

Falls prevention



Provide a safe play space in the home.
Use safety glass or safety glass film.
Cover sharp corners on tables and benches.

Bunk beds are not safe for
children under 9 years.



Baby walkers are unsafe
because the baby can
quickly move into danger.



Remove tripping hazards
from the floor including toys,
rugs and electrical cords.



Always use a five-point harness
for high chairs, prams, strollers
and supermarket trolleys.



Use barriers
to prevent falls.



A night light
helps prevent falls.



Water safety



Children can drown quickly and silently in just a few centimetres of water.



Adults must always stay with children at bath-time.



Isolation pool fencing is necessary. Remove all items nearby to prevent children climbing over the fence.



Always stay with children near water.



Always empty and remove wading pools immediately after use to avoid drowning.

Nappy buckets should have a firm fitting lid and be kept off the floor.



Outdoor safety



A 300mm deep bed of pine mulch provides a soft landing.

It is essential that all playgrounds are regularly maintained.



Separate the driveway from the play area.

Always supervise children around dogs. Obedience training is essential for all dogs.



Ride-on tractors, mowers and trailers are dangerous for children.



Poisoning prevention



Medicines are the most common cause of poisoning in young children.

Often poisoning occurs when medicine is left within reach. All family members must avoid leaving medicines accessible to children.



Leave all chemicals, medicines and cleaners in original containers.

Always store chemicals, medicines and cleaners in a child resistant cupboard.



Child resistant locks can be installed on most cupboards.



Dishwasher powders and liquids are dangerous if swallowed.



If you think your child has swallowed something poisonous stay calm. Take the container to the phone and ring the Poisons Information Centre 131126.



Call 24 hours a day,
7 days a week.

Burns & scalds prevention



Separate young children away from hot drinks and busy cooking areas.



Keep kettle cords out of reach or use cordless kettles.



Do not leave cooking unattended.



Clean lint filters each time you use the clothes dryer.

Always use a heater guard. Teach young children to STOP, DROP, COVER and ROLL in case of clothing fire.



Choose low fire danger nightwear. Choose close-fitting nightwear.

Test smoke alarms every week. Clean alarms every month. Change the batteries every year.



Fit power point covers to avoid electrocution.

Put a burn under cold water for 15–20 minutes.



In an emergency ring 000 for Police, Ambulance or Fire Brigade.

Choking & suffocation



These foods can choke: apples, celery, carrots, nuts and bones. Do not give peanuts to children under 5 years.

Serve carrots and apples by shredding, grating or steaming to reduce the risk of choking.



Children should always be encouraged to sit quietly when eating.

Children under 3 years can choke on any object that can fit into a film canister. Check toys regularly for any loose parts.



To reduce the risk of Sudden Infant Death Syndrome (SIDS) keep cots free of toys, cot bumpers and pillows and always lay babies on their back. Make sure the cot is not placed near a window where curtain or blind cords are within reach.

Plastics are dangerous. Always tie a knot before storing or throwing out.

