

## Bedroom



### I always put my baby to sleep on his back

Put your baby to sleep on his back at the bottom of the cot with the blankets tucked in so he can not wriggle under them – this reduces the risk of smothering.

### The top bunk bed is only used if over six

Falls from the top bunk bed are common and can cause broken bones and head injuries. Keep them low until they are six.

### The blind and curtain cords are safe

Looped cords have caused strangulations. Keep them out of reach or cut them to remove the loop.

### The furniture is away from the windows

Children love to climb. Keep furniture away from windows and think about window locks. Remember, you still need to open the window for an exit in case of a fire.

### I put my hair straighteners in a safe place

We are seeing more children in Jersey with burns from hair straighteners, sitting on them or picking them up when they are still hot. Put them to cool out of reach— and that goes for irons too.



## Who else can help me?

Is your house fire safe?

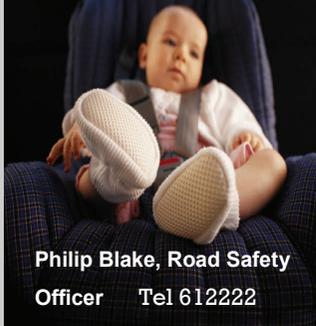
Not sure?

Phone the Fire Service for a free home fire safety check.

Tel 445906



### CAR SEAT CHECKS



Philip Blake, Road Safety Officer  
Tel 612222

Is your car seat fitted properly?

Not sure?

Phone Philip Blake,  
Road Safety Officer,  
for a check.

**Child Accident Prevention Jersey  
Family Nursing & Home Care  
Le Bas Centre  
St Saviour's Road  
St Helier  
Tel 443614**



Child Accident Prevention (Jersey)

## CHILD ACCIDENT PREVENTION (JERSEY)

# Home Safety check list

Talk to your Health Visitor about keeping your child safe at home.

Stairgates and Fireguards **do** make a huge difference in reducing child accidents in the home but there is more you can do.

Follow this simple check list, based on 2010 accidents in Jersey, to see how you can make your home safer for your under fives!



Tel 443600



Child Accident Prevention (Jersey)  
Tel 443614

## Kitchen



### Hot drinks are kept out of childrens reach

The top cause of burns in Jersey for children under five in 2010 was spilt hot drinks. Remember, a hot drink can still burn upto 20 minutes after it has been made!

### I always cook using the back rings first

Hot oven hobs caused nasty burns on childrens hands and even on bottoms—climbing up and sitting on the hobs.

### I take care when making hot food & drinks

Children were burnt from pulling the flex of and touching hot kettles as well as touching hot saucepans with boiling water. Don't forget hot food burns too.

### I use a 5 point harness in the high chair

Children have suffered from seroius head injuries when fallen from unstrapped highchairs. They are also at risk to choking on their food so stay with them when they eat.

### My cleaning products are stored safely

Adult & children medication along with cleaning products & alcohol were taken by children last year.

Store things in a high cupboard out of site and reach.



## Lounge



### I never leave my baby alone on the sofa

Over 1/3rd of under ones visit A&E because of a preventable fall. Falls from sofas, adult beds, changing tables, unstrapped buggies & seats and bouncey chairs on tables. Babies roll & wriggle so keep them low. Babywalkers are not advised—they delay walking and increase the risk of accidents.

### My heaters and fires are safe

Hot radiators and pipes, fires and heaters burn sensative skin and will need covering with guards. Lit candles must never be left in a room alone and matches & lighters should always be kept out of reach and sight. Check your smoke detector every week and change the batteries yearly.

### I keep an eye out for trip hazards

The main reason why children visited A&E in Jersey last year was because of falls. Keep things as clear as you can —cushion sharp edges that could cause harm and use safety glass. Use stair gates top and bottom.

### I stop finger door crush injuries

Use a door jam to stop doors fully closing (take it off at night to keep fire safe) or a plastic hinge protector to keep fingers safe. Door crush injuries are nasty and common.

## Bathroom



### I always put cold water in the bath first

Put cold water in the bath first to reduce the risk of the water burning your child. Children's skin is 15 times thinner than adults so hot water that would not burn you would burn your child. Fitting a thermostatic mixing valve to your bath will help prevent hot water that can burn coming out of your tap.

### I never leave my child alone in the bath

Never leave your baby or toddler alone in the bath or with an older brother or sister— children have been badly burnt playing with the hot tap or drowned—it only takes a moment.

### Do I have a gas boiler?

You need a carbon monoxide detector. Low levels of carbon monoxide can harm an unborn child or damage a child's developing brain. The flame on your gas boiler, fire or cooker should burn blue. If it's yellow or orange, it could be a sign that poisonous carbon monoxide gas is escaping.

