

**Unintentional injuries in and around the home** are a leading preventable cause of death and emergency admissions for children. Children are not aware of the consequences of many new situations that they encounter. **The best way to keep your little one safe is to properly supervise them at all times.**

## Drowning

...is the third highest cause of accidental death of children in the UK. The majority of drownings are preventable.



**Babies can drown in as little as 25mm of water**

25mm

- ✗ Never leave a baby or child in the bath unsupervised, not even for a minute.
- ✗ Never leave a baby or child alone in a bath seat.
- ✓ Constantly supervise and stay with children in swimming pools.
- ✓ Empty paddling pools and store them away when not in use.
- ✓ If you have a pond always supervise closely, fence it or fill it in!!
- ✓ Be careful when children visit gardens or parks that have ponds or lakes.

**The sea and shorelines are unpredictable with waves, tides and hidden currents that can drag you out in seconds. Respect the Water.**

For young children, there is a real risk of drowning in the home or garden. As they get older, the risks are associated more with children challenging themselves around water. As children grow in confidence they can over-estimate their abilities.

Children under 8 years old need to be supervised. They might understand instructions but are likely to forget if they are having fun or are excited. Teach older children to choose safe places to swim, such as public pools and beaches patrolled by lifeguards, rather than canals, gravel pits and rivers.

## Blind cords and chains can kill children

...Window blind cords and chains can pose a real risk for babies and children.

5 young children have already tragically died in Staffordshire.



Move beds, cots and highchairs away from windows



Make sure all cords and chains are secured out of reach. Do not tie cords together. Make sure they are not twisted and create a loop.



Move furniture away from window covering cords and chains – children love to climb.

# How safe am I from a serious fall?

We're always falling over our feet. But sometimes, when we fall further and hit something hard, we can be badly hurt. Falling downstairs or out of windows can hurt our brains as well as our bodies.



Annually around 10 children die as a result of falls – this could be windows, balconies and stairs.

Children have also died from heavy objects falling onto them.

## Prevention

- Fit and use stair gates at the top and bottom
- Fit catches and locks to windows
- Keep furniture away from windows to stop children climbing up
- Never leave trip hazards on the stairs
- Furniture at risk of being pulled over should be secured to the wall



18

## Be one step ahead

Check the battery compartment on toys, remote controls and other electric devices is secure. Lock away spare batteries, and seek immediate advice if swallowed.

Lithium batteries are found in phones, games, watches and toys.

**They can be fatal if swallowed.**

Take action and put them away

A graphic illustration featuring a red battery, a magnifying glass focusing on a silver lithium battery with the text "LITHIUM BATTERY CR2032 3V HL", and a silhouette of a person with a red 'X' over their head, indicating a warning or prohibition.

- Switch off heated appliances immediately after use, and place them out of reach.
- Always place hot drinks out of children's reach.
- Don't drink anything hot with a child on your lap or in your arms.
- Use a cordless kettle.
- Use the back rings on the cooker and keep saucepan handles away from the edge.
- If possible, keep young children out of the kitchen.

**A child's skin is far more sensitive than an adults**