


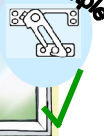
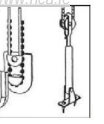


Watch your child at all times as children do not understand danger

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 for more information



Child Safety Awareness Programme (CSAP)



Department of Public Health - Midlands
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