



At home



PARACHUTE SAFE KIDS WEEK



Tips for Safety At Home

Home can be a safe place for children to learn and grow. However, most injuries to young children do occur in their homes and are most often caused by falls, burns, poisoning, choking/strangulation and drowning. Children are vulnerable in this environment because heights, space and structures are built for adult use and comfort, but often create hazards for children.

Falls

- ◆ **Supervision is key:** Watch young children closely and use safety products like window guards and safety gates; wall-mounted gates must be used at the top of stairs and wall-mounted or pressure gates can be used at the bottom of stairs.
- ◆ **Avoid baby walkers with wheels:** Children have fallen down stairs in baby walkers and are able to reach dangerous items like kettles and sharp objects. Baby walkers do not help children learn to walk and are banned for sale in Canada.
- ◆ **Use non-slip mats:** Use mats in high traffic areas like the kitchen and bathroom.

Choking/Strangulation

- ◆ **Young children are most likely to choke on food:** Cut up hard fruits and veggies into bite-size pieces and keep small toys and objects like coins away from young children.

May 30th – June 5th, 2016

parachutecanada.org/safekidsweek

Parachute Safe Kids Week – Parent Tips Sheet – At Home

- ◆ **Blinds and curtain cords are a common strangulation risk:** Cords should be cut short, tied out of reach or cordless blinds used.

Poisoning

- ◆ **Keep products locked up high out of reach:** Medications, cleaning products and other potential poisons should be stored away from children – locked up high out of reach. It only takes a small amount to harm a child.
- ◆ **“Hello, poison centre”:** Add the number for your local poison information centre to your contacts and post in your medicine cabinet.

Burns

- ◆ **Use smoke alarms:** Install and check your home smoke alarms regularly.
- ◆ **Test water temperature:** Child’s skin burns four times more quickly and deeply than an adult’s at the same temperature. The maximum delivery temperature of your taps/hot water should be 49 degrees Celsius to avoid serious burns. Test bath water with your elbow and mix it to rid of any hot spots.
- ◆ **Avoid using the microwave:** Don’t heat baby-food/bottles in the microwave.
- ◆ **Put a lid on it:** Hot liquids like tea and soup can burn children’s skin. Use a cup with a lid on it.
- ◆ **Secure candles:** Put candles on sturdy holders and keep out of the reach of children.
- ◆ **Prepare for fires:** Keep extinguishers in readily accessible locations around the house and use fireguards to keep children away from fireplaces and stoves.
- ◆ **Keep all electrical outlets covered:** After all, most are within a young child’s reach.

Water Safety

- ◆ **Supervise your child:** Stay beside children under ages five while in the water or playing near water. Children can drown quickly and silently.
- ◆ **Fence home swimming pools:** All four sides should have a 1.2 metre (4-foot) high fence with self-latching gate.
- ◆ **Get swimming lessons:** Both you and your child should know how to swim.
- ◆ **Use a lifejacket:** Young children should always wear a lifejacket near water.