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Accidents outside of work

Workplace injuries are responsible for around seven million lost working days each year...

But non-work injuries are responsible for around three times that number

That doesn't include the days lost to care for injured relatives – especially children!

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Why family safety?

Accidents are the **biggest killer** of children and young people

Every week

at least one child under-5 is killed in an accident

In fact, every year **450,000** under-5s end up in A&E following an accident at home... That's almost one child every minute!

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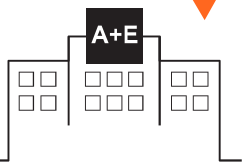
Why family safety?

In a **YouGov** survey, two thirds of parents said they didn't get enough information to keep their kids safe!

At least half of all under-5s

will attend A&E this year because of an accident



Yet it doesn't have to be like this!

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What can you do?

Here's are our top 10 tips. We're sure you'll have more of your own!

Simple steps can give you peace of mind

Just as at work, accidents at home don't have to happen

And help keep kids safe...

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1: Look at your home from a child's point of view...

From this level, you'll notice any sharp edges, dangling cords, cleaning product bottles, small ornaments in easy reach

Get down on your hands and knees and take a look at your home from a child's point of view!

You can then take simple steps (such as pushing the kettle and knife block to the back of the work surface) to move things out of reach, or make them secure by using cable tidies, or rug tape

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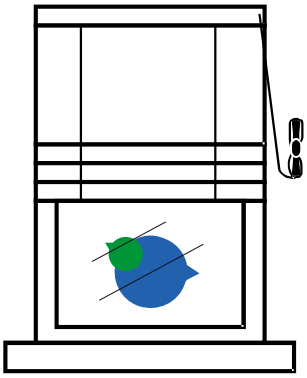
2: Make blind cords safe



But the solution is incredibly simple. Looped cords need securing out of reach – either tied up, or wound round a cleat in a figure of eight

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2: Make blind cords safe

A short video about...

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3: Fit a safety gate

Don't forget to keep stairs free of clutter, tidy up toys after use and wipe up spills promptly!

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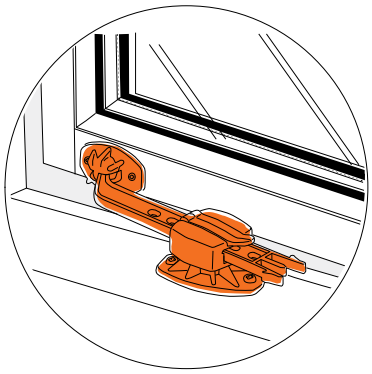
4: Fit window restrictors



We'd also recommend that you avoid placing furniture or beds where a child could climb up to reach an open window

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4: Fit window restrictors

A short video about...

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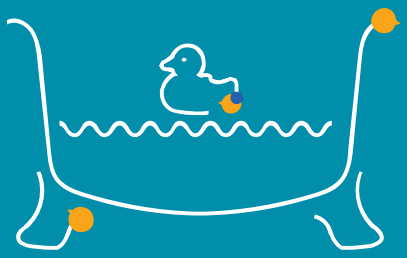
5: Protect from scalds



Don't forget to stay within arm's reach when your child's in the bath: young children drown quickly and quietly!

your existing bath, or adjust your thermostat.

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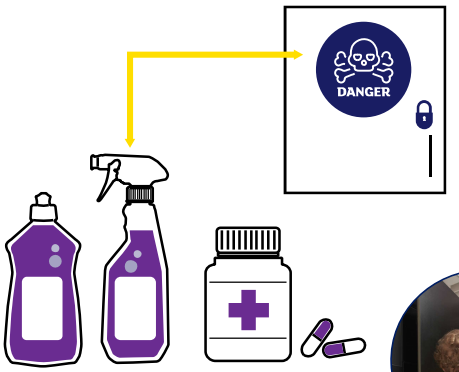
6: Lock away cleaning products and medicines



Don't forget about restricting access to any sheds and garages or anywhere that may contain tools or chemicals!

like sweets

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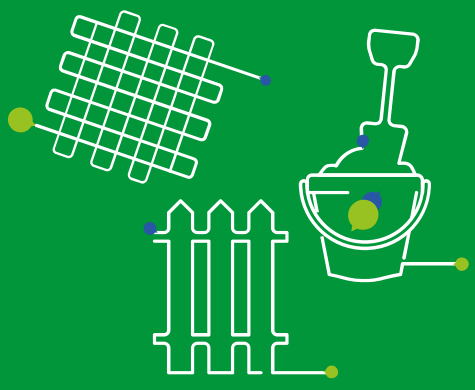
7: Grille, fence, or fill garden ponds



Also be aware of leaving full paddling pools unsupervised (turn them upside-down instead), or water butts – it's not just garden ponds that are a risk!

enough to be at risk

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7: Grille, fence, or fill garden ponds

A short video about...

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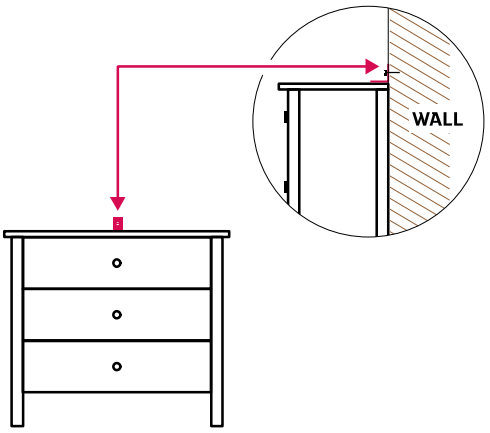
8: Anchor furniture to the wall



Most furniture is now sold with anti-tip wall-straps or brackets to do just this job – make sure you use them!

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8: Anchor furniture to the wall

A short video about...

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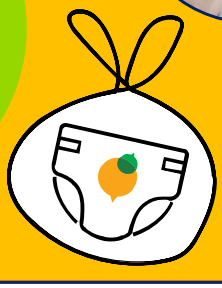
9: Keep cots simple, and nappy sacks out of reach

They might make life easier, but you're better off without them



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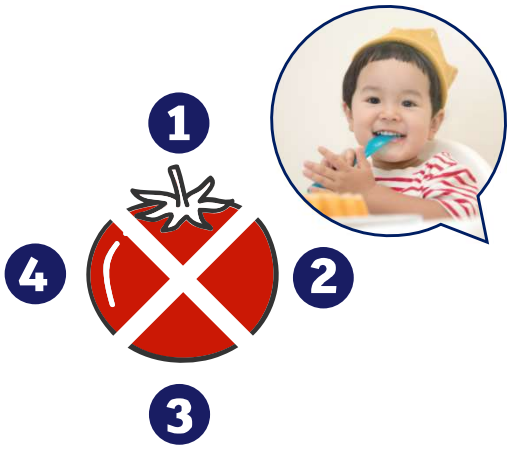
10: Quarter small foods



To avoid choking, cut small foods like tomatoes, grapes and blackberries into quarters and ensure sausages are cut into very small pieces

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Find out more!

Visit RoSPA's Parent Hub for more tips – and to add your own: www.rospa.com/keeping-kids-safe

Got a specific safety question? Call our **information** for advice you can trust.

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