

Share this safety information with everyone who looks after your children.

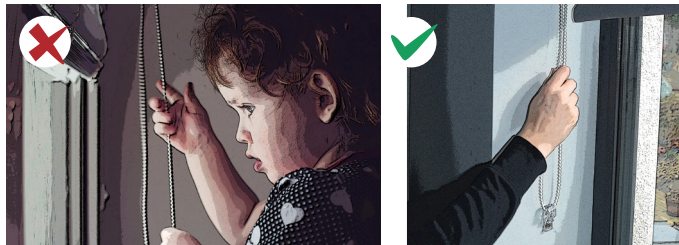
Dangers at windows and balconies

Falls

- ✓ Use window restrictors that you can open without tools (so you can escape quickly in a fire).
- ✓ Keep furniture and objects a child could stand or climb on away from windows and balconies.
- ✓ Block gaps in balcony railings that could be used as a foothold or children could fit through.



Strangulation



- ✗ Do not install blinds and curtains with cords attached.
- ✓ Make existing cords safer - by replacing them with curtain or blind wands or using a safety device like a tie-down or tensioning device to pull the cord tight and secure it to the floor.

Farm safety

Farms are work places.

- ✗ Never allow your child onto a farm unless directly supervised by an adult.



Fire safety

- ✓ Install smoke alarms, test them weekly and immediately replace used batteries.
- ✓ Use a fireguard and a sparkguard on open fires.
- ✓ Protect stoves and heaters with a fireguard.
- ✓ Secure all fireguards to a wall.
- ✗ Never place anything on a fireguard.
- ✓ Make a fire escape plan and practice it often.
- ✓ Unplug electrical equipment when not in use.
- ✗ Never overload sockets.
- ✓ Ban smoking in your home.



Road safety

Cars

- ✓ Securely strap your child into a correctly fitted car seat, appropriate for their weight and height, for every journey (see rsa.ie).



Traffic

- ✓ Hold your child, or their hand, when near traffic or when cars are coming or going from driveways.

Cycling

- ✓ Your child should wear a well-fitting helmet and hi-vis clothing. Their bike must have working brakes, lights and a bell.



Stairs, furniture and doors

Falls

- ✗ Never leave your child unattended on a changing table or on a raised surface.
- ✓ Use stair gates, correctly secured, at top and bottom of stairs.
- ✓ Use equipment and sitting devices with a 5-way safety harness.
- ✓ Keep steps clear of items that could trip.
- ✗ Do not use baby walkers.



Furniture and TVs toppling

- ✓ Use furniture safety straps to secure to floor or wall your TVs and stands, chests of drawers, bookcases and other furniture likely to fall.

Fingers trapped in doors

- ✓ Use finger safety door stoppers on door edges, out of children's reach.



Pet safety

- ✓ Supervise all contact with pets.
- ✓ Remember, no matter how well you know a dog, never, ever leave a young child alone with it.
- ✓ Model safe behaviour and teach your child how to play safely with pets.



Burns and scalds



- ✓ Keep hot drinks out of reach.
- ✗ Never hold your child while cooking or while making or drinking a hot drink.
- ✓ Keep your child away from the cooker.

✓ Turn pot handles in and cook on the back hobs first.

✗ Do not use chip-pans.

✓ Keep flexes short and all electrical equipment out of reach.

✓ At bath time run cold water first, then warm water, then cold water to cool the taps.

✗ Check water temperature before putting your child in. It should be 36°C for newborns and 37-38°C for babies and young children.



Choking, suffocation and strangulation

✓ Keep small objects out of sight and reach.

✓ Cut grapes or cherry tomatoes into quarters lengthways.

✗ Do not give popcorn, marshmallows, chewing gum, nuts or boiled sweets to under 5s.

✓ Grate hard raw vegetable and raw apples before serving.

✓ Peel the skin from sausages or hot dogs and cut lengthways into pieces as small as your child's smallest fingernail.

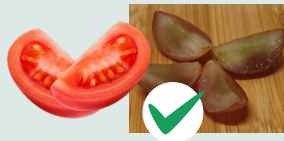
✓ Supervise young children while they are eating.

✓ Remove bibs before sleep and after feeding.

✓ Keep handbags, plastic bags and plastic nappy sacks out of sight and reach.

✓ Check that toys are age appropriate and have the CE mark.

✗ Never put jewellery (or teething jewellery), strings, ribbons, or clothes or hats with strings on young children.



Safe sleep

✓ Always place your baby on their back to sleep, even for naps.

✓ Place their feet to the foot of the cot, and keep head and face uncovered.

✗ Do not let your baby go to sleep wearing a hat. Hats are used immediately after birth but are not needed for sleep after that (unless advised by your doctor or midwife).

✓ Keep cot free of soft objects and anything loose or fluffy, including pillows, positioners, bumpers and toys.

✓ The safest place for your baby to sleep is in a cot in your room (for at least the first 6 months).

✗ Do not let your baby get too hot.

✗ Do not smoke or allow anyone to smoke in your home or car.

✗ Do not use sitting devices for routine sleep.



Poison

✓ Use cupboard safety locks.

✓ Keep medication, laundry products and cleaning products in their original containers and out of reach in a locked cupboard.

✓ Do not use bottles or food containers for storing chemicals or cleaning products.

✓ Keep alcohol, cigarettes, e-cigarettes and their refills out of reach.



✓ Keep cosmetics (perfume, make-up and hair and skin products) and handbags out of sight and reach.

✓ Store garden, DIY, agricultural and chemical products in their original containers in a locked shed.

✓ Install carbon monoxide alarms.



Drowning

✗ Never leave your child alone at bath time.

✓ Empty the bath immediately after use.

✗ Do not use bath seats as your baby could slip out or tip over into the water.

✓ Empty paddling pools, buckets and any other water containers immediately after use and store out of reach.

✓ Cover and completely fence off water sources (barrels, ponds, water features, troughs) and slurry pits.



My Eircode: _____

My Mobile: _____

My Work: _____

Other: _____

Other numbers: _____

Next-of-kin:

Name: _____

Phone: _____

Neighbour:

Name: _____

Phone: _____

Poison Information Line

01 809 2166 (8am-10pm, 7 days a week)

Doctor/GP:

Name: _____

Phone: _____

Basic first aid Seek medical help at any stage if in doubt. Phone 999 or 112 in an emergency.

Choking

If you can see the object, try to remove it.

There is no need to intervene if your child is coughing effectively, simply encourage them to cough.

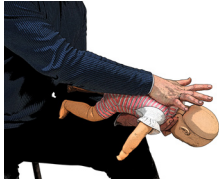
Ask older children "Are you choking? Can you breathe?"

If your baby or child is unable to cry, to talk or to cough, check that they are conscious.

If not conscious, phone 999 or 112 immediately.

If your child is conscious but they are not coughing or not coughing effectively, you will need to deliver First Aid:

Babies under 1 year



1. Sit down and hold baby face down on your knee, supporting the head, jaw and neck. Their head should be lower than their body.
2. Give **5 back blows** using the heel of your hand between the baby's shoulders.
3. Turn baby face up along your thighs.
4. Give **5 chest thrusts** by finding the baby's breast bone, placing two fingers in the middle and pushing sharply on the chest.
5. Keep doing 5 back blows and 5 chest thrusts until the object pops out and the infant begins to breathe again.

After taking these steps:

Get medical help after the object has come out in case part of the object remains or your child has been injured during the procedure.

If the child becomes unresponsive, call for help and send someone to **phone 999 or 112**.

Stay on the phone and listen carefully for advice.

You must begin CPR (cardio pulmonary resuscitation) – the person who answers your 999 or 112 call will guide you.

During CPR if you see the object that caused the choking, remove it with your fingers but do not place your fingers into the mouth if you cannot see the object.

Children aged 1 year and older

1. Stand behind your child and support them in a forward- leaning position.
2. Give **up to 5 blows** to the back between the shoulder blades.
3. If this does not dislodge the object, stand or kneel behind the child.
4. Give **5 abdominal thrusts**: clench your fist and place it between the naval and the ribs. Grasp this hand with your other hand and pull sharply inwards and upwards. Do not apply pressure to the ribs as this may cause damage.
5. Keep doing 5 back blows and 5 abdominal thrusts until the object pops out and the child begins to breathe again.



Cuts and bleeding

1. **Wash your hands.**
2. **Clean the cut:** use cool running water.
3. **Check the wound:** See if there is an object stuck in it.
4. **Stop the bleeding:** If there is no object stuck in the wound, apply light pressure with a clean cloth or pad until bleeding stops.
5. **Cover the cut:** Use a clean non-fluffy dressing.
6. **Get medical advice if:**

If there is an object in the wound do not press on the object. Press either side of it instead.

- You are worried
- An object is stuck in the wound
- The cut is bleeding heavily
- The cut was caused by a bite
- The cut becomes infected
- The cut fails to heal
- Your child has been incompletely vaccinated against tetanus.

Burns and scalds

If the burn or scald is above the neck, call for an ambulance and follow their advice while waiting for the ambulance to attend.

If it is other areas which are affected, still plan to get medical attention, but it is safe and a good idea to take a few minutes to apply basic first aid at home:

Cool the burn or scald - run cool water over it for 20 minutes.

Remove tight clothing and jewellery as burnt skin can swell, but do not remove anything which is stuck to the skin.

Do not place any ice, fats, ointments or creams on the injury.

Use a clean **non-fluffy cloth** or clean cling film if you need to loosely cover the injury.

Get medical advice immediately unless the burn or scald is very minor.

Poison

1. **Stay calm and act quickly.**
2. **Take the poison** away from your child.
3. If the poison was eaten, make your child **spit it out** and run your fingers around the mouth to flick out remaining pieces.
4. **Never** make your child vomit.
5. If chemical has been splashed into the **eye - wash with tap water for 15 minutes.**
6. **Wash any skin in contact with poison** using soap and water.
7. **Do not give anything** to eat or drink unless directed to do so by healthcare staff.
8. **Get medical advice:**
 - ✓ **Phone the Poisons Information Line on 01 809 2166 (8am -10pm).**
 - ✓ Outside these hours contact your GP or the hospital.
 - ✓ In an emergency, phone 112 or 999.
 - ✓ **Always take the product container** with you to the telephone, GP or hospital.

Nose bleeds

If your child has a nose bleed, get them to sit down, tilt their head forwards and pinch the end of their nose for 10 minutes. After 10 minutes, check their nose. If their nose is still bleeding, pinch for another 10 minutes.

Get medical advice if the nose continues to bleed.

First aid kit

Have a well-stocked first aid kit. Keep out of children's reach. Include a list of emergency numbers.



Do not store medication in a first aid kit. It should be stored in a high locked cupboard.

Learn the basic first aid skills outlined here and consider doing a first aid course.



This wall chart is provided to parents and carers by their local public health nurse.

Please hang on the inside door of a kitchen cupboard for easy access.

For more information on child safety, see mychild.ie

mychild.ie



Photos posed by models. Some images have been altered to show safety risks.