



### BURNS AND SCALDS

Keep children away from hot foods and liquids; be especially vigilant with hot drinks and bathing.

In case of burns and scalds, hold injured area under cold, running water for 20 minutes, then cover the burn with cling wrap or burns dressing – never use creams. Seek medical attention immediately.

Keep children's play areas away from the kitchen and ensure they cannot access any open flames.

### CHOKING AND ELECTROCUTION

Be aware of foods that can choke children, such as lollies, apples, meat and nuts.

Objects smaller than a D size battery can choke children younger than 3 years of age.

Check toys regularly for any small loose parts, and check safety warnings on any toys you buy.

Ensure any blind or curtain cords are not accessible as they can cause accidental strangulation.

Install safety switches on your home switch board & keep electrical items away from water.

Use covers on any open power points, and ensure cabling and extension boards are not accessible.

### FALL SAFETY

Always use a 5 point harness in high chairs, prams and supermarket trolleys.

Install lockable safety gates on the top and bottom of stairs, ensure open windows cannot be accessed by children. Install limiters on all windows and lock any doors that lead onto balconies.

Remove tripping hazards from the floor including toys, rugs and electrical cords.

Bunk beds should only be used by children over 9 years.

### WATER SAFETY

Ensure children are in constant visual eye contact and within arm's reach of a responsible **adult** at all times when in and around water. Children can drown quickly in only few centimetres of water.

Empty water from baths, buckets (laundry & toilet) and wading pools immediately after use.

Pools and spas should be fenced off, remove any objects which can be used to climb over the fence.

Parents and caregivers should complete a first aid course and learn CPR in case of an emergency.

### POISONING

Store chemicals and medications up and away from children in a lockable container or cupboard.

Put all chemicals and medicines away immediately after use. Never store chemicals near food.

Ensure chemicals and medications are out of sight and temptation. If your child has swallowed something poisonous, take the container and the child to the hospital immediately.

### OUTDOOR SAFETY

Create safe play areas for children – separate play areas from driveways and roads.

When driving always use an age appropriate children's car seat that has a 5 point harness.

Ensure your child is within eyesight of a responsible adult when outdoors.

Mulch, sand and rubber can create a softer landing place in case of falls from play equipment.

Riding a bike without a helmet is dangerous! Ensure your child always wears a good quality helmet.

**Reference:** The Royal Children's Hospital Melbourne, Safety Centre, <http://www.rch.org.au/safetycentre/>