

Walkern PreSchool

Please find a selection of
Health and Safety
information leaflets we
hope you will find useful

Making blinds safe is simple and cheap to achieve.

ACT NOW to safeguard your child and stop another preventable death.



make it safe

Always consult a BBSA member

They will give you the best possible advice on the most appropriate choice of blinds, and the best ways to make them safer. They will also be pleased to give you further information about types of window blinds that are specially designed to be operated without cords.

Find your local member by visiting www.bbsa.org.uk

The advice provided by the BBSA has been actively supported by the Child Accident Prevention Trust (CAPT) & The Royal Society for the Prevention of Accidents (RoSPA). Go to: www.makeitsafe.org.uk to view:

- Independent advice on making blinds safe
- Searchable database of approved suppliers
- Images of safety items

Further guidance is also available at: www.windowblindsafety.ie/

**Safeguarding children...
it's everyone's business**

Design ref: 063678

Blind cords can kill children

Looped blind and window cords are dangerous. They can strangle a child and have led to the deaths of children.

Act now by ensuring that all cords are kept securely out of reach from babies and children.

For further safety advice contact: Hertfordshire Trading Standards on **01707 292439**

Visit www.rospa.com for your free 'Make it Safe' pack



working together to help to keep your children safe.



Window Blind Cord Safety Advice



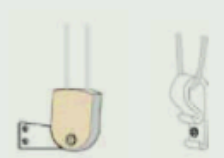
Window or door blind cords and chains can pose a real risk for babies and children. Two young children have already tragically died in Hertfordshire in the last six months as a result of blind cord strangulation and many more children across the UK have been seriously injured.

PLEASE ACT NOW to help keep your children safe and prevent any further tragedies.

You can take a number of practical and simple precautions to significantly reduce the risk.

Take action now to secure any looped cords or chains within your home by following this advice and using one of the many safety devices available for you to buy. This safety advice also applies to all organisations and community buildings where parents, carers or workers with babies and young children or vulnerable adults live or visit.

Here are a few examples of the devices available:

<p>Cleat This can be securely fixed to an adjacent wall, out of the reach of young children. Remember to always wrap the cord tightly around the cleat after every time you use the blind.</p> 	<p>Chain-break connector or Safety tassel These will break apart when excessive force is applied to the operating chain or cord.</p> 
<p>Cord/Chain Tensioner or Tidy The following devices should be secured to an adjacent wall and the cord/chains are held permanently within the device.</p> 	

When choosing new blinds for homes or places where children or vulnerable people live or visit always look for a blind that does not contain cords or has



Make sure all cords and chains are secured out of reach.

Do not place your child's cot, bed, highchair or playpen near to a window blind.

Do not put sofas, chairs, table, shelves or bookcases near to a window blind, as children love to climb.

Messages from Hertfordshire parents who have tragically lost their children.

"You can't be with children every minute, but you CAN make blinds safe. We lost our son - protect your child"

Parents of Arthur

"We don't want other families to suffer the way we have"

Parents of Emily

"Persons in charge of children are ultimately responsible for following the safety instructions provided by the manufacturer." EN Standard 13120



working together to help to keep your children safe.

Further guidance & advice for parents, carers & professionals is now available. Please visit: www.rospa.com for more information on how you can keep your child safe from blind cord dangers or obtain a free 'Make it Safe' pack. Important guidance on the responsibilities of manufacturers and suppliers of blinds is also available at www.bbsa.org.uk

Safe from choking

“ I always thought choking would have been more obvious. But the silence and the panic in his eyes will stay with me forever.”

A child who's choking can't breathe, so there's no sound to alert you. As scary as this sounds, you can stop this happening. It takes some simple steps.

Why do children choke?

- ✎ Children can choke at any age. Young children are at greater risk.
- ✎ Their narrow airways are more easily blocked.
- ✎ Anything smaller than a 2p can choke them.

Small objects

Babies and toddlers put things in their mouths. It's how they explore. So they can choke on small objects in their reach:

- ✎ Cheap toys can have small parts that come off. Check them over first.
- ✎ Use older children's toys in a specific area and check the floor afterwards. Use a tray underneath to catch small parts, like Lego.
- ✎ Don't let young children blow up balloons and clear away broken pieces.

Baby bottles

Never use a self-feeding baby pillow or prop your baby's bottle up to feed. They need an adult to help them feed.

First aid

1. Give up to five back blows between the shoulder blades – it can force the object out.
2. For babies, give up to five chest thrusts. For children over 1 year of age, give up to five abdominal thrusts squeezing above the belly button from behind – it forces air out of the lungs to clear the object.
3. If 1 & 2 don't work call 999 and keep trying until help arrives.

Food

- ✎ Choking on food isn't just about young children not chewing properly. It takes time to learn to breathe, chew and swallow in harmony.
- ✎ Until then, they need you to cut up or avoid anything that could block their airway. And to teach them to sit still to eat.

Size and shape matter

- ✎ Cut lengthways and quarters – grapes, blueberries, strawberries, cherries and small tomatoes.
- ✎ Remove skin, pips or stones from fruits or vegetables.
- ✎ Cut thin strips – sausages, cheese, vegetables and large fruit like melon, apple, carrot, cucumber and mango.
- ✎ Steam, mash or grate foods to soften them – carrots, chickpeas, butter beans.
- ✎ Cut strips and remove bones, skin or fat – meat and fish.
- ✎ Toast bread – to stop doughy balls. Cut all bread into narrow strips.

Save for later

- ✎ Round hard sweets, including mini eggs and lollipops
- ✎ Whole grapes and nuts
- ✎ Globs of peanut butter
- ✎ Popcorn
- ✎ Marshmallows
- ✎ Jelly cubes



DON'T RISK IT, QUARTER IT



Choking is one of the leading causes of death for children under 3.

Even if your child is confident eating solid foods, a grape or a cherry tomato is just the right size to get stuck in their windpipe.

www.rospa.com



Small in size. The risk of a big problem.



Inside some electronic devices are button cell batteries that if swallowed can cause severe life-impacting burns or even death.



These batteries can be found in toys, musical books, key fobs, remote controls, calculators, and other small electronic devices.

Ensure your child does not have access to these devices if the battery compartment is not secure.

Make certain that spare batteries are locked away and that used batteries are disposed of safely.

If your child does swallow a button cell battery, seek urgent medical advice immediately.

Children can swallow, inhale, or choke on other items such as small toys, peanuts and marbles

- Choose toys appropriate to the age of the child
- Ensure that small objects are kept out of reach of children under three
- Looped cords on blinds and curtains should be avoided especially in children's bedrooms. Keep them tied up high and out of reach
- Small foods such as grapes, cherry tomatoes, blackberries and other soft fruits should be cut into quarters to prevent choking
- Keep button cell batteries out of reach of children, they can cause severe injuries if swallowed
- Don't forget plastic bags can also be very dangerous to small children.

For more home safety information visit
www.rospea.com/resources/hubs/



accidents don't have to happen



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13 2018



accidents don't have to happen



Babies can suffocate on nappy sacks



Keeping your baby safe

Help and advice for parents and carers of young children

Nappy sacks can kill

at least 18 babies in the UK have already died

Making some simple changes can make a big difference to your children's safety. Help us to prevent any more babies from needlessly dying.

To avoid danger of suffocation and choking:

✓ Do:

Always keep nappy sacks and other plastic bags and wrapping away from babies and young children.

✗ Don't:

Place nappy sacks in a baby's cot, pram or buggy.

Why do nappy sacks pose a suffocation hazard to babies?

- Young babies naturally grasp anything and put it in their mouths, but they find it more difficult to let go.
- Nappy sacks are flimsy and are small enough to fit in little mouths.



Watch out in water

“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”

Coroner's report, bath seat drowning of 7-month-old

Drowning happens silently. A drowning child can't speak or control their arms. They slip quietly under the water. It's only in the movies they splash about and cry for help. It's a scary thought.

But once you understand how and where drowning happens, there are things you can do to prevent it.

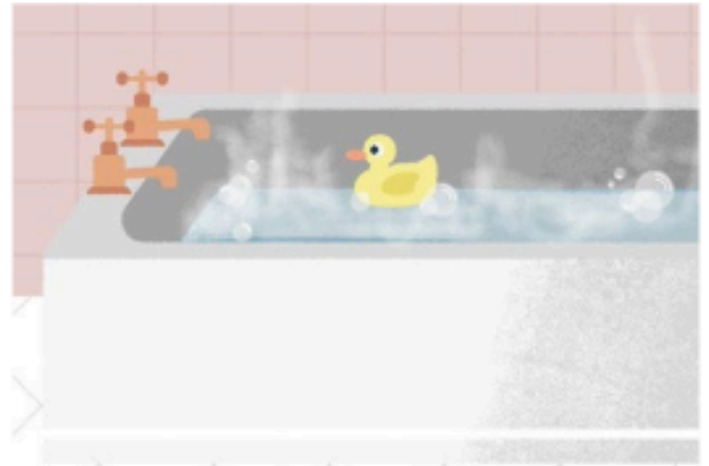
Babies and small children - mostly drown at home in the bath or in the garden, in just a few centimeters of water.

Baths

- Bath seats are great for supporting your baby in the bath but they are not safety aids – a baby shouldn't be left alone in one even for a moment as they can slip out
- Get everything you need ready before bath time because you'll need to stay with your baby or young child all the time they are in the bath
- Don't rely on your toddler to keep an eye on the baby while you pop out for a towel, as they are still too young to understand danger.

In the garden

- Empty the paddling pool out after you've used it
- Turn a pond into a sandpit, or fence it in or cover it while your children are little
- Make sure your child cannot get to the neighbour's pond
- Be alert to ponds or pools when visiting other people's homes.



Older children - can still get into difficulties. They may over-estimate how strong a swimmer they are or under-estimate risks in the sea or open water.

Out and about

- Teach older children to choose safe places to swim like public pools and beaches with lifeguards
- Explain the dangers of swimming in open water, including strong currents, deep, cold water and things under the surface they can't see.

At the beach

- Teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Inflatables can be swept out to sea when the wind is blowing – keep children off inflatables when the orange windsock is flying and always keep an eye on them.

Fire safe families

He ran upstairs and into a wall of black smoke and could feel intense heat coming through the walls. ”

Coroner's report, death of 5-year old who played with a lighter

Your family are eight times more likely to die in a fire if you don't have a working smoke alarm. If a fire breaks out at night, you won't smell the smoke and wake up. The poisonous fumes will send you deeper into sleep. It makes sense to have a smoke alarm upstairs and downstairs, to save you from smoke that can kill in minutes.

Prevent fires

- Cooking is the main cause of fires in the home – stay in the kitchen if children are cooking
- Keep matches, lighters and lit candles or tea-lights well out of reach of young children and teach children not to play with them
- Take care not to plug lots of chargers and equipment into an extension lead from one electrical socket - the socket will be dangerously overloaded
- Stay close by when you have fat heating and never pour water onto hot fat
- Store things like hair straighteners safely – avoid leaving them switched on or where a child might be able to switch them on
- Avoid charging e-bike or e-scooter batteries when you're out or overnight. Follow the instructions and don't over charge
- Double check your cigarette is out and be careful smoking if you're really tired (or in bed) in case you fall asleep with it in your hand.

Check your smoke alarms

- You need a working smoke alarm upstairs and downstairs
- Test your alarms every month
- If you live in rented housing your landlord is responsible for providing alarms.



Plan your escape

- Work out your escape route in case of a fire and practice it with your family
- Keep the stairs and escape route clear of clutter at night
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.

Teach children what to do if they see a fire

- Tell someone straight away – a grown-up if possible
- Don't try to put the fire out yourself
- Get outside as quickly as possible. Don't try to hide from the fire
- Never go back inside for anything.

Prevent poisoning

“ *He thought it was a sweetie because it was bright and like a jelly so he gave it to Orla who bit into it.* ”

Mum talking about washing tabs/pods

Bright bottles of cleaning liquid, squidgy washing tablets, shiny packets of painkillers... Small children are curious and want to learn more by putting things in their mouth.

Unfortunately things that make our lives easier can be harmful to small children, as their bodies process poisons differently. Thank goodness it's easy to keep children safe.

Laundry products

– small children can mistake brightly coloured products for sweets or toys, especially laundry capsules. But the concentrated chemicals can do serious damage to children's insides, skin and eyes.

- It's tempting to keep products beside the washing machine. Move them to a high up or lockable cupboard
- Watch out for fast little fingers! Don't leave a washing tablet on top of the washing
- Put products away out of reach as soon as you've used them

When you're shopping, look out for products with a bittering agent like Bitrex - it tastes so horrible, children spit it out instead of swallowing, preventing accidental poisoning.



Everyday painkillers – the most common way for young children to be poisoned.

- Keep all medicines out of reach and sight of young children, ideally in a high up or lockable cupboard
- Watch out for painkillers left on the bedside table or in the handbag on the floor.



Cleaning products

– helpful for you but they can be harmful for small children.

- What's lurking under your sink or next to your toilet? Move cleaning products to a high up or lockable cupboard
- Put them out of reach again as after use
- Don't rely on safety caps – they slow children down but they're not childproof
- Look out for products with a bittering agent like Bitrex when you're shopping
- Don't pour cleaning products into other bottles like drinks bottles. Children can get confused.



 www.capt.org.uk

 @capt_charity

 @ChildAccidentPreventionTrust

 @CAPTcharity



child accident prevention trust 

Free from falls

“ A preventable accident ends up with a shattered family. And that’s just very tragic.”

Paediatric Neurologist (a doctor who specialises in child brain injury)

Scrapes and bruises are a part of growing up. But even a fall from a highchair can cause a bad head injury. That’s because babies’ heads are much heavier than their bodies, which makes them top-heavy. And when they land, their head takes much of the impact.

It doesn’t make sense trying to stop all falls. But there are some serious ones you can easily stop once you know how and why.

Cots, beds and changing tables – now I can wriggle and roll!

- Even small babies can wriggle off a bed or changing table – change their nappies on the floor if you can and keep them in arms reach on a raised surface
- As soon as your baby can stand, remove any large toys they might climb on to get out of their cot, preventing serious falls.

Stairs – I can shuffle and I’m off!

- Even before they’re mobile, babies are injured when the person carrying them falls. So keep a hand on the rail going up and down stairs
- As soon as your baby starts moving around, fit safety gates to stop them climbing or falling down the stairs.

Highchairs – is that my drink?

- Children may try to get things that are out of their reach
- They may lean over the side and topple out or push themselves up and try to climb out
- Get into the habit of using the straps on the highchair every time you use it.

Windows – what’s that I can see?

- Small children are curious and want to see what’s happening outside but have no real understanding of danger
- Take care not to put furniture in front of windows, especially in children’s bedrooms
- If you can, get safety catches or locks fitted on your windows
- If you opt for a lock, keep the keys somewhere you can find them, in case there’s a fire and you need to get out.

Trampolines – how high can I bounce?

- The biggest risk from trampolines is having two people with very different weights
- Let children take it in turns and avoid adults and children jumping together
- Use a safety net or cage so children can’t be thrown onto the ground.



Safe from burns

“Everyone in the burns unit was there because of an accident. In a split second their whole life changed.”

Mum of little boy burned by a hot drink

A small child's skin burns really easily as it's so thin. Here's how to prevent serious burns:



Hot drinks

– can stay hot enough to scald even after 15 minutes. 8 to 18 month-olds are most vulnerable as they love to grab.

- Watch out for fast little fingers when you're making a hot drink. Push your mug to the back of the worktop before you reach for the milk
- Look for out-of-reach safe spots to put your hot drink down
- Make it a habit to put your child down before you pick up your drink.

Hair straighteners

– can get as hot as your iron and can still burn 15 minutes after they are switched off.

Keep hot hair straighteners and wands out of reach

- Put them in a heat-proof pouch or on a high shelf to cool.

Button batteries

– if a child swallows a button battery and it gets stuck, it can burn a hole and cause internal bleeding and even death.

- Keep any loose batteries out of reach and dispose of 'flat' batteries quickly and safely
- Keep objects with easy to access button batteries out of reach.

Magnetic toys

– high-strength magnets in toys can rip through the gut if your child swallows them.

- Buy from a reputable retailer or a brand name you know. Avoid online marketplaces.

Cooking

– young children won't always pull away from something that's burning them. They may forget the rules about not touching hot things.

- Push kettles to the back of the worktop and use the back rings of the cooker first
- If you're able to, keep children away from the kitchen when you're cooking. Or try to keep them in a highchair and away from the cooker if not.

Bath water

– these scalds are really

- nasty and can happen in seconds.
- Put cold water in first then top up with hot. Test the temperature of the water with your elbow before putting your child into the bath
- Stay with your child in the bathroom in case they fiddle with the hot tap.

Staying warm

- Move cots away from radiators. Then your baby can't get their arm or leg trapped against the heat
- Fit fireguards around fires and heaters
- Check your hot water bottle for wear and tear. Replace every two years.