

# Check it, don't chance it!

## Safe, not sorry

### Quiz for parents and carers of babies and toddlers

Babies and toddlers have no sense of danger, so it's up to adults to make sure they don't come to harm as they explore their world. Check out your safety knowledge by trying our quiz. Put a circle round the answer you choose.

- 1 You're holding your baby on your lap when your car hits the car in front. If your car is doing 30mph, your baby hits the dashboard with the same force as:
  - a Falling from a fourth floor window
  - b Falling down a flight of stairs
  - c Falling off the sofa
- 2 It's safe to leave bleach or cleaner by the side of the toilet because a young child can't open the special top:
  - a True
  - b False
- 3 A newborn baby's skin is thinner than an adult's. How much thinner?
  - a Fifteen times as thin
  - b Five times as thin
  - c Twice as thin
- 4 Your toddler falls into a garden pond. How do they react?
  - a They pull themselves out
  - b They struggle, splash and cry out
  - c They slip under the water with no noise or struggle
- 5 The safest place to change a baby's nappy is:
  - a On a special changing table
  - b On the floor
  - c On a bed
- 6 What's the biggest cause of house fires in which young children are killed?
  - a Cigarette lighters
  - b Chip pans
  - c Candles



## Safe and sound

### Quiz for parents and carers of growing children

Growing children are keen to be active and independent. But they're still learning about possible dangers and how to keep themselves safe. Check out your safety knowledge by trying our quiz. Put a circle round the answer you choose.

- 1 Your ten-year-old wants to walk to the local park to play football with friends. You:
  - a Say no – it's much safer if they stay indoors and watch TV
  - b Practise the route with them the first few times, to make sure they can spot dangers and know how to cross any roads safely
  - c Let them go because they've learnt the rules of the Green Cross Code off by heart
- 2 You're doing 40mph in a 30mph zone. A child runs out in front of your car and you can't avoid hitting them. What's the likelihood of them surviving?
  - a Four in five
  - b Two in five
  - c One in five
- 3 Once a child starts school, there's no need for them to use a booster seat or booster cushion in the car:
  - a True
  - b False
- 4 Your smoke alarm isn't working and a fire starts in the night. You:
  - a Smell the smoke in your sleep and wake up in time to lead your family to safety
  - b Wake up but the house is already full of dark smoke and you can't find your kids
  - c Never wake up because you've been poisoned by the smoke
- 5 A child is knocked off their bike. They are wearing a cycle helmet. By how much does this reduce the risk of them suffering a serious head injury?
  - a 85%
  - b 55%
  - c 25%
- 6 Your eight-year-old wants to play with their inflatable in the sea. The sea looks fairly flat and calm but there's an orange windsock flying. You:
  - a Tell them it's fine, as long as they don't go out of their depth
  - b Tell them it's safe only if they go with a grown-up or an older brother or sister
  - c Tell them it's not safe, because the wind will blow them out to sea

**How did you score?** You can find the answers to both quizzes on the next page.

For more quizzes and games to test your safety knowledge, visit the Child Accident Prevention Trust's website [www.capt.org.uk](http://www.capt.org.uk)



# How did you score?



## Answers

### Safe not sorry

**Q1: a** At just 30mph, a baby will hit the dashboard with the same force as if they'd fallen from a fourth floor window. And, however tight your grip, you won't have the strength to hold on to them. In a 30mph crash, holding onto a baby needs the same strength as lifting eight bags of cement! So use a baby seat on every car journey, no matter how short.

**Q2: b** False. Don't be lulled into a false sense of security because your cleaning product has a special child-resistant top. Children can work out how to open them, which is why many young children are poisoned by cleaning products they find in bathrooms. Always store your cleaning products well out of reach and sight of young children. And, to be extra careful, buy cleaning products with a bittering agent – this makes them taste really horrible.

**Q3: a** A new born baby's skin is 15 times thinner than an adult's, which is why they burn so easily. Test bath water with your elbow before you bathe your baby – the water should not feel either hot or cold. Don't leave a baby alone in the bath with an older child who might play with the hot tap. And keep hot drinks well away from babies – hot drinks can still scald young children 15 minutes after they've been made.

**Q4: c** Young children drown silently and in as little as 5 centimetres (2 inches) of water. Fill in your garden pond and make sure your toddler can't get through the hedge to the pond in next door's garden. Don't leave a young child alone in the bath either. In the time it takes you to find a towel or answer the phone, they can slip under the water and drown.

**Q5: b** The safest place to change a baby's nappy is on the floor. Babies can suffer serious injuries if they fall just short distances. And even the youngest baby can wriggle their way to the edge of a bed or a changing table when your back is turned.

**Q6: a** Cigarette lighters, chip pans and candles can and do start house fires, so treat them all with caution. But lighters start one in five of all the fires in which children die – and it's often young children playing with them that's the problem. They find the flames fascinating but just don't understand the dangers. So buy child-resistant lighters and keep them where children can't see them or reach them.

### Safe and sound

**Q1: b** Sitting in front of the TV all day is bad for children's health – and won't help them learn how to keep safe. But just learning the rules of road safety isn't enough. Children need to practise journeys with an adult first before going it alone. That way you can make sure they know how to find a safe place to cross the road, can judge how fast cars are moving, and are aware of any hazards on the way.

**Q2: c** The faster you drive, the lower the chance of a child surviving if your car hits them. If your car hits a child while you're doing 40mph, there's only a one in five chance the child will survive. However, if your car hits a child while you're doing 30mph, there's a four in five chance the child will survive. That's why there's a speed limit.

**Q3: b** False. Seat belts are designed to protect adults. In a crash, a child who is just using a seat belt can suffer internal injuries or even slide under the belt completely. Booster seats and booster cushions raise children up, so they can use an adult seat belt safely. That's why it's now the law that children under 12 or less than 135 centimetres tall (around 4 foot 5 inches) must use a booster seat or booster cushion in the car.

**Q4: c** If a fire starts while you're asleep, the chances of surviving are almost zero if you don't have a working smoke alarm. That's because the poisons in the smoke – carbon monoxide and other dangerous fumes – will send you into a deep sleep that you won't wake up from. So test your smoke alarm regularly to make sure it's working.

**Q5: a** Growing brains are delicate things and being knocked off a bike can cause permanent brain damage. But a properly fitting cycle helmet can reduce the risk of a serious head injury by 85%. That's why, when you see cyclists in races on the TV, they are never without their helmets.

**Q6: c** When an orange windsack is flying at the beach, this means the wind is especially dangerous. Don't be fooled by the fact the sea looks flat – a wind blowing off the land can make the sea look calm and safe, but it can sweep a child's inflatable out to sea very quickly.

**Learnt something new?  
Then pass it on to family,  
friends or colleagues.  
We need everyone's help to  
spread our safety messages.**

