

# Top tips to prevent Injury in children

## Parent and Carer Information

Health Visiting Service

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## Introduction

This leaflet contains information for parents and carers to prevent injury in children.

## Advice to help prevent injury to your child

There are six main causes of harm/injury in children in the UK: Drowning, Burns and Scalds, Poisoning, Falls, Fire and Choking. The following advice is aimed at preventing injury to your child.

### Drowning

Never leave your baby or child alone in the bath. Babies or children can drown in only two centimetres of water.

If you have a garden pond, you must always supervise your baby or child, better still fill in the pond.

### Burns and scalds

- Always place your drink on a high surface out of reach.
- Never hold your child whilst drinking a hot drink.
- Put fireguards in front of fires and heaters in your home, even if they are switched off.
- Always run cold water first when bathing your baby or child.
- Test the water with your elbow or a bath thermometer before putting your baby in the bath; children's skin will burn very quickly.
- Never leave your child with any electrical device e.g., hair straighteners or curling tongs.
- Keep all matches and lighters in a metal tin out of sight and out of reach of children.
- To avoid sunburn, please ensure appropriate sun cream is applied regularly and children are kept in a shaded area wearing a hat and suitable clothing.

### Poisoning

- Always keep hazardous substances in a locked cupboard in the kitchen (e.g., bleach, cleaning products, and medicines).
- Don't forget about perfumes and aftershaves, they are also poisonous too.
- Button batteries can poison children.
- There is a risk of poisoning from e cigarettes and refills. Always keep e-cigarettes and their refills out of the reach of young children.

### Falls

- Babies can climb as soon as they can roll or crawl. Always change your baby on the floor. Never leave your baby unsupervised on a bed, sofa or other surface.

- Always supervise your baby or child when he/she is in a highchair or pushchair, even when using a five-strap harness.
- Use stair gates at the top and bottom of the stairs to prevent fall injuries.

## Fire

- Store all smoking materials in a metal tin and keep out of reach even when not in use. Ensure you stub your cigarettes out if you feel sleepy.
- Fit a smoke alarm to upstairs and downstairs ceilings in your home. Check your smoke alarms weekly and replace batteries when needed.
- Do not leave Electronic Cigarettes (E Cig) charging unattended as they can catch fire.
- Never leave pans unattended.
- Do not charge mobile phones or other devices on a fabric surface as this can cause the device to overheat.

## Choking

- Babies will place anything they find in their mouths, for example button batteries.
- Never leave your baby or child alone whilst they are eating. Babies unable to sit unaided should not be left to feed themselves.
- Keep playing areas tidy and free from anything your child may choke on.
- Keep small objects out of reach.
- Please ensure Blind Cords are kept short and out of reach of children. Do not place a child's cot/bed/playpen/highchair near a window.
- Do not hang toys/objects/draw string bags that could be a hazard on a cot or bed.

## Pets

Never leave babies or children unattended with family pets.

## Car Seats

Children must be carried in an appropriate child seat from birth until either they are at least 135cm (4'5") tall or 12 years old, whichever comes first. They must then use a seat belt if one is fitted.

## Contact details

You can contact your health visitor at your local clinic or health centre. Contact details and information can be found by scanning below.



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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

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This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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