

A young child with curly hair is sitting on a white rug, playing with a red toy. The child is wearing a white shirt with orange polka dots. In the background, there are other colorful toys, including a yellow and green toy and a blue and orange toy. The scene is brightly lit, suggesting an indoor setting.

**ROSPA**

accidents don't have to happen

# Safe at Home: Tips for Under-5s

The Royal Society for the Prevention of Accidents

# Brighter Beginnings

**While bumps and grazes are a normal part of childhood, some accidents are so serious that families never recover.**

Thankfully, there are simple steps you can take to help make sure your children are safe.



## **Accidents**

are the biggest  
killer of children  
and young people...

But they don't  
have to happen

**This booklet is full  
of tips that can  
save little lives...**

Visit: [www.rospace.com/keeping-kids-safe](http://www.rospace.com/keeping-kids-safe)

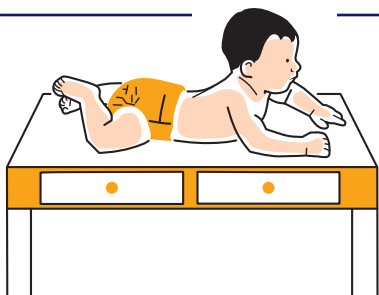
Some ideas to help prevent...

# Falls



**Don't** put furniture near windows as children may use it to climb up. Fit upstairs windows with a restrictor which lets fresh air in, but not children out!

**Babies** can move quickly and unexpectedly, so never leave your baby alone on a raised surface.



**Keep** the stairs clear and well lit. Use safety gates at the top and the bottom of the stairs once your baby is on the move.

Some ideas to help prevent...

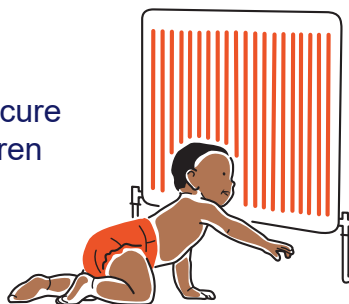
# Burns

**Keep** hot irons, curling tongs and hair straighteners out of reach – they can still be hot enough to burn even when they're cooling down.



**Keep** matches, lighters and candles out of sight and out of reach of children.

**Always** use a fireguard around open fires and secure it to the wall. Watch children around hot radiators.



Some ideas to help prevent...

# Suffocation & Choking

**Never** leave a toddler or baby to feed alone. Make sure you cut small foods like grapes and cherry tomatoes into quarters to stop them choking.



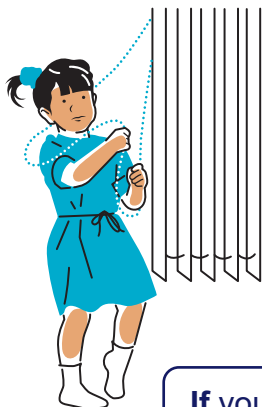
**Children** can choke on small toys, sweets and nuts and can suffocate on nappy sacks. Keep them out of reach!

**Never** go to sleep with a baby in your bed. Keep cots free of heavy quilts, cot bumpers, pillows, cushions and cuddly toys.



Some ideas to help prevent...

# Strangulation



**Choose** blinds that don't have a pull cord, especially in a child's bedroom.

**If** you have existing blinds with looped cords, keep the cord short and use a cleat or clip to tie it out of reach.



**Don't** hang toys, bags or anything else that dangles in or near a child's cot, bed, playpen, or high chair.

Some ideas to help prevent...

# Scalds

**Never** hold a child and a hot drink at the same time. Keep hot drinks away from the edge of tables and worktops.



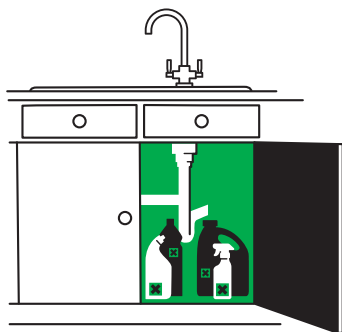
**Keep** small children out of the kitchen unless supervised. Make sure kettles are at the back of the worktop and turn pan handles away from the front of the cooker.

**When** running a bath, always turn the cold water on first, mix the water well and check the temperature with your elbow before letting your child get in. Fitting a thermostatic mixing valve to taps can reduce the risk of a serious scald.



Some ideas to help prevent...

# Poisoning



**Keep** cleaning products, such as liquid laundry capsules, out of sight and out of reach, preferably in a locked cupboard.

**Watch** out for plants with poisonous leaves or berries, either in your house or in the garden.



**Children** can often mistake medicines for sweets. Keep them out of sight and out of reach preferably in a locked cupboard and take your old medicine to a pharmacy for safe disposal.

Some ideas to help prevent...

# Drowning

**Children** can drown in less than 3cm of water. Never leave children or babies alone in the bath, even for a moment.



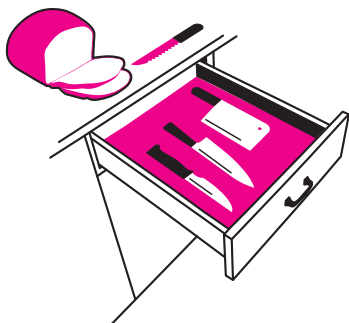
**Always** supervise children in paddling or swimming pools. Paddling pools should be emptied and stored away when you've finished using them.

**Garden** ponds should be filled in when children are small, or safely fenced off or covered. Be careful when visiting other people's gardens.



Some ideas to help prevent...

# Cuts



**Keep** sharp knives, scissors and garden tools out of reach of children.

**Use** safety scissors when children first start using scissors and never leave them alone while they're cutting.



**Make** glass safer by using shatter resistant film. Always clear up broken glass quickly and dispose of it safely.

# Checklist

- **Cupboard lock** – Great for keeping little fingers away from dangerous cleaning products and medicines
- **Window restrictors** – Let air in without the risk of your little one falling out
- **Safety gate** – Even if your little one isn't crawling yet, these are useful to stop dangerous falls
- **Smoke alarm** – Don't forget to check it's working by testing it every week
- **Carbon Monoxide detector** – As well as checking that your boiler is regularly serviced, this is your last line of defence against CO poisoning
- **Blind cord 'cleat'** – Use these simple hooks to tie up dangling looped blind cords
- **Furniture secured to walls** – Bookshelves, drawers, televisions and fireplaces all need to be secured
- **Loose rugs and cables secured** – Stop potentially painful trips with cable tidies and rug tape
- **Bath mat** – Great to stop nasty slips and falls
- **Thermostatic mixing valve (TMV)** – Prevents serious scalds by controlling the temperature of water that comes out of your taps.



accidents don't have to happen

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