I might get strangled on a hanging blind cord
### Aims and objectives
Recognise how children explore and climb, highlighting the hazard of strangulation through looped blind cords or chains.

### Resources
- Resource flash card
- Cleat hook
- Scenario sheet download (available from link below).

### Activity/Session
Parents/carers discuss how a toddler explores and climbs. Consider the scenarios for blind cord accidents and discuss how these could be prevented. Demonstrate use of a cleat hook.

### Outcomes
Learners to be able to:
Understand risk reduction and prevention ideas in avoiding blind cord strangulation.

### Session notes
**How might a toddler be at risk from blind cord strangulation?**
- Toddlers like to climb to explore but are unsteady and can reach a blind cord or chain
- Their cot or bed may be close to a window that has a hanging blind cord or chain
- They may be playing in a room where there are blind cords or chains, like a lounge.

**Surprising facts**
- Toddlers are increasingly mobile and able to climb on or near to window sills
- They lack any sense of the danger of this
- It can take only 20 seconds for a toddler to die from strangulation if they get tangled in a blind cord or chain.

### What can you do to stop this kind of accident from happening?
- Fit a cleat hook and use it every time you open or close the blinds
- Do not have blinds fitted in children’s rooms or buy blinds with safety features
- Move furniture or toy boxes away from windows
- Make sure any blind cords or chains in the house are safely secured, not just bedrooms.

For more information about blind cord safety or strangulation risks go to [www.capt.org.uk/blind-cords](http://www.capt.org.uk/blind-cords)