

out and about

REMEMBER Children travelling by car like to move about, look out of the window, or play with brothers and sisters.

ACTION Make sure that they are safely restrained in the car on every trip, however short. Remember that seat belts are designed for adults, not children. To keep safe, children should use a seat belt with a booster seat or booster cushion. This will ensure that the seat belt lies in the correct position - across the pelvis and shoulders not the stomach or neck.

REMEMBER At age 5, 6 and 7 children are still too young to cross roads alone. They are not able to judge speed or distance reliably and are often impulsive. They are also physically too small to get a real view of the road to allow them to cross safely.

ACTION Allow children the opportunity to develop their experience. Teach them to cross roads safely. Help them to make decisions about where and when to cross.

REMEMBER Children aged five to seven are too young to cycle on the road because they are unable to cope with traffic reliably.

ACTION Children are too young to cycle on the road – they are unable to cope with traffic reliably.

Although you may take active steps to ensure that your child is safe from accidental injury there may be an occasion when an injury does occur.

CAPT advises that you keep emergency numbers by the telephone, learn some basic first aid and keep a first aid kit handy.

Further information or assistance can be obtained by contacting the following people in your local area.

HEALTH VISITOR

advice on health and child safety.

FIRE OFFICER

advice on fire prevention.

ROAD SAFETY OFFICER

advice on road safety.

HOME SAFETY OR

ENVIRONMENTAL HEALTH OFFICER

advice on home safety.

Please contact CAPT at the following address if you need further information or advice about children's safety:

Child Accident Prevention Trust
18-20 Farringdon Lane
London EC1R 3JA
telephone 020 600 3821
email safe@capt.org.uk
web www.capt.org.uk

Registered Charity Number 1053549
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This leaflet is one of a set of five each covering a different age & stage of a child's development:

Handle safely: babies from birth to crawling

Active steps to safety: toddlers up to the age of 5

Step safely with a helping hand: children aged 5-7

Step safely from the edge: children aged 7-11

It's a safety thing: young people aged 11-14



step safely with a helping hand

Young children are naturally curious but they lack experience. Help them to learn without getting hurt.

a safety guide for parents and carers with children aged 5 to 7



Children take time to develop the skills and experience adults take for granted. This makes them vulnerable and at a greater risk of accidental death or injury. Every year, over 300,000 children between the ages of 5 and 7 are taken to hospital as a result of an accidental injury.

Help your child to stay safe. Choose an area in your home or on the route to school where you and your child can reduce the chance of an accident.

falls

REMEMBER Toys left lying around are a hazard to everyone but especially to children

ACTION Encourage children to clean up toys and games after use to help avoid trips and falls

REMEMBER Injuries often occur when children are playing.

ACTION Try to keep an eye on children when they are playing. When indoors, be aware of children playing rough and tumble games near glass doors or low windows. Encourage them not to play on the stairs. Outdoors, teach children to use play equipment properly and avoid using old or damaged play equipment.

cuts and bruises

REMEMBER Kitchen knives, even cutlery, can be very sharp indeed.

ACTION Always supervise children while they are learning to use knives properly. Store kitchen knives out of reach.

REMEMBER Children at this age are very excitable and keen to run everywhere. This means that they can easily crash into doors and furniture.

ACTION Low glass doors and windows should be fitted with safety glass (complying with BS 6206) or protected with safety film. (Contact a Glass and Glazing Federation glazier for further information). A simple alternative is to replace the glass with hardboard.

burns and scalds

REMEMBER Even simple everyday tasks like cooking can pose a hazard to young children

ACTION Always use the rear hobs of the cooker, keep pan handles turned away from the edge and be aware that oven doors can become very hot to the touch. If possible, keep children out of the kitchen when cooking.

REMEMBER Hot water can scald up to 20 minutes after it has boiled.

ACTION Place hot drinks out of children's reach. Fit short or curly flexes on kettles, deep fat fryers and coffee makers.

REMEMBER Your child's skin is delicate and injuries caused by burns and scalds can be horrific.

ACTION Always test the temperature of bath water with your elbow. To avoid scalds from your bath's hot tap, have a thermostatic mixing valve (TMV) fitted. If you do not have a thermostatic mixing valve, always put cold water into the bath first, then add hot water. Never leave your toddler alone

drowning

REMEMBER Left unsupervised, children can easily get out of their depth and drown.

ACTION Never leave children under 8 years old alone in, or near, a swimming pool or open water. Teach children to swim as soon as possible, a good time is around the age of 5.

REMEMBER Children can easily lose their footing when running bare foot.

ACTION Teach them not to run along the edge of a pool in case they slip.

in the bath – even with an older brother or sister, they might turn on the hot tap. In the kitchen, remember to keep hot drinks, food, kettles and pan handles out of reach.

REMEMBER In the event of a fire, extra seconds can make the difference between life and death.

ACTION Fit a smoke alarm on each floor in your home. If you've already got one, check that it's working properly on a monthly basis. Be prepared – work out an escape plan and make sure your child understands what he or she needs to do in an emergency.

REMEMBER Many fires are started by children playing with matches and lighters.

ACTION Keep matches and lighters out of reach and don't use candles while children are around. Teach children about the dangers of fire.