

your child home safety checklist



If you want more advice or are concerned, visit your local Children's Centre.



www.gotogrowtameside.co.uk

first aid tips



head injuries

Bumped head and bruising is common for children; all you need to do is apply a cold compress to the area for around 10 minutes – the compress could be a pack of frozen vegetables with a towel around it. If you see any changes in your child, like being sleepy and not responding when you talk to them, seek medical help urgently.

swallowed poisons

Chemicals that are swallowed may harm the digestive tract, or cause more widespread damage if they enter the bloodstream and are transported to other parts of the body.

Hazardous chemicals include common household substances. For example, bleach, dishwasher tablets and detergents. Medication, whether they are prescribed or bought over the counter, are also potentially harmful if they are taken in overdose.

Features of poison depend on what has been taken but may include: vomiting, sometimes blood-stained, impaired consciousness, pain or burning sensation and empty containers in the vicinity.

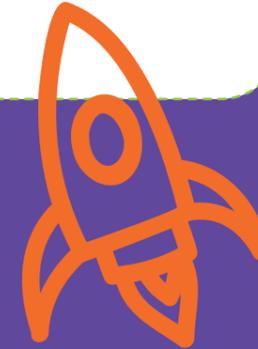
In the case of poisoning, maintain the airway, breathing and circulation and remove any contaminated clothing. Try to reassure and keep them calm. Try to identify the poison and dial the emergency services. Give as much information as possible about the swallowed poison. This information will assist doctors to give appropriate treatment once the casualty reaches hospital.



first aid tips

mild burns

Cool the burn under cold running water for at least ten minutes. Cooling the burn will reduce pain, swelling and the risk of scarring. The faster and longer a burn is cooled, the less the impact of the injury. After the burn has been cooled, cover it with cling film or a clean plastic bag. If it is a child that has been burnt call the emergency services.



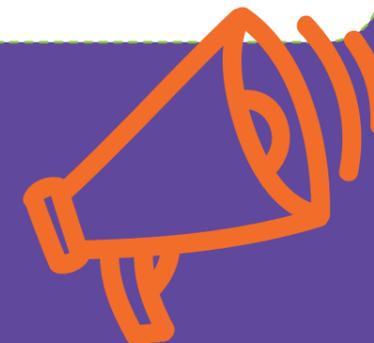
choking

This advice is appropriate for a child aged over 1 year old. The first indication that a child may be choking is that they may have difficulty breathing, their skin colour may change and their lips may become blue.

The first thing you need to do is encourage your child to cough, if they cannot cough the blockage out, lean them forward and with the heel of your hand hit them up to 5 times between the shoulder blades on their back.

If that does not work, kneel behind them, place a clenched fist between their belly button and the end of the breast bone with your other hand on top and pull in and up sharply up to 5 times.

If this does not work, remove any obvious objects in the mouth and then alternate with the back blows and belly thrust up to 3 times each. If the blockage is still there – call the emergency services.



what to have in your first aid kit

a basic first aid kit may contain:

1. Plasters, in a variety of different sizes and shapes
2. Small, medium and large sterile gauze dressings
3. At least two sterile eye dressings
4. Triangular bandages
5. Crêpe rolled bandages
6. Safety pins
7. Cold compress
8. Disposable sterile gloves
9. Tweezers
10. Scissors
11. Alcohol-free cleansing wipes
12. Sticky tape
13. Thermometer, preferably digital
14. Skin rash cream, such as hydrocortisone or calendula
15. Cream or spray to relieve insect bites and stings
16. Antiseptic cream
17. Painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
18. Distilled water, for cleaning wounds

child top safety tips for your home

falls

- Fit safety gates to your stairs and locks or catches to stop windows opening more than 2.5"/6cm.
- Always change your baby on the floor, rather than a raised surface from which they could fall.

poisoning

- Keep medicines and cleaning products out of sight and out of reach of young children - preferably in a locked cupboard.
- Remember that 'child resistant' packaging makes it harder for a child to open - not impossible.
- Keep note of when and what time your child is taking medication.

burns and scalds

- Always keep anything hot out of young children's reach - things like hot drinks, kettles, pots and pans, hair straighteners.
- Hair straighteners can reach temperatures of 220°C, so can burn children as badly as an iron. They can also still burn children up to eight minutes after they have been unplugged. As young children's skin is fifteen times thinner than an adult's, burns from hair straighteners can cause permanent scarring.
- Use the back rings of the cooker where possible and keep children away from oven doors.
- When running a bath for your child, top up cold water with hot, and stay with them during bath time.



1 kitchen

- Does your kettle have a short lead? Preventing children from pulling it.
- Are household chemicals stored in a secure place? Ideally high up and locked away.
- Are sharp knives and scissors kept out of reach and stored safely?
- Are children kept away while cooking? Turn pan handles away from the edge and keep sharp or hot objects out of reach.
- Are children kept away from the iron while it is still hot or in use?
- Just like chemicals – are alcohol and medicines kept out of reach?

2 living and dining room

- Do you make sure hot drinks and meals are not left in children's reach?
- Do you make sure electric sockets are not overloaded?
- Are large TVs secured, so they cannot fall onto a child? - Children like to climb and touch the TV.
- Are toys tidied away after play? – These can be a trip hazard.
- Are candles out of children's reach and blown out fully before going to bed or leaving the house?
- Are small objects – keys, batteries etc... stored away safely?
- Are patio doors seen well? – Children can run into them.
- Do you make sure nothing overhangs on the dining table, like a table runner?
- Is there a fixed fire guard?
- Do you make sure house plants are not poisonous?
- Do you keep small cell batteries like the ones in watches out of children's reach? - they are easy to swallow but very poisonous.

3 bathroom

- Do you ensure you run the cold water before the hot? – keeps the temperature of water down.
- Are cleaning products kept out of reach?
- Are sharp objects such as razors or tweezers kept out of reach?
- Are medicines kept out of reach or locked away?
- Are children supervised all the time while in the bath?
- Do you use a non-slip mat in the bath or shower?

4 bedroom (both child and parents room)

- Is furniture kept away from windows?
- Are cosmetics, perfumes, loose money and medication out of reach of children?
- Are straighteners put away after use? – Even when they are cooling down, children will play with them!
- Are blind cords and chains tied up out of reach?
- Do you keep toys out of the cot? – Children will use them to climb out.
- Don't use pillows, duvets or cot bumpers for babies under a year old as they can suffocate if their face gets covered.
- If you have bunk beds, are the safety bars and a secure ladder used?
- Do you try to supervise children while they are playing in the bedroom? – falls off the bed can lead to a bad head injury.

5 stairs and hallway

- Do you have a working smoke alarm? – Check it regularly.
- Are the stairs free of clutter? – Prevent any trips!
- Do you have a properly fitted safety gate at the bottom and top of the stairs? – You may want to install another on the bedroom the child plays in.
- Are external doors locked? – Remember to supervise children well if the door is open, children like to wander and explore outside.
- If the floor is wet after cleaning or running inside from the rain – beware of slips and trips!

6 garden

- Are sheds locked at all times?
- Is play equipment secure?
- Are all fences and gates secure to prevent wandering children?
- Are any garden ponds covered with a guard?
- Are chemicals such as plant food stored in a locked place?
- Have you checked for any poisonous plants or berries?
- Are bins placed safely? – Prevent climbing and trips!

