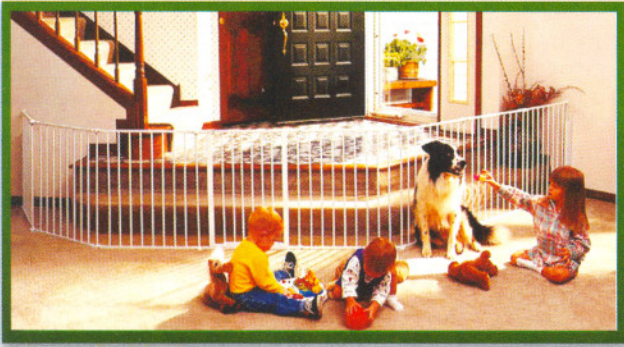


- 9 Lock matches and lighters in cabinet that is higher than your shoulders. Children as young as two can start fires with lighters.



- 10 Use toddler gates at the top and bottom of stairs. Gates with big spaces between the slats shouldn't be used- children can get trapped in the openings.



- 11 Keep car doors locked while driving or when parked.

- 12 Keep away children from open windows to prevent falls, use window guards and move chairs and other furniture away from windows.



- 13 Keep plants away from children, place them out of child reach as some houseplants are poisonous.

- 14 Toys for older children should be kept away from younger children. Many toys are labeled with the ages of children who can use them safely. The parts on toys for children younger than three should not be smaller than 3 cm in diameter.



RUWAIS JOINT HSE CAMPAIGN - 2007



**HOW TO KEEP YOUR
HOME SAFE
FOR YOUR BABY?**

The leading causes of fatal unintentional injuries in children and teenagers younger than 18 years are motor vehicle crashes, drowning, fires and burns, and suffocation. The leading causes of nonfatal injuries resulting in hospitalization are falls, poisoning, scald burns, and motor vehicle, bicycle, and pedestrian-related crashes.



Most injuries are preventable by modifying the child's environment (e.g., use of stair gates) and having parents engage in safety practices (e.g., keeping matches or lighters out of reach of children). Effective injury prevention methods include the use of childproof caps on medications and household poisons, age-appropriate restraints in motor vehicles (i.e., car seats, booster seats, and seat belts), bicycle helmets, and a four-sided fence with a locked gate around residential swimming pools.



Clinical Recommendation

1 To prevent sudden infant death syndrome, newborns should be placed on their backs to sleep.

2 To prevent injury in motor vehicle crashes, all children should be placed in age-appropriate child restraint seats.



3 To prevent drowning, swimming pools should be surrounded completely by fencing that is difficult to climb and that does not allow direct access from the house. Gates should have self-closing latches.



4 Keep plastic bags and deflated or burst balloons away from young children.



5 Use plastic inserts to cover electric outlet openings that aren't being used.

6 Keep alcohol and cigarettes away from young children.



7 Put your coffee or tea mug down before you pick up or hold your child. Many children are burned by hot liquids their parents are holding.

8 When your baby is placed on anything above the ground, like changing table, you should always stand nearby with your hands on your baby; your baby could roll over and fall to the floor.