

BE A SAFETY SUPERHERO

SAFE CHILDREN TOGETHER WE HAVE GOT THIS



DID YOU KNOW?

Injuries from falls is the most common reason for children visiting Accident and Emergency in South Tyneside
Falls can damage babies and children's brains as well as their bodies

FALLS



The best start in life



South Tyneside
Safeguarding Children Board

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DID YOU KNOW?

Swallowing medicines, like everyday painkillers, is the most common way for children to be poisoned.

ACCIDENTAL POISONING



The best start in life



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TOP TIPS

- 'Child resistant' caps are not 'child-proof'
- Keep medicines locked away or up high
- Fit safety catches on any low cupboard doors
- Make sure bottle tops and lids are on properly
- Always keep cleaning products, DIY or garden chemicals in their original containers
- Be careful with detergent capsules
- Aromatherapy oils, perfumes and cigarettes all pose a risk to children
- Plants in the garden can be confusing - teach your child not to eat anything they pick outside
- Make sure that you have an audible carbon monoxide alarm fitted in your home

Find out more at:

 www.capt.org.uk/safetyadvice

 /ChildAccidentPreventionTrust

TOP TIPS

- **Stairs** - Fit safety gates and always keep a hand free to hold on when carrying your child up and down the stairs
- **Highchairs/prams/changing tables** - make sure you strap children in every time
- **Windows** - ensure furniture is away from windows. Fit safety locks and catches to ensure they don't open too widely
- **Trampolines** - limit the number of children on the trampoline at any one time. Ensure there is a safety net around the trampoline
- **Bikes** - encourage children to wear a helmet
- **Play areas** - be sure outdoor playground equipment is safe, with no loose parts or rust. Make sure playground surfaces are soft enough to absorb the shock of falls
- Always be aware of your child's surroundings and what might be potentially dangerous

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