

Protect the One You Love

Child Injuries can be Prevented!

Majority of injuries at home are caused by negligence or ignorance. Extra precaution is needed to be taken when there are children <6 years old at home. Common injuries at home:

1. Falls



Causes: Unbarred bunk beds, windows without guards, slippery or obstruction on the floor

Prevention:

- Restrict children <6 yrs. to sleep on the top level of the bunk bed.
- Don't leave the clutter on the floor. Keep the floor dry.
- Install window guards. Never leave children alone at home.

English Version

4. Injuries caused by toys



Causes: Sharp edge, bite size objects (<5cm)

Prevention:

- Avoid toys with sharp edges and corners.
- Small objects such as earrings, rings, buttons, etc., should be kept out of reach of children.

2. Burns



Causes: Heat, fire, electricity, chemical

Prevention:

- Keep hot foods and drinks out of reach of small children. Always test the temperature of hot food and drinks before giving to children.
- Avoid using a tablecloth.
- Do not play with fire and matches. Cover the electrical outlets with socket.

COMMON HOME INJURIES

3. Poisoning from medicine and chemicals



Causes: Unattended medicine, cleaning chemicals, pesticide

Prevention:

- Medicine and chemicals should be stored in containers out of reach from children.

Management:

- If the child is conscious, give plenty of water or milk. Do not give any food or drink if unconscious. Seek medical aid promptly.



5. Cuts

Management:

- If bleeding, apply direct pressure on the wound by hands or with clean gauze for around 5 minutes.
- Do not apply any unsterilized powder or ointment.
- Clean the wound with plain water.
- Do not wash the blood clot away.
- For severe bleeding seek medical aid promptly