

Lancashire Healthy Young People and Families Service has brought together key information on home safety during this time of social distancing. The aim is to support families and prevent accidents.



### Home safety – supervision is key

In the home –at play times – at meal times - at bath time– out and about – near roads – near water, age appropriate supervision is key. Supervise **all the time** for under 5s.

*“Most home accidents are preventable through increased awareness, improvements in the home environment and greater product safety”.*

<https://www.rospa.com/>



The Child Accident Prevention Trust recommends a room by room check – doctors are already seeing an increase in burns during lockdown. A small child’s skin burns really easily as it’s so thin and delicate.

<https://www.capt.org.uk/> [www.facebook.com/ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)



### Please do...

- Use age appropriate and safe equipment, toys and activities.
- Follow safer sleep advice for 0-1years
- Place nappy sacks and small objects out of reach
- Use blinds without cords, or use winders - change nappies on the floor
- Always use a harness correctly
- Use safety gates until age 24 months
- **Supervise and teach children where not to climb**
- **Use window locks, restrict access to balconies**
- **Ensure nothing aids climbing to windows or from balconies**
- Make sure carbon fuel appliances are serviced at least annually
- A working CO alarm could save lives
- Fit cupboard locks where medicines and household chemicals are stored
- Put cold water in first when running a bath and check the temperature before bathing a baby
- Keep hot drinks out of reach of babies and children, teach children kitchen safety rules
- Supervision and limit access to water at home in baths, pools and garden ponds
- Have a working smoke alarm and a family fire escape plan - keep matches and lighters away from children
- Hold your child’s hand when near or crossing roads - explain traffic and its dangers to your child.
- Model safe behaviour - use a correctly fitted car seat for every trip



### Please don’t...

- Don’t leave toys where the baby/child is sleeping
- Never prop up a bottle for your baby to feed alone
- Don’t put baby seats on raised surfaces
- Don’t leave babies unattended on a raised surface (eg bed, changing table)
- **Don’t leave button batteries within reach of babies and children**
- Don’t leave another child in bath to care for baby
- Don’t leave pans unattended when using fat or oil - don’t put clothes or furnishings near fires
- Never allow a child under five out alone, avoid distractions, including mobile devices

For further information on accidents in the home, visit: <https://www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips/>



### For safe at home tips for under 5s

<https://www.rospa.com/home-safety/advice/accidents-to-children>  
 Accident Free, Avoid A&E [www.rospa.com/AccidentFree](http://www.rospa.com/AccidentFree), for everyone who is affected by social distancing measures. Prevent accidents, protect your family. Help the NHS  
 For additional Parent Tips see [www.ihv.org.uk](http://www.ihv.org.uk)

For top tips for lockdown safety go to <https://www.capt.org.uk/>  
 For information from Virgin Care 0-19 service <https://lancsyoungpeoplefamilyservice.co.uk>



### Consult the experts – links that may be useful

<https://lancsyoungpeoplefamilyservice.co.uk>

<https://www.lullabytrust.org.uk/>,

#### NHS

- <https://www.nhs.uk/smokefree>
- <http://www.quitsquad.nhs.uk/index.php>
- <https://www.nhs.uk/conditions/pregnancy-and-baby/making-up-infant-formula/>

#### UNICEF

- [https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life\\_guide\\_to\\_bottle\\_feeding.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf)

#### RoSPA

- <https://www.rospa.com/>,

#### Child accident prevention trust

- <https://www.capt.org.uk/>
- <https://www.lancsfirerescue.org.uk/safety/safety-advice/>
- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/475173/Fire-Safety-for-Parents-and-Child-Carers.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/475173/Fire-Safety-for-Parents-and-Child-Carers.pdf)
- <https://www.lancsfirerescue.org.uk/safety/safety-advice/>
- <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>
- <https://www.think.gov.uk/education-resources/>



**Safety check list**

# TODDLING *into* TROUBLE

**A checklist for parents and childminders of the under 5's.**

Surprise! Surprise! The most dangerous place you can be in is in your own home. If you really don't want to join the three million people who need hospital treatment for a home accident each year, then get cracking on this checklist NOW! If you have older people who visit your home, there may be extra dangers for them that you are not aware of.

**GENERAL** It is a fact that ... more accidents happen in the summer, on a Sunday and in the evening.

It's a fact that ... more accidents happen when people are in a hurry, under stress or in unfamiliar surroundings.

- 1 Are matches and lighters kept out of sight?
- 2 Are gas appliances and heaters checked and serviced regularly?
- 3 Are window locks fitted and in use?
- 4 Do you have at least one smoke detector fitted and working?
- 5 Do you have a lockable medicine store?
- 6 Are doors and low level windows fitted with safety glass or film?

**KITCHEN** It's a fact ... 37% of burns and scalds happen to the under 5's.

- 1 Does the kettle have a 'curly' or short flex?
- 2 Are household chemicals stored in a secure place?
- 3 Are floor surfaces non-slip and securely fixed?
- 4 Are children kept out of the kitchen during cooking?
- 5 Are children kept away from the iron while it is still hot or in use?
- 6 Are sharp knives and scissors kept out of reach and stored safely?
- 7 Are pan handles turned in and well clear of hotplates?
- 8 Is the kitchen laid out with well placed work surfaces beside the cooker and sink?
- 9 Is there a well equipped first aid kit?

**LIVING AND DINING ROOM** It's a fact ... at least one child dies in a house fire each week.

- 1 Is there a fixed fireguard?
- 2 Do you tidy toys away after play?
- 3 Do you make sure hot meals or drinks are not left in reach of children?
- 4 Do you make sure that the table cloth does not overhang the table?
- 5 Do you make sure alcohol is out of reach of children?
- 6 Do you make sure that electric sockets are not overloaded?
- 7 Do you make sure that there are no trailing flexes or damaged plugs?

**HALL AND STAIRS** It's a fact ... about 800 children are hurt in falls every day, many happen on stairs.

- 1 Are safety gates fitted and in use?
- 2 Are the hall and stairs free from clutter?
- 3 Is the lighting adequate?
- 4 Are bannister rails close enough to stop children falling through?

**BATHROOM** It's a fact ... once a fortnight one child under 5 dies from drowning - some in the bath.

- 1 Do you run the cold water before the hot?
- 2 Do you use a non-slip mat in the bath or shower?
- 3 Are children supervised all the time at bathtime?

**BEDROOM** It's a fact ... every year over 40,000 children accidentally swallow pills, chemicals, etc.

- 1 Is medicine locked away after use?
- 2 Is furniture kept away from windows?
- 3 Are heaters fitted with a guard?
- 4 If you have bunk beds, are safety bars and a secure ladder in use?
- 5 Are cosmetics and perfumes/aftershaves out of reach of children?

**GARDEN/OUTSIDE** It's a fact ... 40 children are treated every day for an animal bite.

- 1 Is a circuit breaker used with powered tools and mowers?
- 2 Are garden chemicals stored in correct containers, clearly labelled and in a lockable garage or shed?
- 3 Are garden tools and the lawn mower in good repair and tidied away after use?
- 4 Is play equipment secure, well maintained and sited over a soft surface?
- 5 Is the greenhouse or cold frame inaccessible to children?
- 6 Do you use a 'fly-net' on the baby's pram?
- 7 Are all fences secure to prevent children wandering?
- 8 Have you checked for any poisonous plants or berries in the garden?
- 9 Are children supervised in the paddling pool or near any garden ponds?

**If you say 'no' to any of these questions, take action at once to make your home safer.**



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