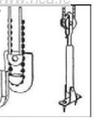


## Watch your child at all times as children do not understand danger

### Prevent injuries around stairs, furniture & doors

- ✓ Use stair-gates - correctly secured - at the top and bottom of stairs. 
- ✓ Keep stairs & steps clear of items like toys, shoes, books, clothes, etc.
- ✓ Secure TVs and stands, chests of drawers, bookcases, etc to the wall or floor. 
- ✓ Position coffee tables, lamps etc where they are least likely to be bumped into, fallen over or pulled at.
- ✓ Use furniture pads to cover any sharp corners.
- ✓ Use safety door stoppers, out of children's reach, to help prevent fingers getting trapped in room doors.
- ✗ Never leave your child unattended on a changing table or raised surface. Never leave your child in a baby bouncer or carrier on a raised surface. 

### Prevent injuries at windows & balconies

- ✓ Secure all windows with window restrictors that do not require tools for opening. 
- ✓ Keep furniture away from windows. This includes cots, beds, seats, tables, boxes etc.
- ✓ Keep objects that a child can use to stand or climb on away from windows and balconies.
- ✓ Get rid of gaps in balcony railings that could be used as a foothold or that children could fit through.
- ✗ Do not fit blinds and curtains with cords attached - if already fitted make them safer: 
- ✓ Use a tie down or tension device to pull the cord tight and secure it to the floor or wall or
- ✓ Replace cords with curtain or blind wands, out of children's reach.

### Fire safety

- ✓ Install working smoke alarms. 
- ✓ Test them weekly.
- ✓ Replace used batteries immediately.
- ✓ Make a fire escape plan and practice it often.
- ✓ Always unplug electrical equipment when not in use. 
- ✗ Never overload sockets.
- ✓ Guard open fires with a sparkguard and a fireguard.
- ✓ Secure the fireguard to the wall.
- ✗ Never place anything on the fireguard.
- ✗ Do not allow anyone to smoke in your home. 

### Prevent burn and scald injuries

- ✓ Keep hot drinks out of reach of children - even after 15 minutes a cup of tea or coffee, with milk, can still be hot enough to seriously scald a child
- When cooking: 
- ✗ Do not use chip-pans.
- ✓ Keep children away from the cooker. 
- ✓ Cook on the back rings/hobs where possible.
- ✓ Turn pot handles in.
- ✓ Use a cooker guard.
- ✓ Be mindful of children when you are moving hot food/liquids from the cooker to another surface.
- ✓ Keep flexes, e.g. on kettles, short & out of reach of children.
- ✓ Keep all electrical equipment – including hair straighteners - out of children's reach.
- When bathing: 
- ✓ In the bath, run cold water first, then add the warm water, then run cold water again (to cool the taps).
- ✓ Test the bath water temperature with your elbow before putting your child into the bath. Consider using a bath thermometer to check - the water should be around 36°C.
- ✗ Never, ever leave your young child alone in the bath - even for a moment.

### Prevent poisoning

- ✓ Store all household, laundry & cleaning products & liquid detergent capsules/pods in their original containers in a high cupboard. 
- ✓ Keep all medicines, including vitamin tablets etc, in their original containers and locked away in a high cupboard.
- ✓ Keep cosmetics - perfume, make up, hair products etc – and handbags out of sight and reach of children. 
- ✓ Use cupboard safety locks.
- ✓ Store garden and outside products in their original containers in a locked shed. 
- ✓ Keep houseplants/flowers out of reach of children.

### Prevent choking and suffocation

- ✓ Keep small items - coins, button batteries, magnets, balloons, peanuts, hard sweets, popcorn, etc - out of sight & reach of children. 
- ✓ Supervise young children when they are eating.
- ✓ Cut grapes, cherry tomatoes & similar shaped fruits/vegetables into quarters before giving them to children.
- ✓ Keep handbags, plastic bags & nappy bags out of sight and reach of children.
- ✓ Children should play with toys suitable to their age and developmental stage, which are in good condition, and meet safety standards.
- ✓ Remove bibs after feeding your baby and always before putting them down to sleep.
- ✗ Never place a necklace, string, ribbon, jewellery, or clothes/hats with strings attached, on young children.
- ✗ Do not use teething jewellery (necklace, bracelet, anklet).

### Safe Sleep for your Baby - help reduce the risk of Cot Death

- ✓ **Always** place your baby on his/her back to sleep, even for naps. 
- ✓ Place baby with feet to the foot of the cot, and with head and face uncovered.
- ✓ Keep the cot free of soft objects and anything loose or fluffy - this includes pillows, positioners, bumpers, toys etc.
- ✓ The safest place for baby to sleep at night is in a cot in your room (for at least the first 6 months).
- ✗ Don't let your baby get too hot.
- ✗ Do not smoke or allow anyone to smoke in your home or car.

### Prevent drowning

- Never leave your child alone around water - drowning can happen in seconds, in silence and in a very small amount of water.
- ✓ Children wander easily and are fascinated by water so watch them closely when they are in or near water - remain in reaching distance at all times, including during bath time. 
- ✓ Empty the bath immediately after use.
- ✓ Empty paddling pools, buckets, etc immediately after use and store them so that they will not be able to collect rain water.
- ✓ Cover/fence off sources of water (ponds, barrels, water features, troughs) and slurry pits etc.

### Road safety

- ✓ When travelling you must use a car seat for your child. 
- ✓ Make sure:
  - ✓ It is correct for their weight and height;
  - ✓ It is fitted correctly;
  - ✓ Your child is always securely strapped into it – no matter how short the journey.
- ✓ You remove your child from the car seat as soon as your journey ends.
- ✓ When cycling make sure:
  - ✓ You and your child wear a protective helmet and reflective clothing;
  - ✓ The bicycle is the correct size, has working brakes, lights and bell;
  - ✓ Children under 12 years of age have adult supervision when cycling in or near traffic. 
- ✓ When walking make sure:
  - ✓ Children under 12-years are supervised when crossing the road as they cannot judge vehicle distance and speed accurately;
  - ✓ Your child knows the "Safe Cross Code" and uses it;
  - ✓ You and your child wear hi-vis clothing. 

- ✓ Learn basic first aid skills.
- ✓ Have a well stocked first aid kit at home.
- ✓ Store it out of sight and reach of children.
- ✗ Do not store medication in a first aid kit. It should be stored in a high locked cupboard.



## Cuts and Bleeding

1. **Clean the cut** - use cold running water.
2. **Stop the bleeding** - apply light pressure with a clean cloth or pad until bleeding stops.
3. **Cover the cut** - use a clean non-fluffy dressing.
4. **Take the child to your GP or hospital** if the cut is bleeding heavily, the wound becomes infected, fails to heal or you are worried.

## Burns and Scalds

If the burn or scald is above the neck, get immediate medical help from your Emergency Department. Burns/scalds above the neck could affect breathing or vision.

If other areas are affected, still plan to seek medical attention for your child, but it is safe and a good idea to take a few minutes to apply basic first aid at home:

1. **Cool the burn or scald** - run cool water over it for 20 minutes.
2. **Remove tight clothing and jewellery** if possible as burnt skin can swell, **but** do not remove anything which is stuck to the skin.
3. **Do not** place any ice, fats, ointments or creams on the injury.
4. Use a clean **non-fluffy cloth** or clean cling film if you need to cover the injury - do not apply tightly.
5. **Take the child to hospital** immediately unless the burn or scald is very minor.

## Poisoning

1. **Stay calm and act quickly.**
2. **Take the poison** away from your child.
3. If the poison was eaten, make your child **spit it out** and run your fingers around the mouth to flick out remaining pieces.
4. **Never** make your child vomit.
5. If chemical has been splashed into the **eye** - wash with **tap water for 15 minutes.**
6. **Wash any skin in contact with poison** using soap and water.
7. **Do not give anything** to eat or drink unless directed to do so by healthcare staff.
8. **Get medical advice:**
  - ✓ Phone the Poisons Information Line on 01 809 2166 (8am -10pm).
  - ✓ Outside these hours contact your GP or the hospital.
  - ✓ In an emergency, phone 112 or 999.
9. Always **take the product container** with you to the telephone, GP or hospital.

## Choking - Infants under 1 year old



1. Turn the infant face down with their head lower than their body.
2. Support their head, jaw and neck.
3. Give **5 back blows** using the heel of your hand between the infant's shoulders.
4. Turn the infant onto its back while still supporting their head & neck.
5. Give **5 chest thrusts** by placing two fingers over the lower half of the infant's breastbone, below an imaginary line between the nipples.
6. Keep doing 5 back blows and 5 chest thrusts until the object pops out and the infant begins to breathe again.

- **If the infant/child becomes unresponsive**, call for help and send someone to **phone 999 or 112.**
- Stay on the phone and listen carefully for advice:
  - You must begin CPR (Cardio Pulmonary Resuscitation) - the Ambulance Call Taker will guide you.
  - If during CPR you see the object, remove it with your fingers but do not place your fingers into the mouth if you cannot see the object.

Ref: American Heart Association 2010 &: PHECC 2012

## Choking - Children aged 1 year & older

1. **Ask the child** - Are you choking? Can you breathe?
2. **If the child cannot breathe, talk or cough**, stand behind him/her.
3. **Give up to 5 slaps to the back** between the shoulder blades.
4. If this does not dislodge the object, stand or kneel behind the child.
5. Start the *Heimlich manoeuvre* by placing the flat thumb side of your fist between the child's navel and breastbone.
6. Be sure to **keep well off the breastbone.**
7. Wrap your other hand around your fist and press upwards towards their stomach.
8. Keep doing this until the object pops out and the child begins to breathe again.



## Important Contact Numbers In an emergency phone 999 or 112

Eircode	Poisons Information Line 01 809 2166 (8am -10pm)	
Mobiles	Family GP	
Work/other number	GP Out of Hours	
Next-of-Kin	Public Health Nurse	
Neighbour	Hospitals	
Schools	Dentist	
	Chemist / Pharmacy	
	Other	



In an Emergency  
Dial 999 or 112  
Ambulance • Fire • Gardaí

Visit [www.hse.ie/childsafety](http://www.hse.ie/childsafety) for more information



Child Safety Awareness Programme (CSAP)



Department of Public Health - Midlands  
24<sup>th</sup> February 2017