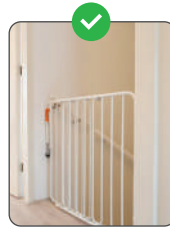


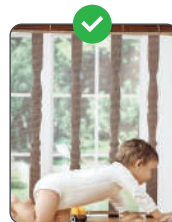
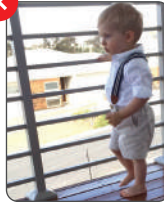
Child Safety

Safe Home for Children

Staircase: When your child starts crawling, install safety guards across entries to stairs & balconies.

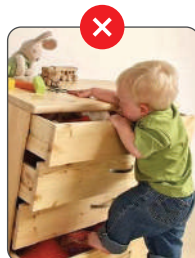


Balconies and parapet walls/grills: The parapet wall should be tall enough & wide enough to prevent the fall of a child trying to look down over it. Ensure that there are no objects near the parapet wall so that a child can climb. The grill design should not make it easy to climb (not have climbable horizontal members).

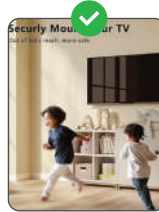
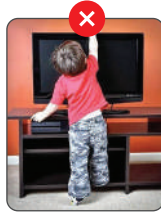


Windows: When your child starts climbing, lock windows particularly upper-story windows restrict window openings or shield them with grills or nets having a widest opening of 4 inches.

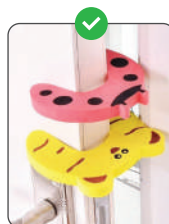
Furniture: It should be sturdy and stable a child should not be able to pull it down or knock it.



- Any sharp projecting ends or corners should be rounded or padded or covered with corner protectors. Children may run into drawers left pulled out and can get injured. Install drawer guards, if available.



- **Baby cots:** Cots or beds for small children should not have horizontal bars or footholds that your baby can use to climb out. Space between bars should be 5 - 9.5 cm (gaps wider than 9.5 cm could trap your child's head or let your child fall out of the cot) & at least 60 cm tall. The lock must not be openable by the child. Check that the mattress is firm.
- **Locks:** All locks should be above the level of 4 feet so that a child does not accidentally lock someone in the bathroom/any room nor open it by himself before he becomes self-reliant.
- **Bathroom and the kitchen:** These are the most accident-prone areas in the house. Whenever, not in use, please lock them. Train the child from a very early age to keep away from the kitchen platform.
- Bunk beds can cause nasty falls they are not recommended for use with children under 9 years old
- **Doors:** Use chocks, wedges or catches to keep internal doors from slamming shut which will prevent finger jams/crush.



Prevent accidental ingestions and poisoning in children

- Keep items (nuts, popcorn, button batteries)/cleansing agents/acids/mosquito repellents/pesticides out of reach of children.
- Do not refer to medicines as chocolate/candy.
- Always give medicines in a specified dose and frequency as advised by the doctor. Along with paracetamol try other modalities (Tepid sponging) to control fever, don't depend only on paracetamol & overdose it.
- Discard medicines that are not required or have expired.
- Do not store kerosene/acids/corrosives in soft drink bottles.

Prevention of Electrocution/Burns/Scald injury

Use plug-in covers to stop children poking things into the power points.



- Hot drinks and foods are the number one cause of burns to young children. Water at 60oC will instantly cause a third degree scald to a child.
- Be sure to put your child down before having a hot drink.
- Put hot drinks somewhere out of reach, and use non-slip placemats.

- Keep your child away from items that can burn including the iron, heater, treadmill, hair straightener and lighter.
- Always supervise children in the bath to make sure they don't turn on the hot watertap. Child resistant tap covers are useful to prevent this.
- After the campfire, put the fire out with water. Because dirt covered fire can stay burning hot for more than 8 hrs.



Button batteries are extremely dangerous when swallowed by a kid

Choose Safe Toys for your kids

- Always choose age-appropriate toys
- Baby walkers: Seated baby walkers with wheels are not recommended. Hand held (sit to stand) push baby walkers are a better option.
- Avoid toys with small detachable parts, balls, coins that may fit in the child's mouth & cause choking
- In shooting toys, Arrows used should have soft tips made out of cork or rubber.
- Crayons/paints used should be nontoxic.
- Paint on toys should be lead free.
- Toys should be large enough - 3 cm in diameter & 6 cm in length, so that they cannot be swallowed or lodged in windpipes.
- Big No to toys with dislodging magnets & button batteries.
- Battery operated toys should have battery cases that secure with screws so that kids cannot open them.
- Toys should be unbreakable & strong enough to withstand chewing.
- Toys with cords or strings should not be longer than 7 inches.

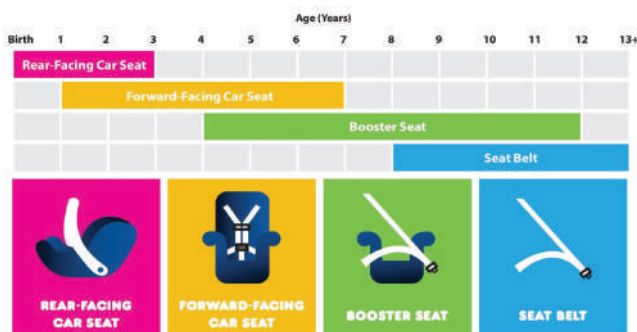


Safety in Play area :

- Ensure there is always adult supervision at the playground.
- Kids should never be left alone around pools.
- Apply sunscreen on kids before letting them play outside
- No necklace, scarfs on kids neck while playing, which could entangle their neck & pose a hazard.
- Kids should always sit in the swing, not stand or kneel.
- Remember broken pieces from balloons can cause choking hazard.

Car safety : (Recommendation from U.S Department of Transportation)

- All Kids upto 12 years must be buckled and seated at the back seat.
- This protects them from getting seriously injured if an airbag opens. Explain to your child that air bags are made to protect a person with a much bigger body. (Airbags have been proven to be hazardous for kids below age four. Airbags inflate forcefully at a speed of 322 kph or within 1/20th of a second, which can cause serious injuries to a toddler)
- Select a car seat based on your child's age and size.



- Always refer to your specific car seat manufacturer's instructions (Check height & Weight limits)
- Never place a rear facing car seat in front of an active airbag.
- Better prefer soft toys in the car, because during an accident other toys may hit the kid forcefully & harm them
- Never leave a child unattended in a car. A child's body can heat up five times faster than an adult's body.
- Educate your kid not to go behind or below a parked car/truck as there is a high risk of injury while the driver is backing the vehicle. Especially trucks, where driver won't have visibility behind.



Two wheeler safety : (Recommendations from Ministry of Road Transport & Highways India)

- Better try to avoid bike travel with an infant. As infant size helmets are not easily available in the market and their neck is very unstable on a large head, there is a high chance of head & spine injury
- For a child passenger below 4 yrs must be secured with a safety harness and wear a crash helmet which fits his head
- The speed of the bike shall not be more than 40 kmph when you are with a kid.



- When a child drives a bicycle / mini scooters/ skateboard/roller skates it is mandatory to wear a helmet, knee & elbow caps.

