschildsafety.co.uk
Useful Contacts

Emergency Services:
  Ambulance, Coastguard, Fire and Rescue, Police, Cave Rescue 999 or 112

Community Fire Safety Officer (advice and information)
  South Tyneside 0191 444 1827
  Gateshead 0191 444 1405
  Sunderland 0191 444 1243

Medical advice needed but not a 999 emergency:
  NHS 111

Family Support and Advice:
  South Tyneside 0800 783 4645
  Gateshead 0191 433 5118
  Sunderland 0191 520 5553

Baby and Child Lifesaving:
  Whoops 0191 4777366

General Repairs and Advice:
  South Tyneside Council 0191 427 1717
  Gateshead Council 0191 433 3000
  Sunderland Council 0191 520 5555

If you know someone who would like this information in a different format contact the Communications Team on 0191 424 6515.

For further copies of this leaflet please contact the Public Health Improvement Information & Resources Team on 0191 424 6666.

The Wellbeing info Directory give information on how to keep your mind and body healthy go to:

www.wellbeinginfo.org
How safe is your home?

Did you know, every year 1000’s of children go to hospital after suffering an accidental injury at home. Stop your child being one of them by following our safety tips:

Tick here

**General Advice**

- [ ] Always supervise your child at play.
- [ ] Have someone in your family take a first aid course.
- [ ] Plan an escape route for all the family in the event of a fire.

**To Prevent Drowning**

- [ ] Always have adult supervision for toddlers and babies in or around water.

**To Prevent Poisoning/Suffocation**

- [ ] Remove danger such as: toys with small parts; medicines and chemicals; plastic bags and balloons.

**To Prevent Falls**

- [ ] Use appropriate safety equipment and keep areas such as stairs and landings clear.
- [ ] Don’t leave children to sleep on a sofa or chair.

**To Prevent Burns and Scalds**

- [ ] Fit and maintain a smoke alarm.
- [ ] Keep matches, lighters and hot liquids out of reach of children.
- [ ] Set the hot water thermostat below 540C (1300F) if possible.

*If you require more information on keeping safe, contact the Whoops Child Safety Project on (0191) 4777366.*