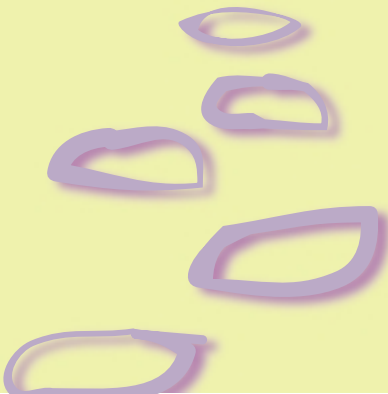


CHILD SAFETY

**Make Your Home Safe
For Your Children**





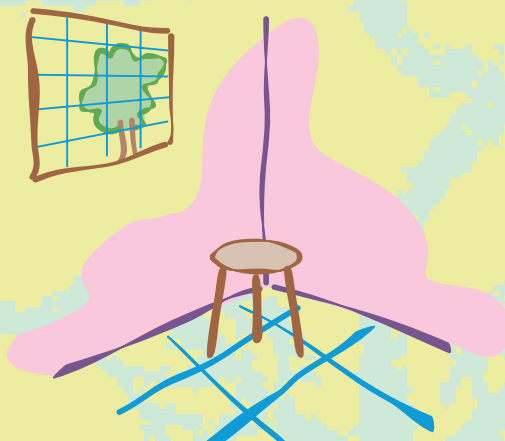
The most common place where injuries occur is in the home. **H**ome injuries often involve young children and can be serious or even fatal.

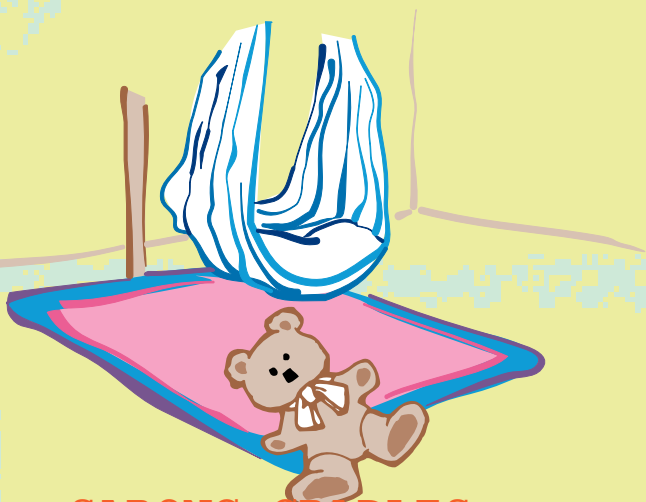
Fortunately, most of them can be prevented.

PREVENTING COMMON INJURIES

FALLS

- ❖ Do not leave babies alone on tables, sofas or beds as they might roll over and fall off.
- ❖ Do not have highly polished floors as toddlers may slip and fall. Do not let your child walk about in socks.
- ❖ Wipe up any spilled liquids immediately from the floor.
- ❖ All high-rise flats should have grilles in the windows. Keep the grilles locked and put keys out of the child's reach.
- ❖ Children below the age of 7 should never be allowed to sleep or play on the upper deck of a double-decker bed.





SARONG CRADLES

- ❖ Avoid using sarong cradles. Babies have fallen out of them and were hurt seriously.

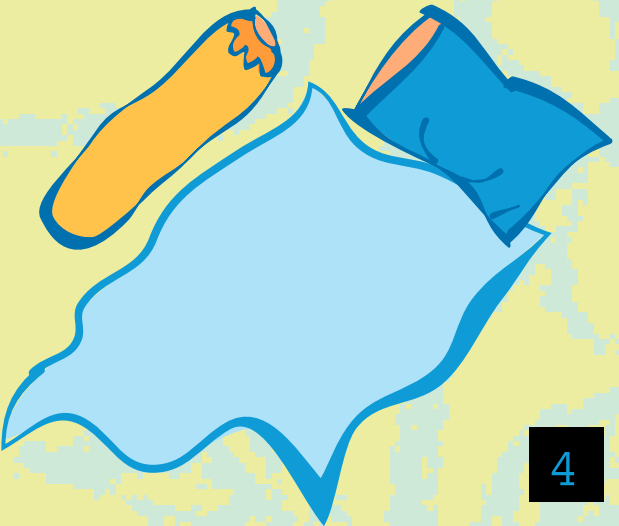
BABY WALKERS

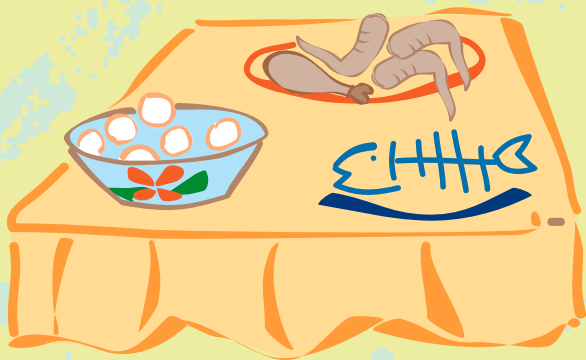
- ❖ Baby walkers can be dangerous as the baby may try to walk down the stairs and fall. A baby in a walker is also able to pull at electrical wires, hot kettles and pots. If you must use a walker, make sure a responsible person watches over the baby all the time.

SUFFOCATION

- ❖ Do not use a soft pillow or bolster. The baby may bury his head in it and be suffocated.
- ❖ Towels and blankets may also cause suffocation if they cover the baby's face.

- ❖ Never put plastic sheets on the mattress as the baby may pull them up and cover his face with them. Similarly, children should not be allowed to play with plastic bags. They may be suffocated.
- ❖ Make sure that the baby's crib does not have slats spaced widely apart as the baby could put his head through, get stuck and suffocate. Slats should be no more than 5cm apart.
- ❖ Ensure that there is no space between the baseboard and the frame of the cot. The baby may fall through the gap and get his head stuck.
- ❖ The baby should not sleep with his parents in their bed as the adults may roll onto the baby while asleep and suffocate him.
- ❖ Avoid hanging toys near the baby as he may pull the cord and get it entangled around his neck.





CHOKING

- ❖ Do not let young children play around with small objects like marbles, small balls or coins which can easily get into their air passages.
- ❖ Babies can also choke if you feed them when they are crying or when they are lying flat on the bed.
- ❖ Be careful that food does not contain fish or chicken bones as these can get stuck in the air passages and cause choking. Fish balls should be cut into smaller pieces and not given whole.

STRANGULATION

- ❖ Do not hang gold chains or pacifiers around the neck of a baby, especially when he is sleeping.
- ❖ Young children should not wear hoods and jackets with long strings.



TOY SAFETY

- ❖ Choose toys which are safe for your children. Some toys may contain liquids and gases which may be harmful; others may have detachable pieces which a child could swallow.
- ❖ Make sure that the toys are not made from glass or any materials that can break or burn easily.
- ❖ Avoid very noisy toys. They may damage your child's hearing.
- ❖ Flying or spinning devices can go out of control and cut, blind or hurt your child.
- ❖ Choose low voltage battery operated electrical toys.
- ❖ Ensure that rattles do not contain pellets which can be dislodged and swallowed by a child.





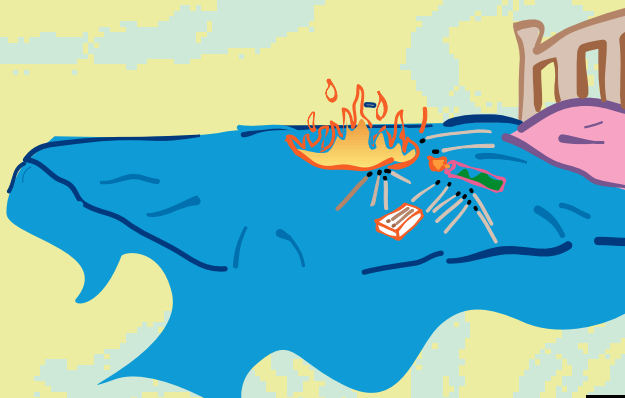
DROWNING

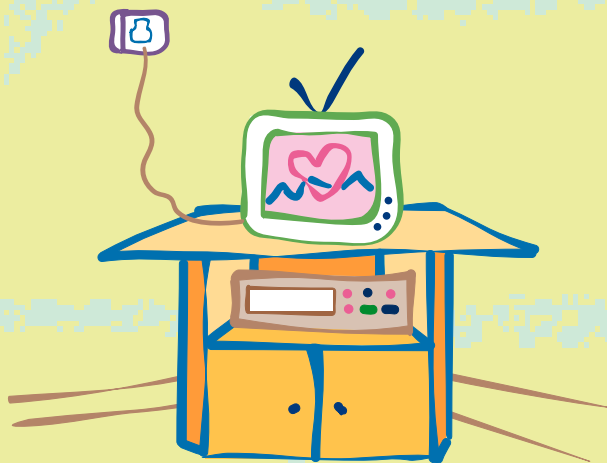
- ❖ Drowning at home occurs most often in bath-tubs, jars and basins.
- ❖ Do not leave your child alone in the bath-tub or basin even for a moment. Take him along if you need to answer the phone or door.
- ❖ Keep any jars in your bathroom covered or turned over when not in use. Curious children may try to climb into the jar and drown.
- ❖ Children should only swim in proper swimming pools with a lifeguard present.

BURNS AND SCALDS

- ❖ Stop small children from playing with matches or lighters. Put them away where the child cannot reach.

- ❖ Avoid using a table-cloth as a child may tug at it. Hot food or liquid on the table may fall on the child and scald him.
- ❖ Do not allow children into the kitchen when you are cooking. Handles of pots and pans containing hot liquids should be turned inwards so that children do not pull and overturn them.
- ❖ Thermos flasks should be capped properly. A child can tilt the flask and scald himself if the cap is not tightly fastened. It may be better to use an airpot with the safety lock on rather than a thermos flask.
- ❖ Keep your child away while you are ironing. Coil the wire around the iron once you have finished so that he does not pull the hot iron onto himself.
- ❖ Always add hot water to cold water and not vice versa. Young children may get scalded when they playfully jump into a basin or tub full of hot water.





ELECTROCUTION

- ❖ Make sure that electrical sockets are not easily accessible to children. Have them fixed higher up the wall.
- ❖ Ensure that all wires are properly insulated and secure.

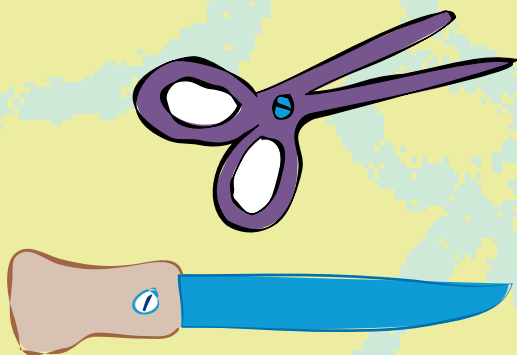
POISONING

- ❖ Young children like to put things in their mouths, so keep all medicines, aerosol cans, detergents, etc out of the child's reach.
- ❖ Do not persuade your child to take pills or medicine by telling them that they are sweets. They might take other medicines they find lying around, thinking that these too are sweets.



OTHER INJURIES

- ❖ Avoid using furniture with sharp edges. Do not leave drawers opened. Easily overturned objects like lamps, vases, fish tanks or the television should be kept out of reach.
- ❖ Always watch over a child at the playground. He may hurt himself if he falls or runs into another child.
- ❖ Do not allow your child to play with food in his mouth as this may cause choking.
- ❖ Do not let your child play with ropes or strings as he may accidentally strangle himself.
- ❖ Knives, scissors, screwdrivers and ice-picks must be kept away from children.
- ❖ Keep your children away from lawn mowers and grass cutters when they are in use.



For more information on health matters:

Call HealthLine

1800 223 0313 (personal advice during office hours)

1800 742 2066 (24-hour pre-recorded health information)



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Visit the Ministry of Health website at: www.gov.sg/moh

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