

10 tips:

Preventing accidents at home

- 1 Try to perceive your surroundings through children's perspectives and remove spotted risks.
- 2 Don't leave babies and small children unsupervised.
- 3 Draw your child's attention to potential dangers and explain why it is dangerous.
- 4 Promote your child's motor skills development by offering them a range of incentives for exercise and different opportunities to play and practice.
- 5 Involve your child in different tasks in your household according to their age.
- 6 Keep all items that are smaller than a table tennis ball out of your child's reach, in order to prevent your child from swallowing it.
- 7 Make sure your child does not come close to open fire or hot liquids.
- 8 Store medicine, button cell batteries, alcohol, cigarettes as well as washing- and cleaning detergents closed tightly and out of your child's reach.
- 9 Make sure your furniture and other heavy objects have been sturdily assembled and can't topple over. Anchor heavy furniture to the wall.
- 10 Utilise safety items according to age, such as staircase safe gates, power socket covers, edge protection or stove safety guards.



In case an accident occurs after all:
Stay calm and soothe your child.
Call the emergency number **112**.

Accidents are one of the biggest dangers for children's health.

More than 80% of all accidents during infancy and early childhood occur in the family's own flat or the home's surroundings.

Typical accidents include falling, drowning, suffocating, burning, scalding and poisoning.

With our motto "I spy with my little eyes..." we want to encourage you to start a safety tour through your own home.



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www.kindersicherheit.de



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The Bundesarbeitsgemeinschaft (BAG) Mehr Sicherheit für Kinder e.V.

The BAG is the national network for the prevention of childhood accidents. The non-profit organisation attracts the public's notice to issues surrounding childhood accidents and aims at reducing the high number of children's injuries caused by accidents.

"I spy with my little eyes..."



Preventing childhood accidents at home



Bundesarbeitsgemeinschaft
Mehr Sicherheit für Kinder e.V.

How safe is your home?



Kitchen

- ✓ Assemble electronic devices outside of your child's reach and don't let cables dangle from the counter (e.g. of the kettle or coffee machine).
- ✓ When cooking, use the hot plates on the back of your stove and turn the panhandles to the back.
- ✓ Install a stove safety guard and an oven door guard.
- ✓ Always store cleaning detergents outside of your child's reach.
- ✓ Don't leave sharp knives lying around.
- ✓ Keep your washing machine's and dishwasher's door closed.



Living- and dining room

- ✓ Don't ever leave your child unsupervised in a high chair, because your child might rock the chair and fall over.
- ✓ Remove tablecloths. Children are likely to pull them. Falling items or liquids might cause injuries.
- ✓ Don't ever leave your child alone in a room with burning candles.
- ✓ Remove all items that your child could use to climb on, particularly ones near balconies or windows. Equip your window- and door handles with safety guards.
- ✓ Keep walking paths free from any items and child-proof sharp corners.



Child's room

- ✓ Don't ever forget to supervise your child when it is lying on the diaper changing table and always keep direct contact with the child with one of your hands.
- ✓ Don't ever leave your child alone in a room with an open window.
- ✓ Window guards and lockable handles prevent the child from opening windows.
- ✓ Small parts of toys constitute a great risk of suffocation for children under 3 years of age. You should thus make sure that little children can't reach these kinds of objects. Only use toys that are suitable for your child's age.
- ✓ Children often fall out of beds. Make sure the bed's rail is high enough and its surroundings safe.

Garden, courtyard and garage

- ✓ Pay attention to the GS mark (German mark for products tested for safety) on playground equipment you purchase. Assemble the equipment according to the instruction manual.
- ✓ In order to prevent your child from drowning, you should fence ponds and close rain barrels.
- ✓ Remove poisonous plants. You find valuable information regarding this at www.gizbonn.de.
- ✓ Make sure your barbecue grill can't tilt over. Don't ever use liquid fire accelerants, e.g. spirit.
- ✓ Pay attention to your child always wearing a proper helmet when driving a balance bicycle or bike. Always remove helmet, scarf or necklaces while your child is playing (risk of strangulation).

Bathroom

- ✓ Always supervise babies and children in the bathroom. Children can drown in only a few centimetres of water. Do not let older siblings supervise their younger siblings.
- ✓ Caution with hot water. Always check the water temperature before using it. The temperature should be between 36 and 38 degrees.
- ✓ Use anti-slide mats.
- ✓ Do not leave electronic devices such as hair dryers or shavers plugged in and stow them away when not in use.
- ✓ Always store medication outside of your child's reach.

