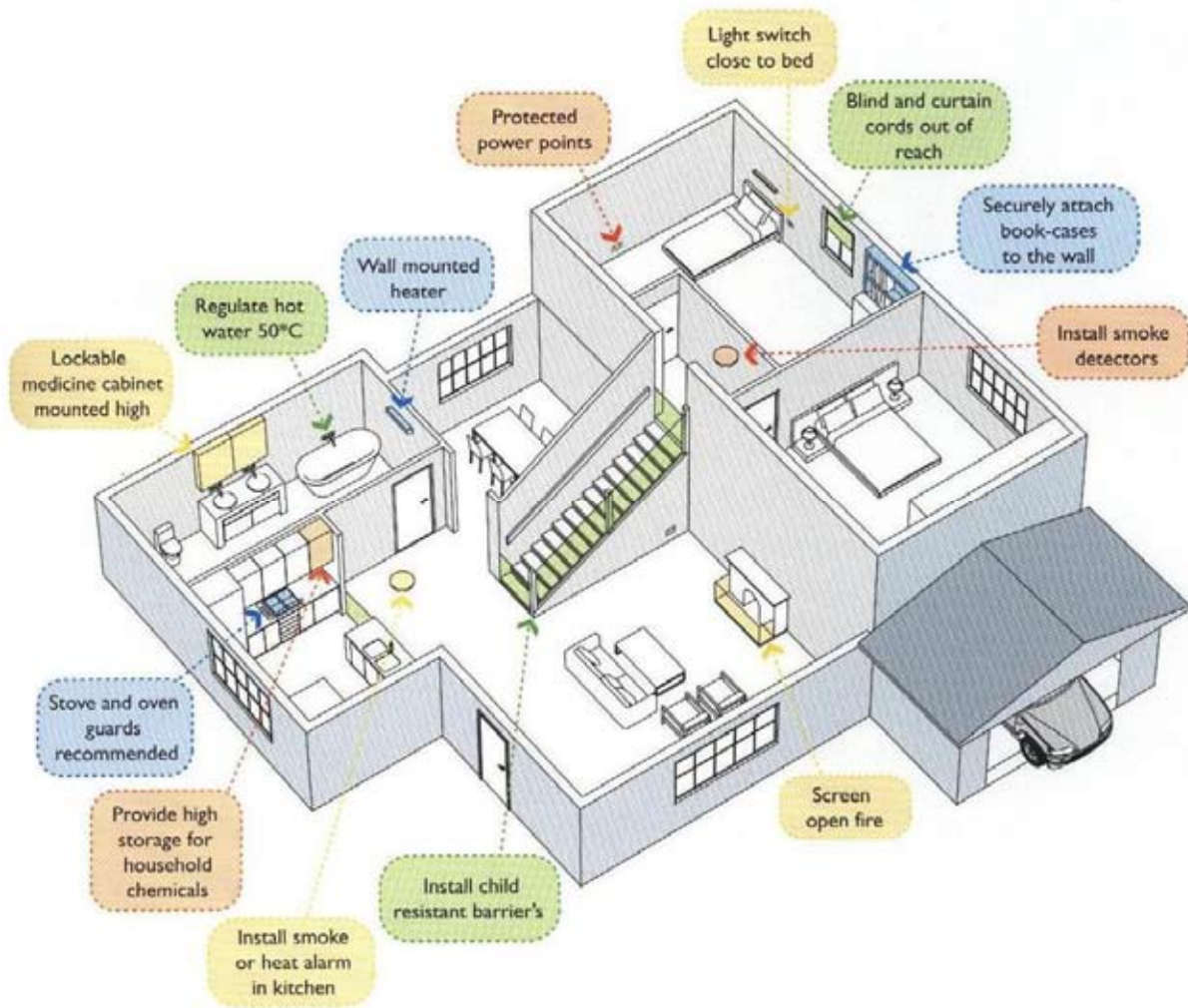


CHILD INJURY PREVENTION BY LOCATION WITHIN THE HOME

This section on child injury prevention has been structured by location in the home rather than by individual injury as this makes it easier for people to relate to their own surroundings at home.

There are 7 main rooms/locations around the home which have been identified these include kitchen, laundry, bathroom, bedroom, living area, front yard and back yard.



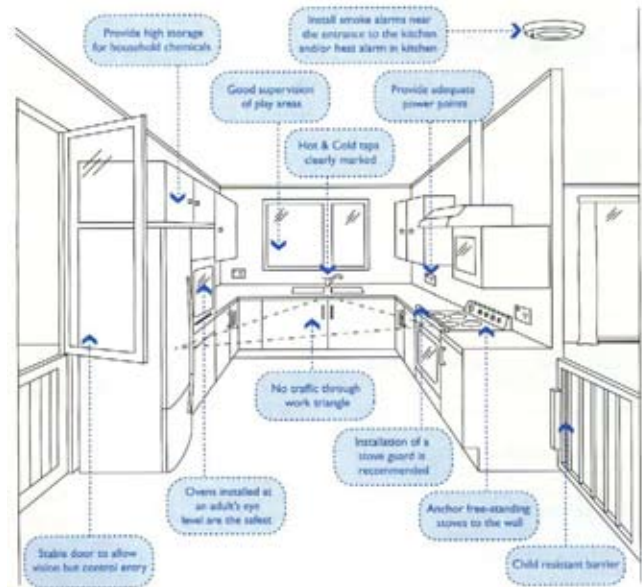
NB. The room plans in this resource have been adapted from: Safer Homes for Children: Design and Construction Guidelines, produced by Kidsafe New South Wales.



KITCHEN

General Prevention Tips

- Place a moveable child resistant barrier/half door in the entry point(s) to the kitchen to exclude children while still allowing supervision.
- Install child resistant locks on drawers and cupboards where hazards are found.
- It is recommended you install a safety isolating switch to all electric stoves and cook tops that do not have this safety feature.
- Plastic bags can result in suffocation and need to be stored out of reach and tied in the middle to prevent children from placing them over their head.



Burns/Scalds Prevention Tips

- Ensure the microwave oven is out of children's reach. Turn it off at the power point.
- Only boil enough water for your tea or coffee and then empty the kettle. Hot water can scald for up to 30 minutes after it has been boiled.
- Use an oven guard to reduce the risk of contact burns from children touching the front of the oven. If the oven is free standing, ensure it is secured to the wall.
- Always use rear stove elements first, turn pot handles away from the front or use a stove guard to prevent children from pulling pots down onto themselves.
- Have a fire extinguisher and a fire blanket in the kitchen, or use a large pan lid to help smother small fires.
- Do not use tablecloths with small children in the house. Instead use non-slip place mats.

Poisoning Prevention Tips

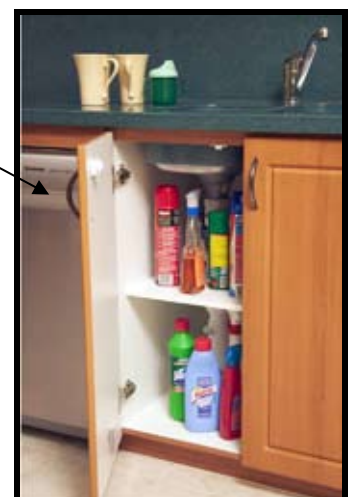
- Do not store poisons or chemicals in any container other than the original to avoid confusion or poisoning. Store all chemicals and cleaners in a locked cupboard up high - REMEMBER: POISONS LOCK UP AND AWAY.



Chemicals within a locked cupboard

Stove Guard - to prevent pulling down pots

Oven Guard to prevent contact burns





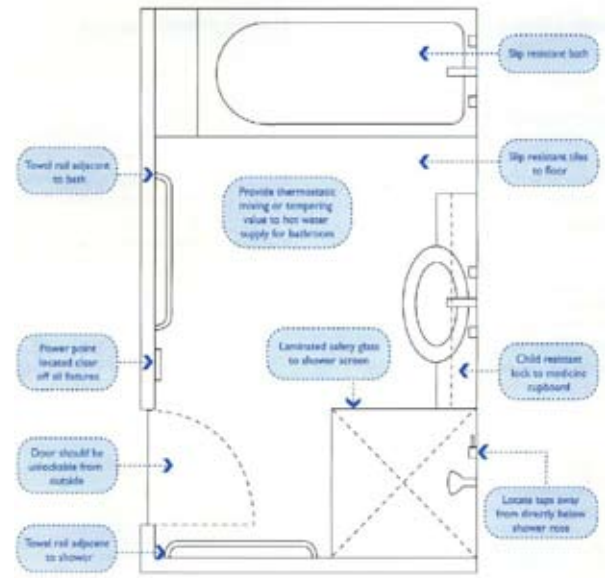
BATHROOM

General Prevention Tips

- Ensure that the bathroom door is unlockable from outside the room.
- Make sure that the shower door is made of safety glass with the shower handle up high and opens towards you to stop small children from opening the door.

Drowning Prevention Tips

- Always empty the bath immediately after use.
- Keep the toilet lid down to prevent access to the water. Consider installing a toilet lid lock.
- Never leave children alone in the bath, or in the care of older children. If you have to leave the bathroom, even for a second – take the child with you.



Falls Prevention Tips

- Install non-slip tiles, bathmats and stickers to prevent falls in the bathroom.

Poisoning Prevention Tips

- Install child resistant locks on all bathroom cupboards and drawers. Locks will prevent poisoning as well as finger jam injuries.
- Install a child resistant medicine cabinet in either the bathroom or bedroom. Medicines such as paracetamol, sleeping pills or contraceptive pills should not be left in bathroom cabinets or in drawers.
- Never refer to medicines as lollies and look for products in child resistant containers.

Electrical safety tips

- Do not use portable heaters – if heating is required use wall mounted or light fixture heaters.
- Ensure hairdryers, electrical shavers etc are not left plugged in and are put away after use.
- Use power point covers in empty points to stop children from poking things into the power points.



Scalds Prevention Tips

- Test the temperature of the bath before placing a child in the water – recommended bath temperature for babies and children is 37°C.
- Consider installing a temperature control device, or discuss controlling the delivery temperature of your hot water system to a maximum 50°C with your local plumber.
- Tap covers can be placed over tap handles to stop children turning on the tap.



LAUNDRY

General Prevention Tips

- Fit a moveable barrier across entry point(s) to keep small children from entering laundry.
- Ensure front loading washers and clothes dryers are secured when not in use or installed high to prevent children from climbing into the appliance.
- Install a slow, self closing springs on all doors leading to outside play areas.

Drowning Prevention Tips

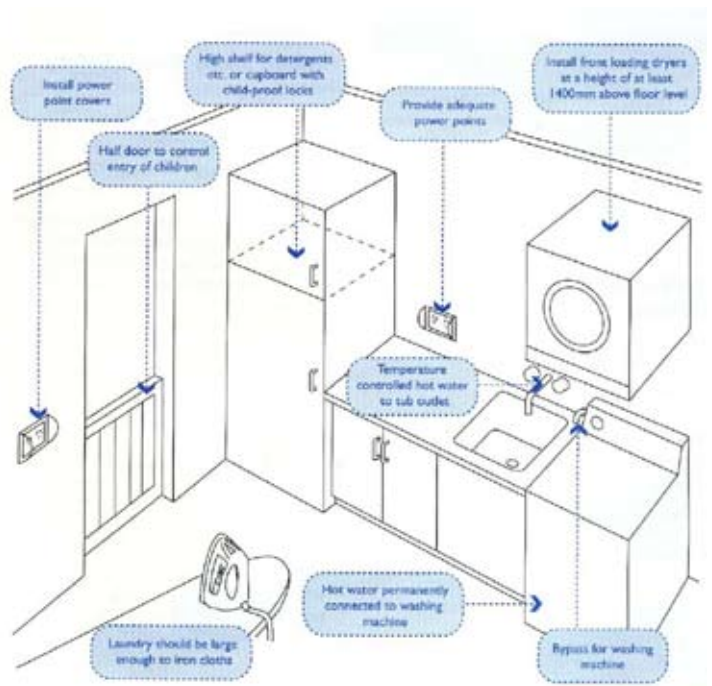
- Always drain the water from nappy buckets and washing machines when not in use and ensure nappy buckets have a firm lid and are stored up high. A child can drown in a little as 5cm of water.

Poisoning Prevention Tips

- Fit all laundry cupboards with child resistant locks for safe storage of washing powder and cleaning chemicals.

Burns/Scalds Prevention Tips

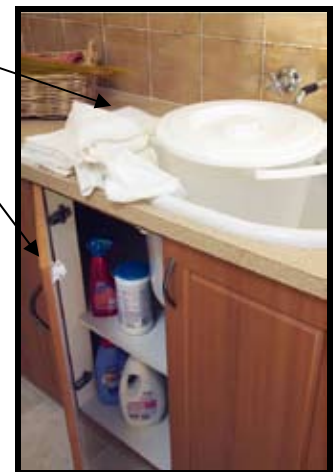
- Allocate a space in the laundry for ironing and provide safe storage for hot irons after use.
- Ensure water temperature does not exceed 50°C in hot water outlets. The delivery temperature of hot water can be regulated by Thermostatic mixing valves or tempering valves. Consult your local plumber for the options best suited to your system.
- Fit tap covers to the hot water taps in the laundry.



Bucket up high with secure lid



Chemicals within locked cupboard





BEDROOM

General Prevention Tips

- Install smoke alarms in hallways between each of the bedrooms.
- Ensure all Nursery Equipment complies with the Australian Safety Standards.
- Follow the SIDS n KIDS Safe Sleeping Guidelines www.sidsandkids.org.



Image from: www.sidsandkids.org

Falls Prevention Tips

- To prevent falling out of windows, all windows with a sill height of less than 1500mm should have openings temporarily restricted to 100mm.
- Move all cots, beds or change tables away from windows.
- Be aware that babies can roll off changing tables. Have everything you need close by, always keep one hand on the child and look at installing a change table safety harness.

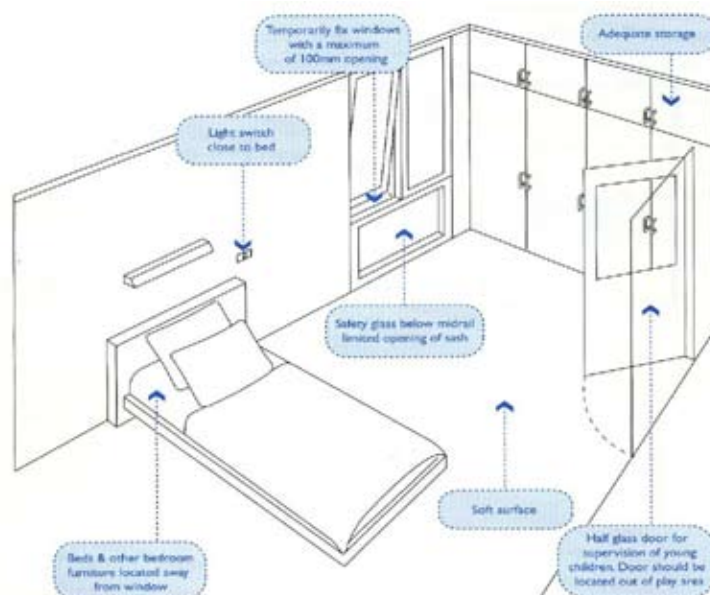


Strangulation/Suffocation/Choking Prevention Tips

- Replace curtain cords with curtain or blind wands. Alternatively ensure excess curtain and blind cords are secured to the wall out of reach to prevent strangulation at least 1.6metres above the ground.
- Always select age appropriate toys - toys not recommended for children under 3 years have small parts and may result in choking.

Crush Injuries from Furniture Prevention Tips

- Secure all top heavy furniture such as bookcases and tall drawers to the wall to prevent it toppling over if children climb on them.
- Store toys for play down low so that children can reach them easily without having to climb.

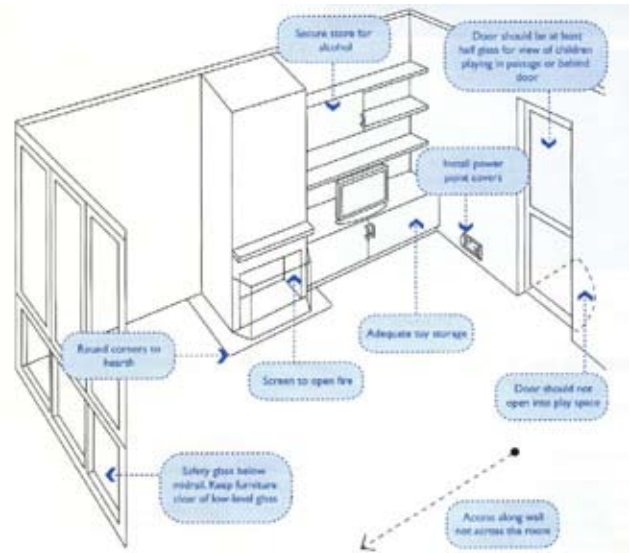




LIVING AREA

General Prevention Tips

- Use corner protectors on benches, coffee tables and other sharp cornered furniture.
- Design a safe play area for children to assist with supervision.
- Install power point covers over unused power points. Keep cords for entertainment units inaccessible and tidy, out of children reach.



Burns/Scalds Prevention Tips

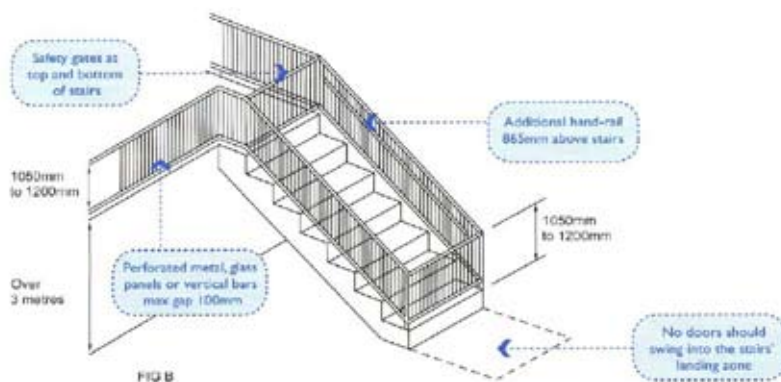
- Install a guard around open fires and heaters (and secure it to the wall).
- Have family members and guests place hot drinks in the centre of the table or somewhere out of reach.
- Place your child down before having a hot drink or transporting food across the room.

Crush Injuries from Furniture Prevention Tips

- Place televisions on appropriate stable and fixed cabinets or tables with sufficient surface area to prevent them falling on to children.
- Ensure all wall units and bookshelves are sufficiently secured to prevent them from tipping over.

Strangulation/Suffocation/Choking Prevention Tips

- Replace curtain cords with curtain or blind wands. Alternatively ensure excess curtain and blind cords are secured to the wall out of reach to prevent strangulation at least 1.6metres above the ground.



Falls Prevention Tips

- Use gate barriers to keep young children away from steps, stairs and balcony rails.
- Use rug grips to avoid slipping.
- Do not place furniture near windows or next to stairs / balustrades to eliminate climbing paths for children.



FRONTYARD

General Prevention Tips

- Fence off safe play areas for children to keep them away from hazards like cars, driveways and pools.
- Cut off sharp branches than hang at the child's eye level.
- Keep garages and shed locked. Store tools, chemicals, climbing hazards (eg ladders) petrol and other fuels here.
- Ensure external door locks are at least 1500mm above ground level to restrict access to children.

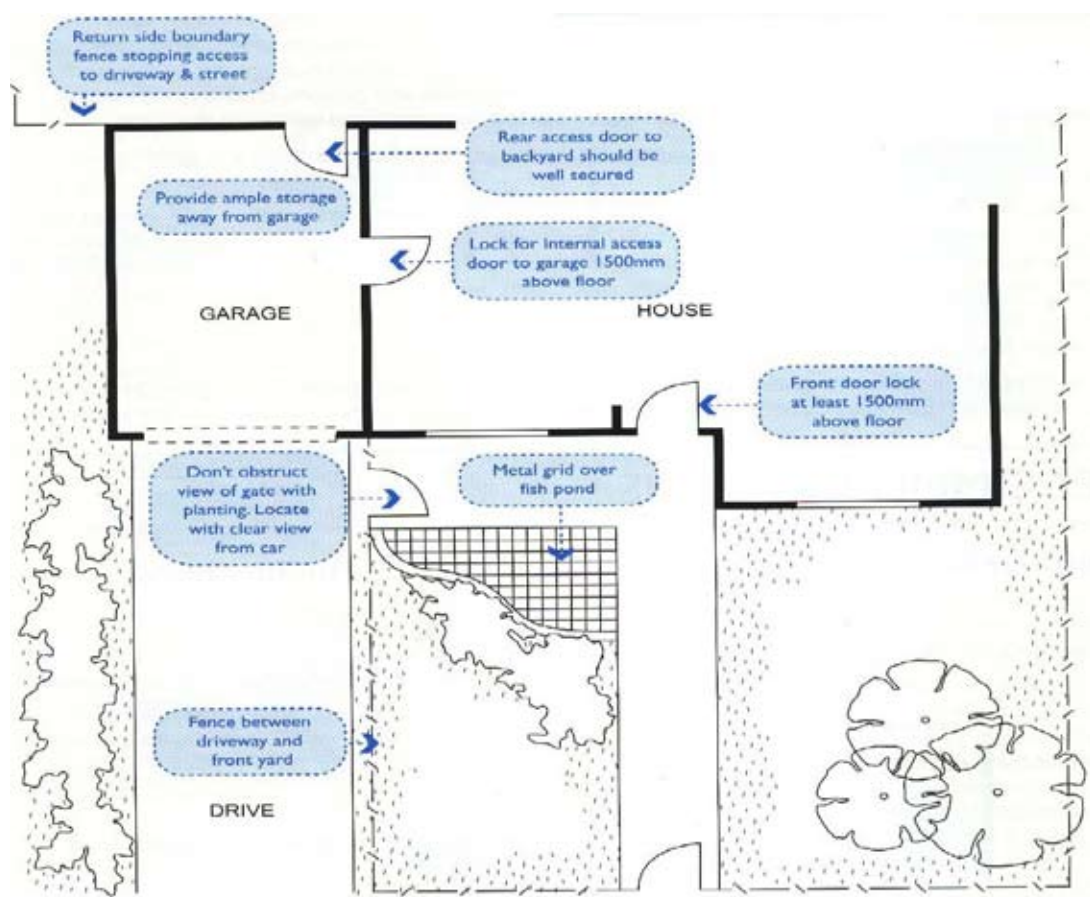


Drowning Prevention Tips

- Cover ponds with a metal grill to help prevent drowning.

Driveway Injury Prevention Tips

- Walk around the perimeter of the car before climbing in and starting the engine.
- If at home alone and you need to move the car, place the child securely in the vehicle before moving it.
- Make sure family members have retreated back into the home before reversing from the driveway.
- Make sure that all cars are locked without the keys left in the ignition.





BACKYARD

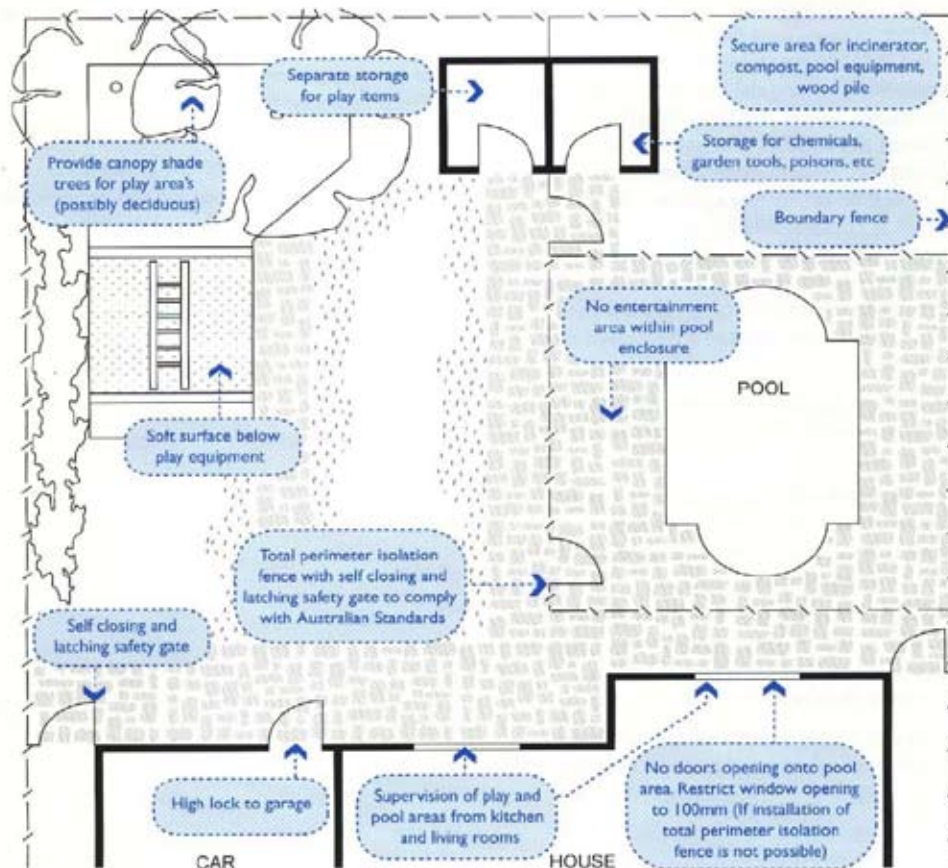
General Prevention Tips

- Have a safe play area for children separated and fenced off from hazards like cars, driveways and pools.
- Make sure play equipment is stable, has no jutting edges, splinters or pieces that can come loose and has at least 300mm of sand or chip bark under it to cushion falls. It should be placed away from paths and solid garden edgings.
- Cut off sharp branches that hang at the child's eye level.
- Keep garages and sheds locked. Store tools, chemicals, petrol climbing hazards, and other fuels here.



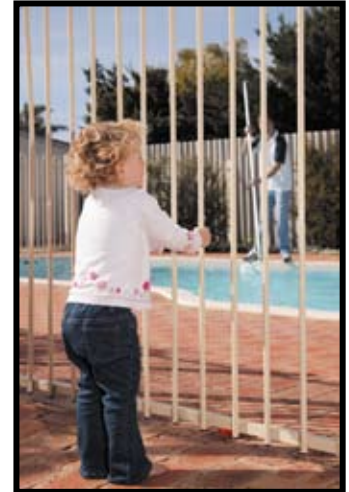
Falls Prevention Tips

- Remove tripping hazards.
- Trampolines are fun but also the cause of many injuries. If you must have one, consider a pit trampoline or a trampoline with an enclosure.
- Look for trampolines made to AS4989. Only allow one child at a time, always use the safety pads provided and no 'somersaults'!



Drowning Prevention Tips

- **Always supervise children near water.**
- Ensure swimming pools are fully fenced with a well maintained self closing gate.
- Familiarise children with water and teach them to swim.
- Affix a resuscitation chart in the pool area and learn CPR.
- Never leave climbable items against the fence or prop barriers open.
- Regularly check and maintain barrier fences and self closing gates to pools
- Outdoor spas need to be fenced the same as swimming pools.
- Empty paddling pools immediately after use and store upright.
- Cover ponds with a fixed grill
- Cover post holes or trenches during building.
- After heavy rain, check your yard and empty any water that collects in containers.



Burns and scalds prevention Tips

- Check that barbecues are stable. If moveable, put these away when not in use.
- Always watch children near barbecues and open fires and dress them in low fire-risk clothes.
- Insist that children wear hats, shoes and sunscreen when outside.

Poisoning Prevention Tips

- Check that the plants in your garden are not poisonous. Ask you local nursery for advice.



Lantana



Oleander



FARMS

In addition to the front and back yard prevention tips the following tips for farms should be implemented.

General Prevention Tips

- Provide a safe playing space around the use, preferably
- Fence off from farming activities and livestock.
- Keep young children well away from tractors, farm machinery and livestock.
- Store guns, bolts and ammunition separately in locked areas.
- Make silos inaccessible by removing the lower steps.
- Remove all keys from farm vehicles and machinery when not in use.
- Insist helmets are worn for horse and bicycle riding.

Falls Prevention Tips

- Remove old machinery and woodpiles from where children play.

Drowning Prevention Tips

- Fence off dams.

Burns and scalds prevention Tips

- Children, All Terrain Vehicles (ATVs) and farm bikes don't mix! Many burn and crush injuries result when bikes overturn on young riders.

Poisoning Prevention Tips

- Store tools, chemicals and all equipment including heavy tyres in locked sheds and workshops.



Images from Farmsafe WA