

Child Safety Awareness Checklist

Prevent injuries around stairs, furniture & doors

- ✓ Use stair-gates - correctly secured - at the top and bottom of stairs.
- ✓ Keep steps clear of toys, clothes, shoes, books, etc.
- ✓ Secure bookcases, TVs and stands 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 baby or toddler unattended on a changing table or raised surface and never leave her in a baby bouncer or carrier on a raised surface.



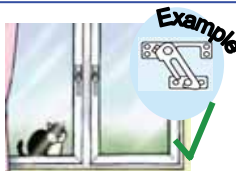
Prevent poisoning

- ✓ Keep all medicines – including vitamin/iron tablets - in their original containers and **locked away**.
- ✓ Keep cosmetics - perfume, make up, hair products etc – and handbags out of sight and reach of children.
- ✓ Store garden, household, laundry & cleaning products in their original containers - out of sight & reach of children.
- ✓ Use cupboard safety locks.
- ✓ Keep houseplants/flowers out of reach of children.
- ✓ Get immediate medical advice if you think your child has been poisoned.



Prevent injuries at windows & balconies

- ✓ Secure all windows with window restrictors that do not require tools for opening.
- ✓ Keep objects that a child can use to stand or climb on away from windows and balconies. This would include things like boxes, beds, cots, chairs, outdoor furniture, plant pots.
- ✓ 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:
 - ✓ If possible cut any cord ending in a loop, install tassels, and make sure the cord ends out of children's reach.
 - ✓ Replace cords with curtain or blind wands, out of children's reach.
 - ✓ If cords cannot be cut or replaced use a tie down or tension device to pull the cord tight and secure it to the floor or wall.



Prevent choking and suffocation

- ✓ Keep small items - including coins, balloons, peanuts, hard sweets, popcorn, whole grapes - out of sight and reach of children.
- ✓ Keep handbags out of sight of reach and children.
- ✓ Always remove bibs after feeding your baby and always before putting them down to sleep.
- ✓ Never place a necklace, string, ribbon, chain or jewellery of any kind (including teething necklaces) on a child under three years of age.
- ✓ Keep plastic bags out of sight and reach of children.
- ✓ Children should play with age-appropriate toys which are in good condition and meet safety standards.



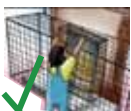
Safe Sleep for your Baby - help prevent Cot Death/SIDS (Sudden Infant Death Syndrome)

- ✓ Always place your baby on his/her back to sleep, even for naps.
- ✓ Place baby with feet to the foot of the cot.
- ✓ Make sure the baby's head stays uncovered when asleep.
- ✓ Don't let your baby get too hot.
- ✓ Keep the cot free of soft objects and anything loose or fluffy.
- ✓ Do not smoke or allow anyone to smoke in your home.



Prevent fires

- ✓ Install working smoke alarms.
- ✓ Test them weekly.
- ✓ Replace wasted batteries immediately.
- ✓ Make a fire escape plan and practice it often.
- ✓ Never overload sockets.
- ✓ Always unplug electrical equipment when not in use.
- ✓ Guard open fires with a sparkguard and a fireguard.
- ✓ Secure the fireguard to the wall.
- ✓ Never place anything on the fireguard.
- ✓ Do not smoke in your home.



Prevent burn and scald injuries

- ✓ When cooking:
 - ✓ Do not allow children near the cooking area.
 - ✓ Cook on the back rings/hobs where possible.
 - ✓ Turn pot handles in.
 - ✓ Use a cooker guard.
 - ✓ Do not use chip-pans.
- ✓ Use short flexes on items such as kettles.
- ✓ Keep hot drinks out of reach of children.
- ✓ In the bath, run cold water first, then add the warm water, then run cold water again (to cool the taps).
- ✓ Always test the bath water with your elbow before placing your child into it and never leave your child alone in the bath.
- ✓ Keep all electrical equipment – including hair straighteners - out of children's reach.
- ✓ Put socket guards in sockets not in use.



Prevent drowning

- ✓ Drowning can happen in seconds, in silence and in a very small amount of water.
- ✓ Never leave your child alone with or in water.
- ✓ Watch children closely when they are in or near water - remain in reaching distance at all times.
- ✓ 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 water if it rains.
- ✓ Cover/fence off sources of water (ponds, barrels, water features, troughs) where possible.



Prevent injuries on the road

- ✓ 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.
- ✓ 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 do not cycle in or near traffic without adult supervision.
- ✓ When walking make sure:
 - ✓ Children under 12-years do not cross the road alone – 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.



Visit www.hse.ie/childsafety for more information.





Department of Public Health - Midlands

13th January 2014






Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Basic First Aid - at any stage, if in doubt, seek medical help









Cuts and Bleeding

-  **Clean the cut** - use cold running water.
-  **Stop the bleeding** - apply light pressure with a clean cloth or pad until bleeding stops.
-  **Cover the cut** - use a clean non-fluffy dressing.
-  **Take the child to your GP or hospital** if bleeding heavily, the wound becomes infected, fails to heal or you are worried.


Burns and Scalds

-  **Cool the burn or scald** - run cool water over it for at least 15 minutes.
-  **Remove tight clothing and jewellery** if possible as burnt skin can swell, **but** do not remove anything which is stuck to the skin.
-  **Do not** place any ice, fats, ointments or creams on the injury.
-  **Cover the injury** - use a clean non-fluffy cloth, or clean cling film.
-  **Take the child to hospital** immediately unless the burn or scald is very minor.

Poisoning

-  **Take the poison** away from the child.
-  If the poison was eaten, make your child **spit it out** and run your fingers around the mouth to flick out remaining pieces.
-  **Do not** give your child anything to **eat or drink**.
- Do not** make your child vomit.
-  If chemical has been splashed into the **eye** - wash with **tap water for 15 minutes**.
- Wash any skin in contact with poison** using soap and water.
- Get medical advice:**
 -  Call the Poisons Information Line on 01 809 2166 (8am -10pm).
 -  Outside these hours contact your GP or the hospital.
 -  In an emergency, ring 112 or 999.
-  Always **take the product container** with you to the telephone, GP or hospital.

First Aid Kit

-  Have a **First Aid Kit** in your home containing:
 - * Scissors
 - * Bandages
 - * Band Aids (plasters)
 - * Absorbent pad
 - * Tape
 - * Antiseptic or antiseptic wipes
 - * Burn gel
- Keep the kit out of sight and reach of children.
- Learn First Aid Skills - for details contact:

Order of Malta 01 6430000 **Irish Red Cross** 1890 502 502 **St John's Ambulance** 01 6688077
Irish Heart Foundation 01 6685001 **Civil Defence** 0505 25310



In an Emergency
Dial 999 or 112
Ambulance • Fire • Gardaí



See www.hse.ie/childsafety for more information.

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Choking - Infants under 1 year old



- Turn the infant face down with their head lower than their body.
- Support their head, jaw and neck.
- Give **5 back blows** using the heel of your hand between the infant's shoulders.
- Turn the infant onto its back while still supporting their head & neck.
- Give **5 chest thrusts** by placing two fingers over the lower half of the infant's breastbone, below an imaginary line between the nipples.
- 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 **dial 999 or 112**.
- Stay on the phone and listen carefully for advice:
 - You must begin CPR (Cardio Pulmonary Resuscitation) - the emergency operator 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

- Ask the child** - Are you choking? Can you breathe?
- If the child cannot breathe, talk or cough**, stand behind him/her.
- Give up to 5 slaps to the back** between the shoulder blades.
- If this does not dislodge the object, stand or kneel behind the child.
- Start the *Heimlich manoeuvre* by placing the flat thumb side of your fist between the child's navel and breastbone.
- Be sure to **keep well off the breastbone**.
- Wrap your other hand around your fist and press upwards towards their stomach.
- Keep doing this until the object pops out and the child begins to breathe again.



Important Contact Numbers

Mobile	Family GP
Work/other number	GP Out of Hours 
Next-of-Kin	Public Health Nurse 
Name Phone	Hospitals 
Neighbour	Dentist 
Name Phone	Chemist / Pharmacy 
Schools	
Others	