

A young child with dark hair, wearing a light blue long-sleeved shirt, is lying on their stomach on a white surface, smiling and looking towards the camera. They are playing with colorful wooden blocks. To the left, there is a tall stack of blocks including a red block with a hole, a blue block, and an orange block. In the foreground, there are several smaller stacks of blocks, including a green triangle on a blue cylinder, a blue square on a blue cylinder, and a yellow cylinder on a green base. To the right of the child, there is a clear plastic water bottle with a blue lid and a blue straw. The background is a blurred indoor setting with colorful objects.

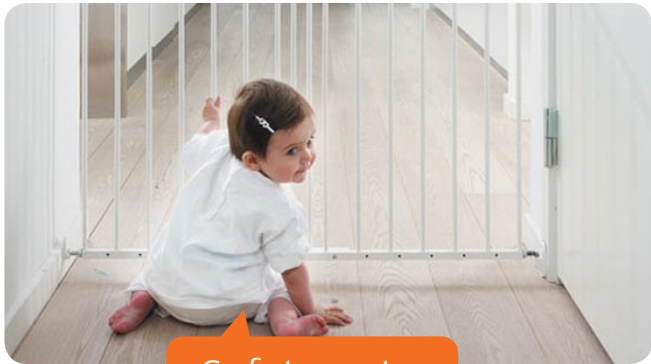
**ROSPA**

accidents don't  
have to happen

# Keep me Safe at Home

# Safety Equipment

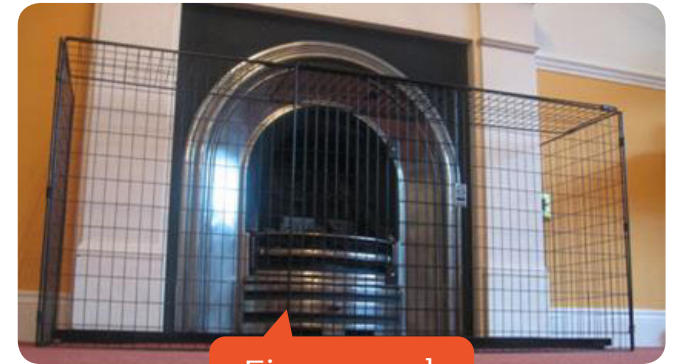
While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



Safety gate



Window restrictor



Fire guard



Bath mat



Cupboard lock



Blind cord shortener



Corner cushion

# Falls

In the UK over 40,000 children under five are hurt each year as a result of a fall down stairs.

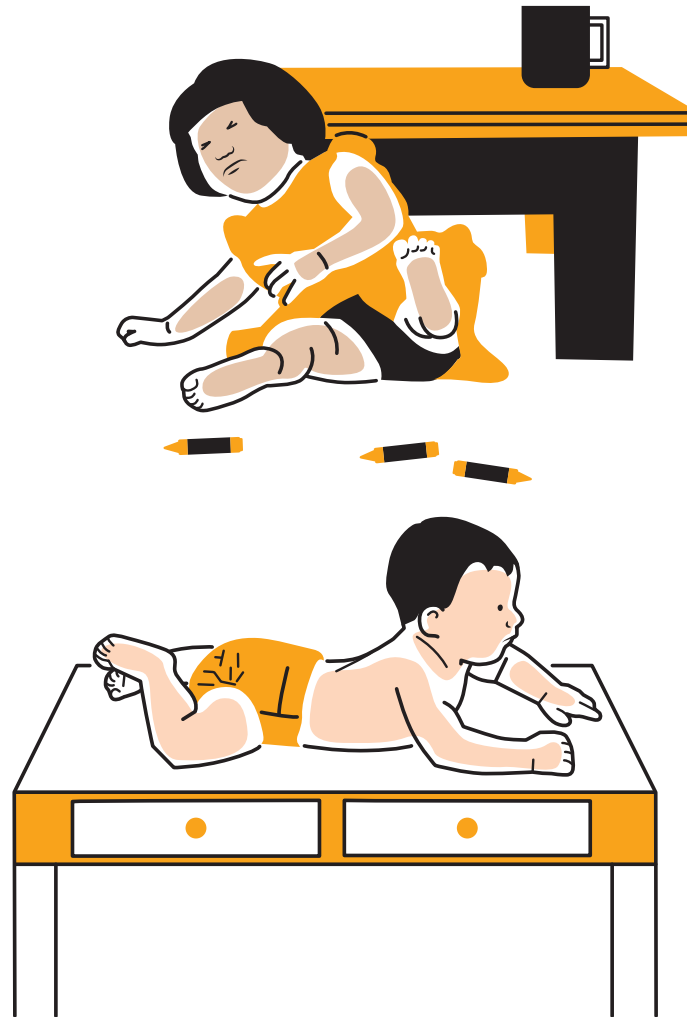
**Remember:**  
Use safety gates at the top and bottom of the stairs once your baby is on the move.



- Never leave trip hazards on the stairs
- Be prepared for your baby to move quickly especially when starting to crawl
- Stairs should be carefully maintained – damaged or worn carpet should be repaired or removed
- Make sure balustrades are strong and do not have any footholds for climbing
- Stairs should always be well lit
- Fit child resistant window restrictors but make sure you can get out easily in an emergency
- Do not put anything under the window that can be climbed on
- Furniture and tall kitchen appliances at risk from being pulled over should be secured to the wall
- As soon as your baby can lift their head he/she will be able to roll – never leave a baby on a raised surface especially not in a car seat or baby bouncer
- Fit a safety gate (**to EN 1930**) at the top and bottom of stairs
- Always use a five point harness in buggies and highchairs
- The use of baby-walkers is not recommended

# Falls

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



# Burns

**Domestic fires pose a risk to children. Children playing with matches and lighters frequently start house fires.**

**Remember:  
Always use a  
fire guard and fit  
a smoke alarm on  
each floor of the  
house.**



- Keep matches and lighters out of sight and reach of children. If you do smoke, take it right outside to protect your family from fire
- Always use a fireguard and secure it to the wall
- Do not dry washing on the fire guard
- Extinguish and dispose of cigarettes properly
- Have an escape route planned, and practice it, in case of fire
- Fit a smoke alarm which complies with **BS 5446** and check it weekly
- The incidence of burns and scalds in young children is much higher than that of older children and adults
- Keep hot irons, curling tongs and hair straighteners out of reach even when cooling down
- Never leave candles or naked flames unattended and always place in a suitable container
- Do not allow children to climb onto kitchen worktops
- Children can also suffer burns after contact with very hot radiators

# Burns

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



# Suffocating and Choking

Children less than 36 months are more at risk from choking as they can swallow, inhale or choke on items such as small toys, peanuts and marbles. Children can also suffocate or choke on nappy sacks.

**Remember:**  
Children can choke on small toys, sweets and nuts and can suffocate on nappy sacks.

## Suffocating and Choking

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



- Choose toys appropriate to the age of the child
- Ensure that small objects such as marbles, peanuts and small toys are kept out of reach of children under three years old
- Encourage older children to keep their toys away from their younger playmates
- Keep animals, especially cats, out of the bedroom and use a net on a pram
- Never go to sleep with your baby in your bed
- Lie a small baby down on his/her back, make sure the child's feet are at the bottom of the cot, and do not have the blankets higher than underarm. Do not put other things like cot bumpers and cushions in the bed
- Never leave a baby or toddler to feed alone
- Cutting food into small lengths rather than rounds can help minimise risk
- Small foods such as grapes, cherry tomatoes, blackberries and other soft fruit should be cut into quarters to prevent choking
- Never allow young children to play with balloons unsupervised
- Keep button batteries out of reach, they can cause severe injury if swallowed
- Always keep nappy sacks and other plastic bags and wrappings away from babies and young children

# Suffocating and Choking

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



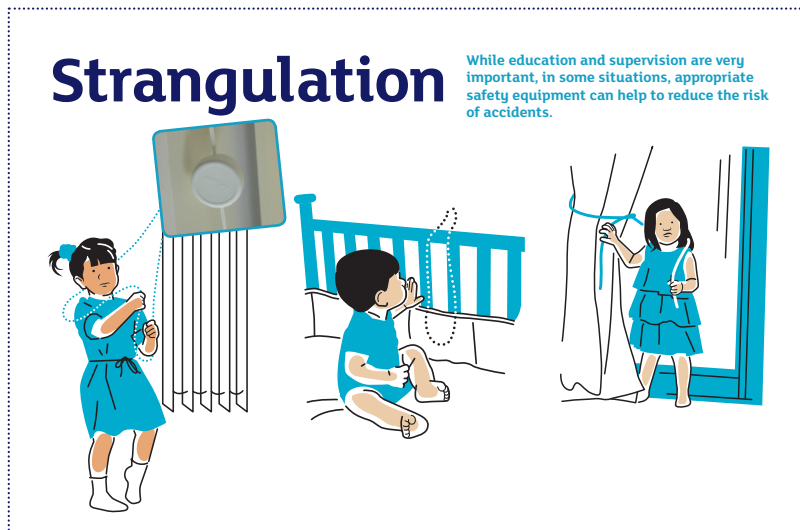


# Strangulation

Looped cords such as blind cords and chains can pose a hazard to small children.

We typically hear about one or two children dying after becoming tangled in blind cords in the UK each year and, of course, there are many more near misses. To reduce these risks, cords should be kept out of the reach of children.

- Don't hang drawstring bags where a small child could get their head through the loop of the drawstring
- Install blinds that do not have a cord, particularly in a child's bedroom
- Pull cords on curtains and blinds should be kept short and kept out of reach
- Use one of the many cleats, cord tidies, clips or ties that are available
- Do not hang toys or objects on the cot or bed that could be a hazard
- Do not place a child's cot, bed, playpen or highchair near a window



**Remember:**  
Install blinds that do not have pull cords or fasten the cord so it is out of reach.

# Strangulation

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



# Scalds

**Hot drinks cause most scalds to children under the age of five.**

**A child's skin is much more sensitive than an adult's and a hot drink can still scald a child 15 minutes after being made.**

**Remember:  
Always check the  
water temperature  
before giving  
a child a bath  
or a shower.**

## Scalds

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



- Run the domestic hot water system at 46°C or fit a thermostatic mixing valve to taps
- When running a bath turn the cold water on first and always test the water temperature with your elbow before letting a child get into the bath or shower
- Never leave young children alone in the bathroom
- Make sure that a baby bath is on a firm surface
- Put hot drinks out of reach and away from the edges of tables and worktops
- Never hold a hot drink and a child at the same time
- Keep kettles at the back of the work top including cordless kettles
- Keep small children out of the kitchen whenever possible
- Always use rear hotplates and turn the pan handles away from the front of the cooker

**Remember:  
Small children  
cannot understand the  
dangers around them.  
Never leave young  
children alone in the  
bathroom.**

# Scalds

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



# Poisoning

**Most poisoning accidents involve medicines, household products and cosmetics. Some poisoning agents can cause breathing difficulties – seek medical attention immediately.**

**In the UK over 40,000 children swallow pills, chemicals, cosmetics & perfumes each year.**

**Remember:**  
Young children are explorers who learn by touching and tasting.

- Keep medicines and chemicals out of sight and reach of children, preferably in a locked cupboard, including household cleaning products such as liquid laundry capsules
- Wherever possible, buy products in child resistant containers
- Always store chemicals in their original containers
- Dispose of unwanted medicines and chemicals safely, these can be taken to your nearest pharmacy
- Children can mistake medicines for sweets
- Keep button batteries out of reach, they can cause severe injury if swallowed
- Avoid buying plants with poisonous leaves or berries – some plants can also irritate the skin

## Poisoning

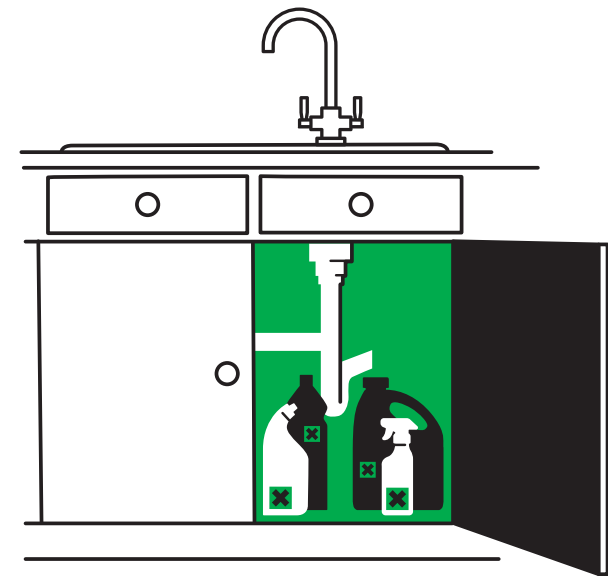
While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



**Remember:**  
Fit cupboard locks and be especially careful when visiting friends or relatives, since their medicines may be more accessible.

# Poisoning

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



# Drowning

**On average 12 children under five die in the UK each year from drowning.**

- Never leave children or babies in the bath unsupervised, even for a moment
- Never leave uncovered bowls or buckets of water around the home
- Paddling pools should be emptied and stored away when not in use
- Garden ponds should be filled in while children are small or securely fenced off. Take special care when visiting other people's gardens
- Use a bath mat to reduce the risk of an accident



**Remember:**  
Children can drown in less than 3cm of water. They should be under constant supervision when in or near any water.

# Drowning

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.





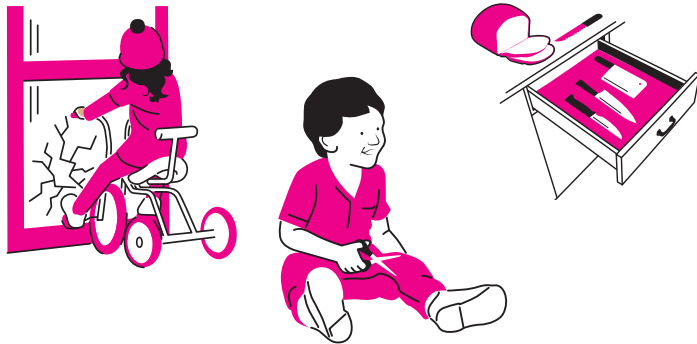
# Cuts

There are lots of sharp edges and glass items in and around the home.

**Remember:**  
There are lots of sharp edges in the kitchen.

## Cuts

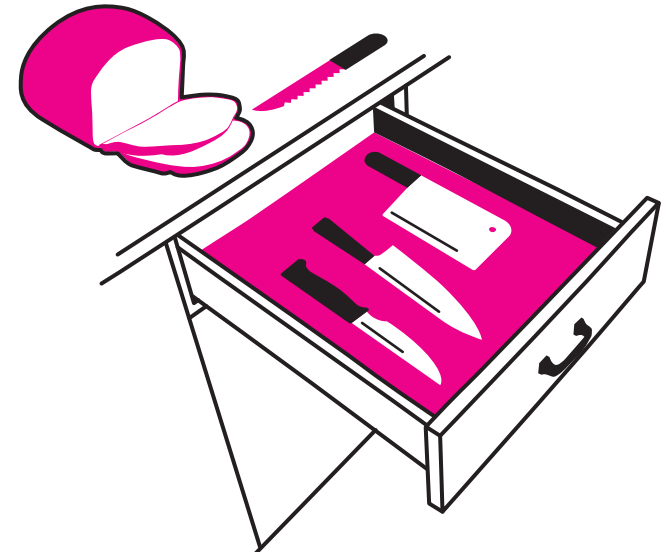
While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



- Keep sharp knives and scissors out of reach of small children
- Use safety scissors when children first start to use scissors on their own
- As soon as they're old enough, teach children how to use knives and scissors safely
- Use safety glass to **BS 6206** (laminated, toughened or glass which passes the impact test) in all replacement windows and doors – especially at low level. Laminated glass is good for safety and security
- Make existing glass safer by applying shatter resistant film
- When buying furniture which incorporates glass, look for approval to **BS 7376 and BS 7449**
- Always clear up broken glass quickly and dispose of it safely
- If you have a greenhouse or cold frame make sure it has special safety glazing features or isolate with fencing
- Put gardening tools away in a locked shed as soon as you have finished with them

# Cuts

While education and supervision are very important, in some situations, appropriate safety equipment can help to reduce the risk of accidents.



**Over one million children under the age of 15 experience accidents in and around the home every year, for which they are taken to Accident and Emergency Units. Many more are treated by General Practitioners and by parents and carers. Across the UK, each year over 130 children aged 0–14 die with over 100,000 being admitted to hospital as a result of an accident.**

**Those most at risk from a home accident are the 0–4 years age group. Falls account for the majority of non-fatal accidents whilst the highest numbers of deaths are due to choking and suffocation. Most of these accidents are preventable through increased awareness, improvements in the home environment and greater product safety.**

**This resource has been designed to help stimulate discussion with families about how they can keep their children safe from accidents.**

- A child's skin is much more sensitive than an adult's and a hot drink can still scald a child 15 minutes after being made
- Most accidents to children happen in the living room
- On average 12 children under five die each year from drowning
- Over 40,000 children swallow pills, chemicals, cosmetics & perfumes each year
- Over 40,000 children under five are hurt each year as a result of a fall down stairs



accidents don't have to happen

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