



guide to

keeping your child safe

What you can do to prevent accidents...

Although there is no such thing as a completely safe home, many accidents can be prevented by taking a few safety precautions. One of the biggest dangers in the living areas is fire; keep matches, lighters and cigarettes out of reach of children. Install a circuit breaker throughout your home and use electrical plug socket covers to prevent your child poking something into the socket.

any questions?

☎ 0700 4 222437 • (01) 296 8080 (ROI)
✉ info@vitalbaby.com
✉ Vital Baby Product Info, PO Box 346,
Hatfield AL9 6ZY UK
🌐 vitalbaby.com

hall, stairs and landing

- The most common accident is a child falling down the stairs. Fix gates at the top and bottom of the stairs to prevent children having access to them.
- Ensure that there are no loose floor coverings or any trailing wires.
- Make sure that stair carpet is securely fitted and in a good state of repair.
- Gaps between stair spindles should be no more than 10cm/4in so that a child's head
- Check that the lighting is good so that there is no risk of tripping on unseen objects on the stairs.
- Fit safety film or safety glass to any glass doors in these areas.
- Make sure that the front-door latch and letterbox are out of reach.
- Ensure there is a smoke alarm fitted and regularly tested.

living rooms

- Try looking at the room from your child's level (e.g. on your knees). Frequent safety checks are need as the danger areas change as your child becomes more mobile.
- Fit all fires with guards
- Unplug electric fires when they are not in use.
- Make sure that all fabrics and upholstery are made from fire-resistant materials.
- Fit safety protectors to the corners of cupboards and tables.
- Use mats instead of tablecloths so that your child can't pull things off the table on top of him.
- Place mugs/cups of hot drinks well away from baby's reach.
- Place all ornaments and breakables out of reach.
- Make sure that the floor is clean and that there are no small objects that could be swallowed.

kitchen

- The most common accidents in the kitchen are scalds from hot water, burns from cookers and poisoning from cleaning products.
- Keep the doorway blocked with a safety gate.
- Put all sharp objects, such as knives, well out of reach.
- Fit safety catches to all low-level cupboards, drawers, the fridge and also the freezer.
- Use a shortened coiled kettle flex.
- Cook on the back rings of the hob with the pan handles facing inwards.
- Use a pan guard on the cooker.
- Never leave containers of hot liquid or cups of tea where your child can reach them.
- Make sure that all household chemicals and cleaning materials are out of reach and that their lids are tightly secured.

bathroom

- Scalds from hot water, falls in the bath or shower, poisoning from medicines and cuts from razors, scissors and broken glass are the most common accidents in the bathroom.
- Keep all medicines and other dangerous objects, such as razors locked away in a cabinet and out of reach of children.
- Use a non-slip bathmat in the bath to prevent slipping.
- Fit a lock to the toilet seat.
- Make sure your child cannot reach the window by climbing on the toilet or the bath.
- Always run cold water into the bath before adding hot water and check the temperature before putting your child in the tub.
- The water temperature should not be above 32°C/90°F.
- Hang a towel over the taps to prevent a child burning herself.
- Check that your child cannot reach the door lock and lock herself in.

your child's bedroom

- This is the one room where your child will spend time alone so regular safety checks are essential as your child grows and becomes more adventurous.
- Make sure that your baby's cot and mattress conform to safety standards and that the mattress fits snugly into the cot base.
- If your child sleeps in a bed, always use a bed barrier and make sure there is a safety gate fitted at the top of the stairs.
- Use a nursery light or dimmer to give your child reassurance at night and to allow you to look in on her without causing any disturbance.
- Monitor your child in bed by installing a nursery listening device
- Keep a check on the temperature by placing a thermometer in the bedroom, which needs to be around 18°C/65°F.
- Try to keep your child protected from cigarette smoke, which could put them at risk from coughs, chest infection and even cot death.
- Fit any windows with locks.
- Make sure you place the cot or bed away from the window.

outside

- Many accidents happen outside the home. Even if you have your own garden never leave a young child outside on his own.
- Keep all garden tools and chemicals locked away.
- Fit locks to garden sheds and garage doors.
- Make sure that any gates leading to the road are secure.
- Always use a harness, reins or wrist link when you are out on the pavement with your child.
- Make sure that the surface under any play equipment is safe for children to fall on.
- Cover up any ponds or water butts.

equipment

- Ensure that any equipment you buy conforms to the safety regulations established by the European Union (EU) and the British Standards Institute (BSI).
- Only use equipment for the age of the child it has been designed for.
- Second-hand equipment needs to be checked thoroughly for safety.
- Use safety straps when you put your baby in a pram, pushchair, highchair or bouncing cradle.
- Never put a bouncing cradle on a table or raised surface as your baby's movements could easily make it fall off.
- When travelling in a car always put your baby in a car seat approved for the child's weight and age.
- Use child locks on doors
- Don't leave your child alone in the car even if she is firmly strapped into her seat.