

National Child Safety Week: Key Messages

Accidents in the home are a leading cause of preventable death and long-term harm for children under 5. 5 types of preventable accidents make up 90% of injury-related hospital admissions for this age group. They are falls; choking, suffocation and strangulation; poisoning; burns and scalds; and drowning. (Source: Public Health England)

Prevent poisoning

- Store medicines at or above adult eye height or locked away
- Put medicines and household products away immediately after use

Prevent falls

- Avoid changing nappies on raised surfaces (e.g. changing tables and beds)
- Don't leave babies unattended on raised surfaces or put babies in car/bouncing seats on raised surfaces
- Teach children not to climb on objects in the kitchen

Prevent burns

- Put your hot drink down where children can't reach it
- Teach children what to do when you're cooking or using the kettle

Preventing choking, suffocation, strangulation

- Keep baby's cot clear: no duvets, pillows, soft toys or cot bumpers
- Chop grapes and other small round foods into quarters
- Keep nappy sacks and blind cords out of reach

Preventing drowning

- Babies and children drown quickly, quietly and in just a few centimetres of water
- Children in the bath or in/near water should be supervised at all times by an adult

Useful Resources

Child Accident Prevention Trust: <https://www.capt.org.uk/Pages/Category/child-safety-week>

The Royal Society for the Prevention of Accidents: <https://www.rospa.com/campaigns-fundraising/family-safety-week/free-resources/>

Lincolnshire's Child Home Injury Prevention (CHIP) Scheme: <https://lincolnshire.fsd.org.uk/chip>