**Out and about**

**Remember** Travelling by car can be dangerous. Minimise the risks by taking the correct steps.

**Action** Use the right child seat for a child’s weight and development on every journey, however short. Never use a rear facing baby or child seat in the front passenger seat if an air bag is fitted. Help children in and out of a car on the pavement. Use reins or a harness when taking toddlers out walking.

**Safe in the sun**

**Remember** Children’s skin is very sensitive and burns easily.

**Action** Keep children out of the sun between 11am and 3pm. Dress them in loose clothing and a hat that covers the back of the neck. Use a sun cream and check with your health visitor if you need advice on the type of sun cream that is suitable for your child.

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
10-20 Farringdon Lane
London EC1R 3HA
telephone 0171 608 3828

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

- **Handle safety**: 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

This leaflet has been generously sponsored by **Novartis**
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.