

Household accidents

Keeping your child safe in and around the home

Cuts

Glass causes serious cuts with many children ending up in A&E.

PREVENTION:

Do not leave drinking glasses on the floor. Make sure glass bottles are up high.

WHAT TO DO:

If the cut is not serious bathe the area, make sure there is no glass left and cover with a clean non-fluffy cloth.

If the cut is serious, is bleeding a lot or has a piece of glass under the skin (maybe they trod on some glass) go to A&E.

Drowning

Many children drown, often in very shallow water. It happens in the bath, in garden ponds, paddling pools and water butts.

PREVENTION:

Supervise children near water at all times. Use a grille on ponds and fill in a garden pond to use as a sand pit. Learn to swim.

WHAT TO DO:

Get your child out of the water. Try to get them to cough up any water. If they are not responding call 999.

Poisoning

Poisoning from medicines, household products and cosmetics are common.

PREVENTION:

Lock all chemicals, medicines and cleaning products away.

WHAT TO DO:

Find out what your child has swallowed and take it with you to A&E.

Strangulation

Window blind cords and chains can pose a risk for babies and children who could injure or even strangle themselves on the hanging looped cords.

PREVENTION:

- Install blinds that do not have a cord, particularly in a child's bedroom.
- Do not place a child's cot, bed, playpen or highchair near a window.

- Pull cords on curtains and blinds should be kept short and kept out of reach.
- Tie up the cords or use one of the many cleats, cord tidies, clips or ties that are available.
- Do not hang toys or objects that could be a hazard on the cot or bed.
- Don't hang drawstring bags where a small child could get their head through the loop of the drawstring.

WHAT TO DO:

Untangle child, contact the emergency services and start CPR.

Source: RoSPA

Fractures

A fracture is a broken or cracked bone.

PREVENTION:

Supervise play, use correct safety equipment(jelmet, knee and elbow pads) for scooters, skateboards and bikes.

How do I know it's a break?

- Sometimes it's obvious and you can see the bone through the skin.
- They are in pain and sometimes shok.
- Limb can appear to be disjointed.
- Swelling and bruising.

WHAT TO DO:

- Don't let them eat or drink in case they need an anaesthetic.
- Hold an ice pack (frozen peas) wrapped in a tea towel gently on the area.
- Stabilise a broken arm using a towel as a sling.
- Support the limb, especially when in a car, ask someone else to drive if possible.
- **Go to A&E.**

Falls

For babies the biggest danger is rolling off the edge of a bed, or changing surface. For toddlers it is more about falling from furniture or down stairs.

PREVENTION:

Make sure baby cannot roll off any surfaces, put pillows around them. Do not put a bouncing cradle or car seat on a surface where they could wriggle off.

Use stair gates for toddlers. Make sure balconies are locked and fit restrictors and safety locks to windows.

WHAT TO DO:

If your child has a serious fall dial 999.

Choking

Babies and toddlers can easily swallow, inhale or choke on small items like balloons, peanuts, buttons or plastic toy pieces or strings or cords.

PREVENTION:

Check on the floor and under furniture for small items. Find out more about CPR (a first aid technique that is a combination of rescue breaths and chest compressions. Sometimes called the 'kiss of life').

WHAT TO DO:

If your child is choking act immediately and calmly. Make sure you do not push the object further down the throat. Encourage your child to cough. Use back blows, if they become unconscious call for help (do not leave your child alone), start CPR, call 999.

www.redcrossfirstaidtraining.co.uk

Burns, scalds and fires

Domestic fires are a risk to all children. Never let a child play with lighters, matches or candles. Burns from hair straighteners and household appliances are common. Hot drinks cause burns and scalds and bath water which is too hot is the biggest cause of fatal accidents to under fives.

PREVENTION:

Get a bath thermometer. Think about your home.

Use oven guards, fireguards and electrical socket covers.

WHAT TO DO:

If your child has a minor burn run under cool water for 20 minutes. Do not apply butter or any fatty substance. Cover loosely with cling film or a clean plastic bag.

Take your child to A&E if the burn is severe.

Head injury

One of the signs of a severe head injury is being unusually sleepy, this does not mean you cannot let your child sleep.

You need to get medical attention if:

- They are vomiting persistently (more than three times)
- They are complaining it hurts
- They are less responsive to you
- Pain is not relieved by paracetamol or ibuprofen.

If they are tired from what's happened, or from crying, then it is fine to let them sleep. If you are worried in any way about their drowsiness, then you should wake your child an hour after they go to sleep.

WHAT TO DO:

Check that they are okay, and that they are responding normally throughout the night.

Source:RoSPA

* For advice on CPR and dealing with other injuries www.redcrossfirstaidtraining.co.uk