



HOME & FAMILY CARE

Home Safety

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# Tips to keep your home safe

## The kitchen

- When using high chairs, ensure children are securely fastened.
- Keep children away from hot water taps.
- Turn pot handles away from a stove's edge & never leave cooking unattended.
- Keep hot liquid and food out of reach.
- Replace damaged cords and wires on appliances.
- Do not attempt to fix a damaged appliance yourself, always seek professional help.
- Make sure that potentially dangerous products have child resistant closures. Keep such products out of reach of young children.
- Keep all household products in their original packaging as packaging includes useful first aid information in the event of accidental exposure or ingestion. Do not store products in cups, drink bottles, etc which children associate with eating and drinking.

## The bathroom

- Ensure the bathroom floor is kept dry.
- Never leave a young child unsupervised near, or in a bathtub.
- Keep all electric appliances away from the bathtub, sinks and any sources of water.
- Always test the temperature of bath water using your wrist or elbow before bathing a child.
- Use a non-slip rubber mat for small children.
- Use an appropriate baby bath for infants.
- Make sure that potentially dangerous products have child resistant closures. Keep such products out of reach of young children.
- Keep the toilet seat down when not in use and try to keep the bathroom door locked at all times.
- Keep all household products in their original packaging as packaging includes useful first aid information in the event of accidental exposure or ingestion. Do not store products in cups, drink bottles, etc which children associate with eating and drinking.

## The bedroom/nursery

### **Toy safety**

- Check labels of toys to ensure suitability for your child's age.
- Always keep small toys & plastic bags away from young children.
- Avoid strings on toys.

### **Sleep time safety**

- Ensure babies are always put to sleep on their backs on a firm, flat mattress.
- Make sure that babies head is not covered during sleep.
- Do not use pillows, etc in the cot.
- Make sure the cot mattress fits the cot properly.
- Keep the cot away from windows, curtains & blinds.

### **On the stairs**

- Fit safety gates at the top and bottom of stairs.
- Ensure that the staircase is kept clear of clutter.

### **In the car**

- Be sure that the children are properly restrained when driving, even when embarking on short journeys.
- Ensure your car seat is size appropriate and correctly installed.

### **General safety tips for your home**

- Conduct routine safety checks in your home to prevent accidents.
- Have child safety locks installed on presses if you have young children.
- Use safety plugs in electrical outlets to reduce the possibility of shocks.
- Never leave a young child unsupervised near, or in a bathtub, swimming pool, sink or buckets containing liquid.
- Always watch children around balconies and stairs.
- When opening windows, only open those that the children cannot reach.
- Always keep all small objects out of reach of children.
- Check with your physician to see if your household and garden plants are poisonous.
- Ensure you have a comprehensive first aid kit & that it is easily locatable.
- Never administer medicine to a child without their parent's permission.

