

STAY SAFE WHEN YOUR STAYING AT HOME



Top tips for keeping safe at home

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HSC Southern Health
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Quality Care - for you, with you

STAY SAFE WHEN YOU ARE STAYING AT HOME

Each year The Royal Society of Prevention for Accidents (ROSPA) promotes the safety of children in the home during Family Safety Week.

The key message is that accidents in the home are preventable when the correct measures are in place.

ROSPA reports that “every year many thousands of children are permanently disabled or disfigured and it is the under 5’s who are most at risk.”

During the coronavirus pandemic, when families

are spending much more time at home, it is of greatest importance that we are extra vigilant.

To be aware of the risks that would heighten the chances of any harm coming to our young children one should according to ROSPA,

“look at your home from your child’s point of view”

Get down on your hands and knees and explore the world from the same level as your child. From here you can identify what might be a risk to their safety, for example sharp edges,

dangling cords, cleaning products, cups with hot liquids etc.

You can then take simple steps to move things out of reach or make secure.

It is of key importance at this time that our children are kept away from healthcare settings, especially Accident and Emergency departments to keep them and everyone in their family safe from exposure to the coronavirus and not least so that our healthcare workers can concentrate on dealing with the virus.

Safer bath times

Babies and adventurous toddlers can drown in less than three centimetres of water. Never be tempted to leave a child unsupervised at bathtime.

Be prepared at bath time with everything you need, so that children are never left alone in the bath

Bath seats are not recommended by accident prevention specialists for children of any age as they have been linked to babies being left unsupervised with deadly consequences.

Burns and scalds

As the temperature can change quickly **only put your little one in the bath once you've finished running it and checked the temperature.** (It's true that you're more likely to feel if it's too hot if you use your elbow

Babies and children are at risk of being badly scalded – with potentially life limiting and long lasting consequences.

ROSPA
Keeping Kids Safe

The Royal Society for the Prevention of Accidents

Stay within arm's reach of your child when they're in the bath.

Keep cleaning products high up or in a cabinet with a safety lock.

A non-slip bath mat can help avoid a nasty fall.

Hot water scalds! Run the cold tap first, mix well and check the temperature with your elbow.

Top tips for safer bath times

www.rospa.com/keeping-kids-safe
Lifeline on freephone 0808 801 0822

Registered Charity No. 207823

Family Safety Week 2020
March 30 – April 3

“In the UK every week at least 60 under 5’s are hospitalised as a result of a burn or scald”

ROSPA

Our little ones should be encouraged to be inquisitive and to explore during **playtime** in a safety.

Playtime needs to be safe and supervised

Toys with small parts are meant for older children and are a choking hazard for under 5's.

Adhere to the age guidance on toys and ensure all toys are marked with the **British Standards Institute Kitemark** and **CE marking** which indicates conformity with health, safety and environmental protection standards.

Outdoor Play

If children are playing outdoors, hazardous chemicals should be kept out of reach and under lock and key.

"Take action today and put them away!" ROSPA

Every week
over 100
under-5s
are hospitalised for
accidental poisoning



The Royal Society for the Prevention of Accidents

ROSPA
Keeping Kids Safe

Stop falls! Tidy toys away after use. Keep stairs clutter-free.

Watch out! Young children can choke on the small parts in toys meant for older children.

Button cell batteries can be deadly. Take your child straight to hospital if you think they've swallowed one.

Little ones love to explore. Make sure furniture like TVs and chests of drawers are secured to the wall.

Top tips for safer play times

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Are children there? Be aware!

Be extra vigilant if children are playing in driveways as not all car accidents happen on the road. It is also important to remember that cars are not a safe place for children to play.

Children should never be left alone inside a vehicle, even when the engine is switched off. Electric windows, choking and fire hazards in cars have all proved fatal to small children.

Take extra care with your children's whereabouts if your home is near a busy or fast-moving road.

Safer Mealtimes

Mealtimes involve considerable multi-tasking when you have children at home and can be one of the most testing times of the day for parents.

A good mealtime routine can be extremely helpful in keeping everyone safe at home during this extra challenging time.

Encourage children to practice good hand hygiene at this time. Guidance is available at <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

- Insist children sit to eat and drink, and not lie down, walk or run
- To avoid choking, cut small foods like tomatoes, grapes and blackberries into quarters and ensure sausages are cut into very small pieces
- Think twice before offering very young children hard, slippery or sticky foods
- Babies should be strapped in their highchair so they can't wriggle down or fall out.

The Royal Society for the Prevention of Accidents

ROSPA
Keeping Kids Safe

Hot drinks scald!
Keep them out of reach and never hold a hot drink and a baby at the same time.

Keep an eye on babies and children when they're eating. Cut small foods into quarters.

Try to keep children out of the kitchen while you are cooking as it's hard to keep an eye on them.

Keep cleaning products and medications high up and locked away.

Top tips for safer meal times

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Lifeline on freephone 0808 801 0822

Family Safety Week 2020
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Kitchen Safety: Top tips

- Kitchen knives should be stored out of reach
- Kettles, coffee machines and toasters should be pushed well back on countertops
- Medicines, dishwasher tablets and laundry capsules should be out of reach
- Saucepan handles and mugs of hot beverages should be out of reach

Useful Contacts

- For further home safety guidance or advice visit the ROSPA 'Keeping Kids Safe Parents' Hub' at <https://www.rospa.com/Campaigns-Fundraising/Family-Safety-Week> or follow ROSPA throughout family safety week on Facebook, Twitter and Instagram.
- Find @RoSPA advice and info for keeping kids safe at www.rospa.com/AccidentFree #AccidentFreeAvoidAandE #StaySafeatHome #StayHomeStaySafe
- Lack of supervision for young children while parents are #WorkingFromHome can be an accident waiting to happen – see @RoSPA advice and info at www.rospa.com/AccidentFree #AccidentFreeAvoidAandE #StaySafeatHome #StayHomeStaySafe
- Home Safety Guidance can also be sought from the Southern Trust by contacting Lisa McAliskey, Community Health Improvement Officer
E: lisa.mcaliskey@southerntrust.hscni.net T: 028 3756 3952
- Home Safety Visits by the Council Home Safety Officers are currently being conducted over the phone to provide information and advice to parents of under 5's and those over 65 years of age. Their service continues to provide home safety equipment where a significant risk has been identified. Equipment will be delivered to the householders doorstep.
 - Armagh Banbridge Craigavon Borough Council Area
homesafety@armaghbanbridgecraigavon.gov.uk
- Parents can download the British RedCross Baby and Child First Aid Course onto their SMART devices in order to be able to cope with accidents should they occur in the home