



child accident
prevention trust

how safe is your child at home?

top tips, room by room, for
parents and carers of children
under five



Every year around one million children are taken to hospital after an accident at home. The vast majority of these accidents happen to under-fives.

Taking a few simple safety measures can make your home a safer place.

But remember – friends' and relatives' homes may not be as safe for little ones as your home. So be extra careful when visiting with your children.

Hall and stairs

- ✎ fit smoke alarms on every level of your home to give you time to escape if a fire breaks out. Test the batteries every week. Change the batteries every year or get alarms that have ten year batteries, are wired to the mains or that plug into light sockets
- ✎ keep your front door locked to prevent little ones escaping. Always make sure you know where the keys are kept in case of fire
- ✎ use safety gates to stop young children climbing stairs or falling down them
- ✎ keep stairs free from clutter to avoid trips or falls
- ✎ accidents can happen when young children climb over or through banisters. If gaps are more than 6.5cm (2.5") cover with boards or safety netting while your baby is under about 18 months. If gaps are greater than 10cm (4"), they need to be boarded up for much longer. Board up any gaps in horizontal rails because they can be easy to climb.



Living room

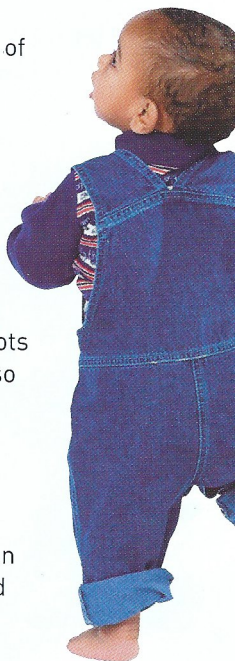
- ✎ fit fireguards to all fires and heaters, and use a spark guard too if you have a coal or wood fire
- ✎ avoid children plugging in appliances that could burn them or start a fire, by making sure appliances are stored safely.

Kitchen

- ✎ keep cleaning products high up out of reach and sight or fit safety catches to low kitchen cupboards. Try to use cleaning products that contain a bittering agent. It helps to prevent children swallowing the contents as it makes them taste horrible.
- ✎ keep young children away from hot appliances such as ovens and kettles
- ✎ when cooking, use the rings at the back of the cooker and turn saucepan handles towards the back so that they can't be grabbed by little fingers
- ✎ don't leave a chip pan unattended or fill the pan more than one third full of oil, as it can catch fire really easily
- ✎ keep knives and scissors well out of reach of little fingers
- ✎ use a five point harness to secure your baby in their highchair.

Bedrooms

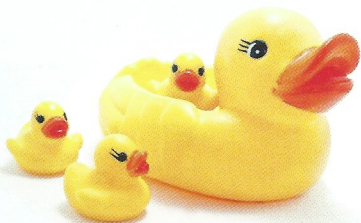
- ✎ keep blind cords and chains tied up out of reach, for example on a cleat hook, and move children's cots and beds away from blind cords, so they don't strangle accidentally
- ✎ keep your child's bed or cot away from radiators that may burn
- ✎ don't use pillows or duvets for babies under a year old as they can suffocate if their face gets covered



- ✎ change your baby's nappy on the floor to prevent falls from beds, sofas or changing tables
- ✎ lock medicines away or keep them high up out of young children's sight and reach
- ✎ don't leave hot hair straighteners in reach of little hands – they can get as hot as an iron and take up to eight minutes to cool down.

Bathroom

- ✎ keep medicines and scissors in a locked cabinet or high up out of sight and reach in a well used room, such as the kitchen
- ✎ follow the same advice as for the kitchen and keep cleaning products high up out of reach and sight or fit safety catches to low bathroom cupboards
- ✎ to avoid scalds, test the temperature of the bath water with your elbow before putting your child in – the water should not feel hot or cold. We recommend that you have a thermostatic mixing valve fitted to your bath hot tap to control the temperature of the water that comes out of it, to stop your child being severely scalded
- ✎ never leave a child under five in the bath alone, even for a moment – small children can drown in as little as 5cm (2") of water and toddlers can fiddle with the hot tap and scald themselves
- ✎ don't rely on young children to supervise younger siblings in the bath
- ✎ empty the bath immediately when finished to avoid the risk of drowning.



Throughout your home

- ✎ fit carbon monoxide alarms wherever there is a flame-burning appliance (such as a gas boiler) or open fire. Carbon monoxide is poisonous. You can't see it, smell it or taste it. Also, make sure your appliances are serviced regularly and that ventilation outlets in your home are not blocked
- ✎ use safety glass in low glass doors and windows, or cover with safety film
- ✎ fit windows with locks or safety catches to stop toddlers and young children falling out. The gap should be no wider than 6.5cm (2.5") for babies and toddlers under 18 months old and no wider than 10cm (4") for older toddlers and young children. Make sure you know where the keys are in case of fire
- ✎ keep all blind cords and chains tied up out of young children's reach, for example on a cleat hook, to avoid the risk of strangulation
- ✎ keep the floor free of clutter – teach children to put toys away once they have finished playing with them and keep older children's toys away from babies and toddlers – they can have small parts that could cause choking
- ✎ to avoid scalds, don't drink a hot drink with a baby on your lap, or pass hot drinks over babies' or small children's heads, or leave them within easy reach of little hands
- ✎ keep matches and lighters locked away or high up and out of sight and reach, to avoid young children accidentally starting a fire
- ✎ practise escaping from your home so you know what to do if there is a fire.



Garden or balcony

- ✎ keep back gates and doors on to balconies shut and locked when not in use, However, make sure you know where the keys are kept in case of fire
- ✎ lock away chemicals such as weed killer or fertiliser
- ✎ lock away garden tools in a shed or garage when not in use
- ✎ check paths and steps are clear and well maintained to avoid falls
- ✎ fill in or securely cover garden ponds and make sure there is no way into neighbours' gardens with ponds or other drowning hazards
- ✎ keep young children away from barbecues – even when you're finished using them – and bonfires.

For more helpful safety tips, visit our website www.capt.org.uk

We strongly advise parents and carers to learn first aid.

capt is a charity committed to reducing childhood injury.



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