

Safety in the Home and Accident Prevention

ROSPA: Accident free, avoid A&E

Child Accident Prevention Trust: Stay Home, Stay Safe

The best thing that we can all do to help the NHS fight coronavirus (COVID-19) is to stay at home. But home is where more accidents happen than anywhere else. We need to stay safe and free from injury so we can avoid the need to visit A&E, helping reduce pressure on frontline health services.

The Royal Society for the Prevention of Accidents have put together advice, information and practical resources to help keep yourselves and your loved ones accident free at home. Check out their [Safe at Home: Tips for Under 5's](#) leaflet.

Top Tips:

- Check your smoke alarm and carbon monoxide detectors work.
- Make sure medications, alcohol, e-cigarettes, cleaning products, laundry tablets and other chemicals are kept high up and out of reach, or in a locked cupboard.
- Never leave your baby alone on a raised surface or in the bath. Keep your stairs clear and stairgates closed to prevent trips and falls.
- Little ones love to climb – make sure all heavy furniture such as bookcases and fireplaces are secured to the wall. Be extra aware of heavy flat-screen TVs too. Don't put furniture near an open window and use window locks wherever possible.
- Hot drinks, irons, hair straighteners, knives and other sharp objects should be kept well out of reach. Keep cooking pan handles turned inward and kettles at the back of the worktop so children cannot reach and pull them over.
- Blind cords should be tied up and out of reach to prevent strangulation.
- Never leave a toddler or baby alone to eat. Make sure you cut small foods like grapes, cherry tomatoes, or hot dogs into quarters to stop them choking.
- Ensure that small objects such as marbles, small toys, coins, beads, nappy sacks, plastic bags boiled sweets and peanuts are kept out of reach of children under three years old to prevent choking or suffocation.

Hot drinks can hurt me



keep them
out of my reach

www.capt.org.uk



Button batteries, also called button cell batteries or coin batteries, are extremely dangerous if swallowed. Although a child may not choke, if undetected the batteries can do serious damage internally. If swallowed, you must seek medical help immediately.

