

Helping in the garden

Children enjoy helping in the garden. Young children like planting, watering and picking flowers and fruit. Whatever jobs children are doing, make sure the tools they use are suitable for their age.

Never allow children in the garden when chemicals are being used or let them help mow the lawn.



Playing in the garden

Young children should be supervised at all times in the garden. The following measures can help make sure they are safe when they are playing.

- ✎ paddling pools must be emptied straight away after use and either put away or turned upside down. A young child can drown in just 5cm (2") of water
- ✎ look for safety labels when buying play equipment like swings and climbing frames
- ✎ trampolines should be placed on soft, energy-absorbing ground and should only be used by one child at a time. Try to buy one that comes with safety netting, otherwise think about buying a safety cage to use with it to reduce the chance of falls from the trampoline
- ✎ check play equipment regularly for loose nuts or bolts
- ✎ position climbable equipment over something soft like a mat or well-watered grass. Never put it over paving or concrete
- ✎ make sure children wear cycle helmets when riding tricycles and bicycles even in the garden
- ✎ keep the washing line well above children's heads and away from play equipment.

We strongly advise parents and carers to learn first aid.

For further information on first aid and first aid courses contact

British Red Cross www.redcross.org.uk

St John Ambulance www.sja.org.uk

St Andrew's www.firstaid.org.uk



child accident
prevention trust

capt is a charity committed to reducing childhood injury.

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how safe is your child in the garden?

a safety guide for parents and carers of young children



Each week 2,500 children under 14 go to hospital after being injured in the garden. Find out how taking a few simple safety measures can make your garden a safer place for children.

General hints

- ✎ make sure young children can't get onto roads or other people's land. Keep gates shut and bolted and check hedges or fences to see that there are no gaps
- ✎ fill in garden ponds – they can make good sand pits. If you can't fill them in make sure they are fenced off or covered. Young children can drown in as little as 5cm (2") of water
- ✎ remember to lock garden tools away in a shed or other secure area. Never leave electrical equipment plugged in when not in use
- ✎ keep all chemicals – such as weed killer or fertiliser – locked away and out of reach of young children. Keep them in their original containers. Never be tempted to transfer them to food jars or drinks bottles
- ✎ keep young children away from lit barbecues or bonfires and remember that barbecues will stay hot long after you have finished cooking
- ✎ fence off greenhouses and keep the doors locked. If you are buying a new greenhouse make sure it is made of safety glass or plastic
- ✎ if you have a water butt, make sure it has a secure cover to prevent drowning
- ✎ try to keep paths, patios and steps clean and well maintained to help avoid trips and falls
- ✎ clear up dog or cat mess.

Plants

Very young children tend to put things in their mouths so make sure they are closely supervised in the garden.

As children get older it's a good idea to teach them never to eat anything growing in your garden or in the countryside unless you tell them it's safe to do so.

- ✎ avoid buying plants for the house or garden that may be harmful to children. In particular, small children may be attracted by berries. Try to avoid all plants with berries until children are old enough to understand that they may be dangerous
- ✎ don't choose prickly plants that can damage children's eyes
- ✎ fence off any poisonous plants or trees that are already in your garden. If they drop berries or seeds make sure you clear them up regularly.

If you think your child may have eaten a poisonous plant:

- ✎ remove any remaining parts of the plant from your child's mouth
- ✎ do not try to make them vomit
- ✎ ring your doctor, the accident and emergency department at your local hospital, or NHS Direct tel 0845 4647 (England and Wales); NHS 24 tel 08454 242424 (Scotland)
- ✎ keep a sample of the plant and take it with you if you go to the doctor or hospital.



Plants that can cause sickness

- ✎ bluebells (root bulbs)
- ✎ honeysuckle (berries)
- ✎ delphinium (all varieties are poisonous but not fatal)
- ✎ lupin
- ✎ lily of the valley
- ✎ privet
- ✎ rhododendron
- ✎ snowdrop
- ✎ wisteria
- ✎ potato plant (all parts except the potato itself)
- ✎ rhubarb (leaves and when raw)
- ✎ laburnum (seeds and pods)
- ✎ cotoneaster (berries)
- ✎ pyracantha (berries)
- ✎ mistletoe
- ✎ holly (berries and leaves)



Poisonous garden plants

- ✎ cherry laurel
- ✎ deadly nightshade
- ✎ woody nightshade
- ✎ foxgloves
- ✎ yew
- ✎ alder
- ✎ bryony
- ✎ ivy with berries
- ✎ monkshood



There are charts and books that show you what these plants look like. Take this list with you when you go shopping for plants and if you are unsure ask a garden centre for advice.

For information go to www.rhs.org.uk