

KEEPING YOUR CHILD SAFE IN THE HOME

Nannies Matter

An accident involving a child can be incredibly upsetting for both them and you. And although you will do everything you can to keep your child safe, accidents still happen because of the inquisitive nature of children.

Every year, more than two million children under the age of 15 are involved in an accident in the home, according to the Royal Society for the Prevention of Accidents. Of the 76,000 under 15-year-olds admitted to an A&E department for treatment in 2012, 40% were under the age of five years old.

With this in mind, Nannies Matter has put together this factsheet that aims to educate parents of young children so they are able to ensure every room in the home is accident-proof.

The five most common injuries children are vulnerable to are:

- Choking
- Burns and scalds
- Falling
- Poisoning
- Electrocution



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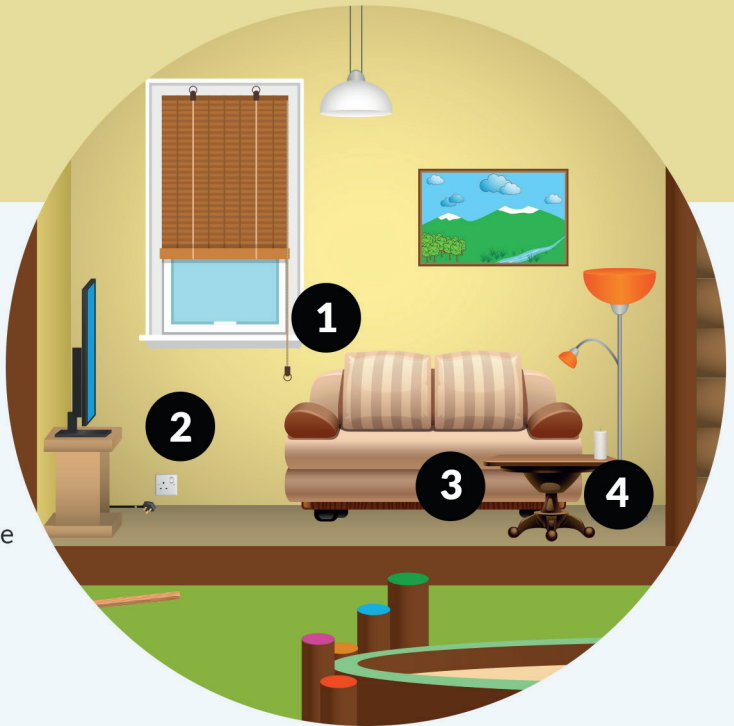
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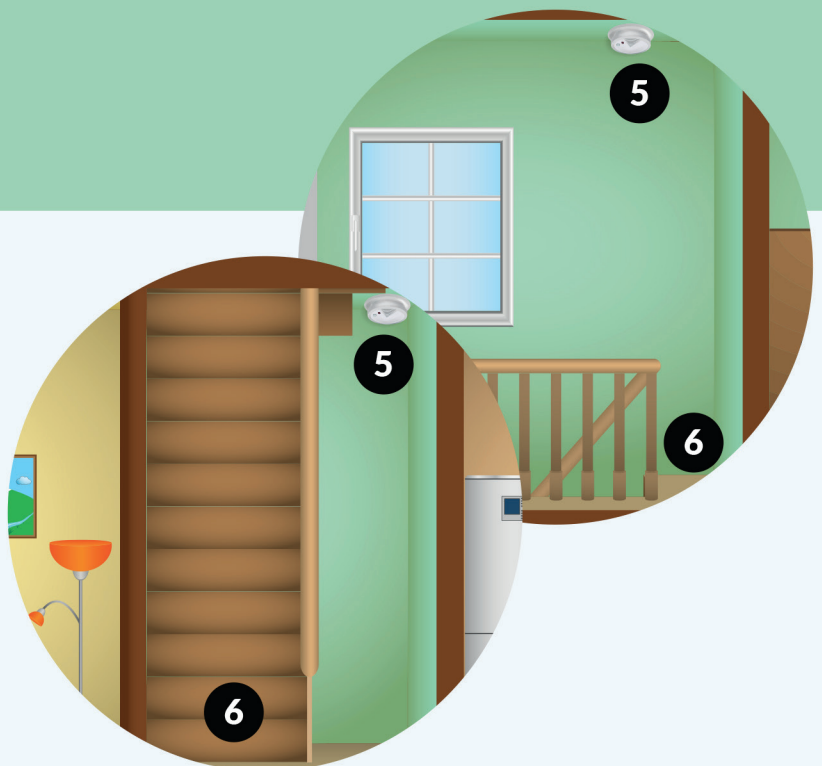
THE LIVING ROOM

- 1 **Blind and curtain cords:** Ensure these are kept out of reach to avoid accidental strangulation.
- 2 **Exposed plug sockets and wires:** Use safety plugs to ensure children can't stick their fingers in sockets and keep wires hidden.
- 3 **Tables:** Make sure any sharp corners and edges on furniture are padded to prevent children from banging their heads.
- 4 **Candles:** Do not leave lit candles within reach of children.



THE HALLWAY

- 5 **Smoke alarm:** You should have at least two smoke alarms fitted in your house that can easily be heard by everyone. For example, one in your hallway and one on your upstairs landing.
- 6 **Stairs:** Install safety gates at the top and bottom of stairs to stop exploring children from falling down.



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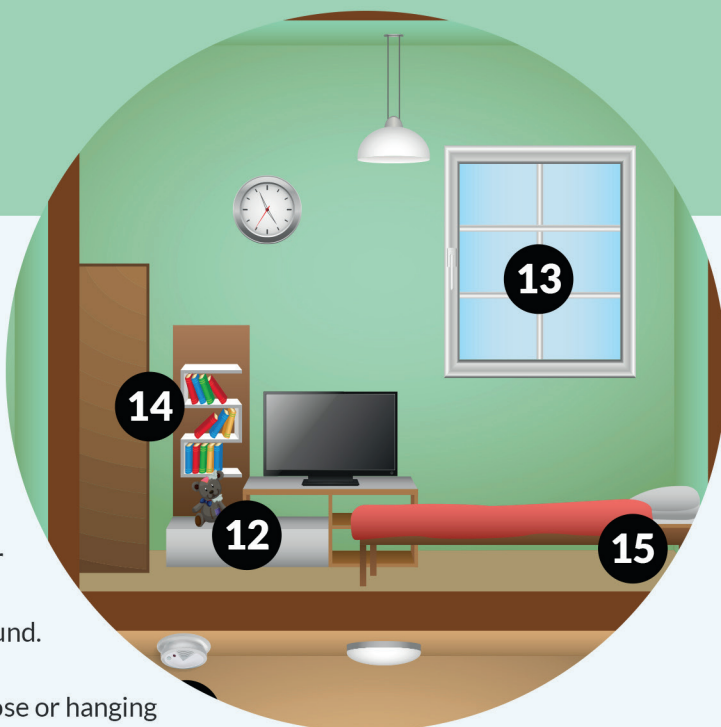
THE KITCHEN

- 7 High chairs:** Make sure you use a five-point harness when feeding children in high chairs.
- 8 Ovens:** Install an oven knob protector to prevent children from switching on the oven or hob unintentionally.
- 9 Hot drinks:** Keep children away from hot liquids and foods to avoid burns and scalds.
- 10 Sharp objects:** Attach a childproof latch to any drawers and cupboards you use to store cutlery, knives and other sharp tools. Do the same with the dishwasher.
- 11 Carbon monoxide detector:** Install a carbon monoxide detector near a boiler or the kitchen to pick up on any dangerous levels of the poisonous gas.



THE BEDROOM

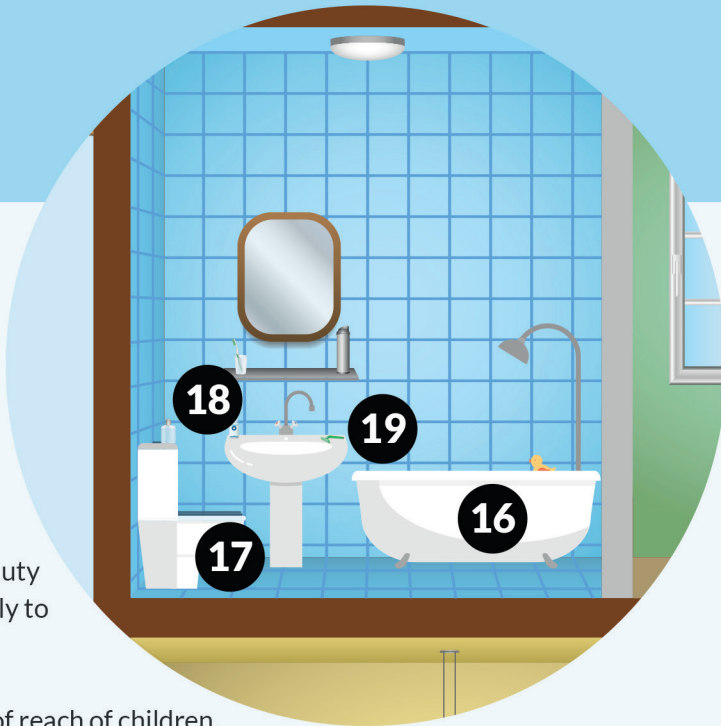
- 12 Broken toys:** Check your children's toys regularly to ensure there are no loose parts.
- 13 Windows:** All windows should be high enough so young children cannot climb on windowsills and should only open by 10mm.
- 14 Wardrobes and drawers:** Secure any wardrobes and other heavy pieces of furniture, such as bookshelves, cabinets, television stands and refrigerators to the wall, floor or ground.
- 15 Night-lights:** If using in your child's room, make sure no loose or hanging fabric can come into contact during the night to reduce chances of a fire.



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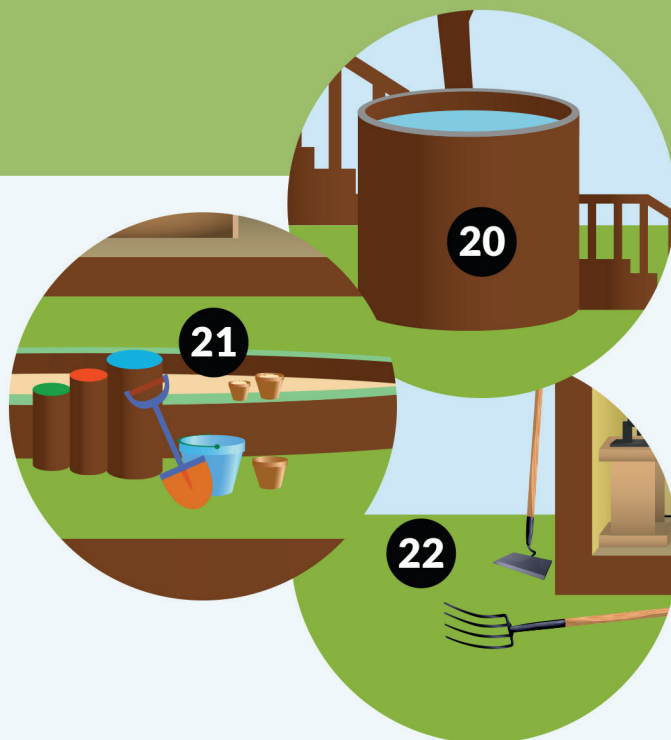
THE BATHROOM

- 16 Bathtime:** When bathing your children, ensure you do not leave them unattended and remain within an arm's reach from them as they can easily drown in just a few centimetres of water.
- 17 Toilet:** Keep the toilet lid down and consider installing a toilet-lid lock.
- 18 Medicines and beauty products:** Store all medication, beauty and cleaning products out of reach of children who are likely to consume these harmful substances.
- 19 Razors:** Keep razors, scissors and other sharp objects out of reach of children.



THE GARDEN

- 20 Pools and hot tubs:** Any outside water features should be fenced off or covered to ensure wandering toddlers don't fall in.
- 21 Play area:** Create a safe play area for your children away from driveways and roads and keep them within eye contact at all times.
- 22 Gardening tools:** Store unused gardening equipment in a shed or garage, ensuring it's locked so children cannot wander in.



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All content provided in this document is for general guidance and instructions should be checked before using any products mentioned. Nannies Matter will not be liable for any losses, injuries or damage caused by following this information.

SOURCES

The Royal Society for the Prevention of Accidents:

<http://www.rosipa.com/home-safety/advice/child-safety/accidents-to-children/>



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