

Falls Prevention Quick Tips

Tamariki Ora Whanau Ora



- Change babies on the floor
- Never leave babies on high surfaces unattended
- Car seats and bouncinettes are for the ground only
- Avoid using baby walkers, they can cause injuries to the head, neck, and face, and slow babies developmental growth
- Install a stairgate correctly in the home. Self closing gates are the best
- Carry and hold a child with care, and always supervise older children when they are holding small children
- Keep the floors clear of tripping hazards
- When there are restraints or harnesses on highchairs, change tables and bouncinettes, etc. use them
- Keep cot sides up when your child is in it
- Do not put a child under the age of six in a top bunk
- Discourage children from bouncing on the beds
- Place furniture away from windows and use safety catches on windows that children can get to
- Always supervise children at bath time and use non slip mats in the bath and shower



Hot Water Burns Prevention Quick Tips

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- Keep hot drinks away from young children and never nurse a child while holding a hot drink
- Always supervise (stay with) young children at bath or shower time and when they wash their hands
- Run cold water into the bath before you run the hot water
- Set your hot water cylinder at 60 degrees celsius
- Keep kettles and cords out of the reach of young children
- Turn pot handles toward the back of the stove



Poisonings Prevention Quick Tips

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- Store all medicines, chemicals and cleaners out of children's reach and sight
- Keep detergents up high or in a cupboard with a lock or child resistant latch. Even using string, rubber bands or folded paper to keep a child from opening the cupboard is better than nothing
- Ask your pharmacist for safety caps on medicines
- Follow the dose instructions from your doctor or pharmacist
- Ensure you read and follow safety instructions on medicines, chemicals and cleaners - and always put lids on properly after use
- Choose child resistant packaging and select non-caustic cleaning products
- Always keep panadol and paracetamol out of children's reach and sight

