

Children need to find out how strong they are, how fast they can run, how loud they can shout and how high they feel safe to climb. As long as they are in a safe environment, give your child this bit of freedom it will help your child to work out what their bodies can and can't do.

Fires

Domestic fires pose a significant risk to children. Children playing with matches and lighters frequently start house fires. The youngest children often hide from the danger and may not be found until it's too late.



The following points are important safety precautions to prevent a fire starting while you sleep and ensure you and your child, don't breathe in poisonous smoke.

- Fit smoke alarms on every level of your home.
- Test smoke alarms regularly and change the batteries every year. Even better, get alarms that have 10-year batteries or are wired into the mains or plug into light sockets.
- At night, switch off electrical items before you go to bed and close all doors to contain a potential fire.
- Work out an escape plan for your family and tell your children what to do in case of a fire. Practice the plan regularly.
- Always use a fireguard on an open fireplace and make sure it's attached to the wall. Don't lean or hang anything from it.
- Keep matches and lighters out of reach of children.

Extinguish and dispose of cigarettes carefully, particularly at night.

Burns and scalds

Hot drinks cause most burns & scalds to children under the age of five. A child's skin is far more sensitive than an adult's, and hot water can scald for up to 15 minutes after it has boiled. Hot bath water is the biggest cause of severe and fatal scalding injuries in young children. Children can also get burns from open fires, cookers, irons, hair straighteners and tongs, cigarettes, matches, lighters and other hot surfaces.

The following advice can help prevent these accidents occurring.

- Switch off heated appliances immediately after use and, if possible, place them out of reach - this includes irons, hair straighteners and curling tongs. Keep the cord safely out of reach as well.
- Always place hot drinks out of children's reach. Keep them away from the edges of tables and surfaces, and don't use tablecloths that children can pull at. Don't drink anything hot with a child on your lap or in your arms.
- Use a cordless kettle or one with a coiled lead that can be kept short.
- If possible, keep young children out of the kitchen.
- Before bathing your baby or child, check the water is not too hot - a good test is to put your elbow in first. When filling the bath, run the cold water first before adding hot water.

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Accidents to Children in the Home—Preventing Injury



There are several ways to help prevent injuries to children in the home, including supervising your child, being aware of the risks, creating a safe environment and using safety equipment.

Your child's development

The types of childhood injuries that occur in the home are often linked to a child's age and level of development. It can sometimes be difficult for parents to keep up with their child's capabilities. From an early age, babies are able to wriggle, grasp and roll over. Between 6-12 months old, they may be able to stand, sit, crawl and put things in their mouth.

As children get older, they're able to walk and move about, reach things that are higher up, climb and find hidden objects. With their new-found sense of freedom and movement, toddlers can move quickly and accidents can happen in a matter of seconds. Below are some of the most common types of injuries that happen to babies and young children, and advice about how you can prevent them.

Falls

Falls are the most common type of accident in the home, accounting for 44% of all childhood injuries. About 10 children in the UK die each year as a result of falling from balconies, windows and stairs.

For babies, the biggest danger is rolling off the edge of a table, bed or sofa. Toddlers quickly learn how to climb and explore and it's very easy for them to fall off a piece of furniture, down stairs or out of a window or balcony.

It's likely that young children will fall over and get knocks and bruises while learning to walk, but serious injuries can be avoided. Below are some tips to prevent falls in the home.

- Make sure your baby cannot roll off the changing surface.
- Don't put a bouncing cradle or similar piece of equipment on a table or worktop - they can easily bounce off the edge.
- Fit restrictors to upstairs windows so they cannot be opened more than 10cm.
- Keep chairs and other climbing objects away from windows and balconies.
- Fit safety gates approved by British Standards (BS EN 1930:2000) at the top and bottom of stairs.
- Don't leave anything on the stairs that might cause someone to fall over, and ensure there is enough light on the stairs.
- Check there is no room for a child to crawl through any banisters at the top of the stairs. Board them up if there's a risk of your child falling through them or getting stuck.
- Secure any furniture and kitchen appliances to the wall if there's a risk they could be pulled over.



Preventing Accidents

Suffocating and choking

Babies and young children can easily swallow, inhale or choke on small items such as marbles, buttons, peanuts and small toys. The steps below can help prevent this happening.

- Keep small objects out of the reach of small children.
 - Choose toys designed for the age of your baby or child - encourage older children to keep their toys away from your baby.
 - Beware of clothing with cords, dummies on necklace cords and bag straps - they can easily get caught and pull tightly on the neck.
 - Lay your baby on their back in a cot to sleep - don't let babies sleep in an adult bed or on the sofa and don't use pillows as they can suffocate.
 - Keep plastic bags away from young children - they can pull these over their heads and suffocate.
 - Curtain and blind pull cords should be kept short and out of reach of children.
- Keep animals, particularly cats, out of your bedrooms - if they jump into cots or beds they could suffocate your child. Attach a net over prams if necessary.



Working together to
keep children safe

Drowning

Children can drown in a few centimetres of water. They should be supervised at all times when near water. Make sure you:

- never leave a baby or child in the bath unsupervised, not even for a minute - this includes in a bath seat.
- don't leave uncovered containers of liquid around the house.
- empty paddling pools and store them away when not in use.

Glass-related injuries

Glass can cause serious cuts. Many children end up in hospital every year because of injuries caused by glass around the home. Many are also injured when glasses and bottles break.

- Make existing glass safe by applying a shatter-resistant film.
- Always dispose of broken glass quickly and safely - wrap it in newspaper before throwing it in the bin.
- If you own a greenhouse or cold frame (a structure to protect plants from the winter cold), make sure it has safety glazing or is fenced off from children.
- Don't let a toddler hold anything made of glass or anything sharp - such as scissors and sharp pencils.

Jeśli potrzebujesz tłumaczenia na język polski użyj numeru.

যদি এই অনুবাদ বাংলায় চান তাহলে উপরের সংখ্যায় যোগাযোগ করুন.

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