

# Keeping Everyone Safe

## Parent Information



## Safety at Home

**Royal Society for the Prevention of Accidents (RoSPA)** is a registered charity and have been at the heart of accident prevention in the UK and around the world for more than 90 years. They promote safety and the prevention of accidents in the home, at work, at leisure, on the road and through safety education.

### RoSPA's top tips for keeping children safe at home:

- Never leave trip hazards on the stairs and make sure stairs are well lit
- Never hold a hot drink and a child at the same time
- Ensure small objects such as marbles, peanuts and small toys are kept out of reach of children under three years old
- Install blinds that do not have a cord, particularly in a child's bedroom
- Don't hang drawstring bags where a small child could get their head through the loop and keep nappy sacks out of reach
- Small food such as grapes, cherry tomatoes, blackberries and other soft fruits should be cut into quarters to prevent choking
- Never leave young children alone in the bathroom
- Fit child resistant window restrictors but ensure you can escape easily in an emergency
- Turn the pan handles away from the front of the cooker
- Keep hair straighteners out of reach even when cooling down
- Furniture and appliances at risk of being pulled over should be secured to the wall
- Do not place baby bouncers on raised surfaces
- Have an escape route planned and practise it, in case of fire
- Fit a smoke alarm, which complies with BS EN 14604 2005 and check it regularly – at least every 7 days
- The use of baby walkers and table-mounted highchairs is not recommended
- Keep medicines and chemicals out of sight and reach, preferably in a locked cupboard

[www.rospace.com/home-safety](http://www.rospace.com/home-safety)

## Falls from open windows

On hot days, windows are left open in the hope of catching a breeze, the Child Accident Prevention Trust has stated that they are being made aware of children falling from upstairs windows, frequently needing specialist hospital care for significant head injuries.

Parents often see falls from windows as 'freak' accidents but the statistics believe that view. In fact, nationally, one child under five is admitted to hospital every day after falling from a building – often from open windows but also from balconies.

## Why are preschool children at particular risk?

**Preschool children are particularly susceptible to falls from a height because:**

- They are curious and want to see what's happening outside but have no real understanding of danger.
- They can take parents by surprise by a sudden breakthrough in their development. You think they can't climb but, before you know it, they can clamber up on furniture or haul their toy box across the floor and open a window accidents can happen very quickly when your back is turned or you're distracted for a minute.
- Small children are built differently to adults – their heads are proportionally much bigger than ours, so they have a different centre of gravity. This means that, if they lean out of a window, they may topple out. Therefore, when they land, their head takes much of the impact.

## Practical safety advice

We recommend that you fit window catches, locks or restrictors to stop your windows opening too wide. Katrina Phillips, Chief Executive of the Child Accident Prevention Trust, says:

*"Safety equipment like this takes the pressure off you. It's often easy to fit and you can find safety catches for all types of windows, including metal window frames and double glazing."*

*"But remember, if you opt for window catches with a lock, keep the keys somewhere an adult can easily find them, in case there's a fire and you need to get out."*

If you can, move furniture away from windows to make it harder for small children to climb up. You can also start teaching them where not to climb – though they may forget if there's something interesting outside they really want to see.

[www.capt.org.uk/news/falls-from-open-windows](http://www.capt.org.uk/news/falls-from-open-windows)