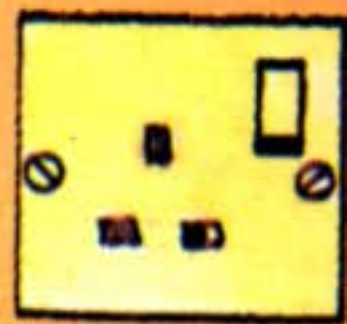


# accidents

How to avoid them





# accidents

How to avoid them

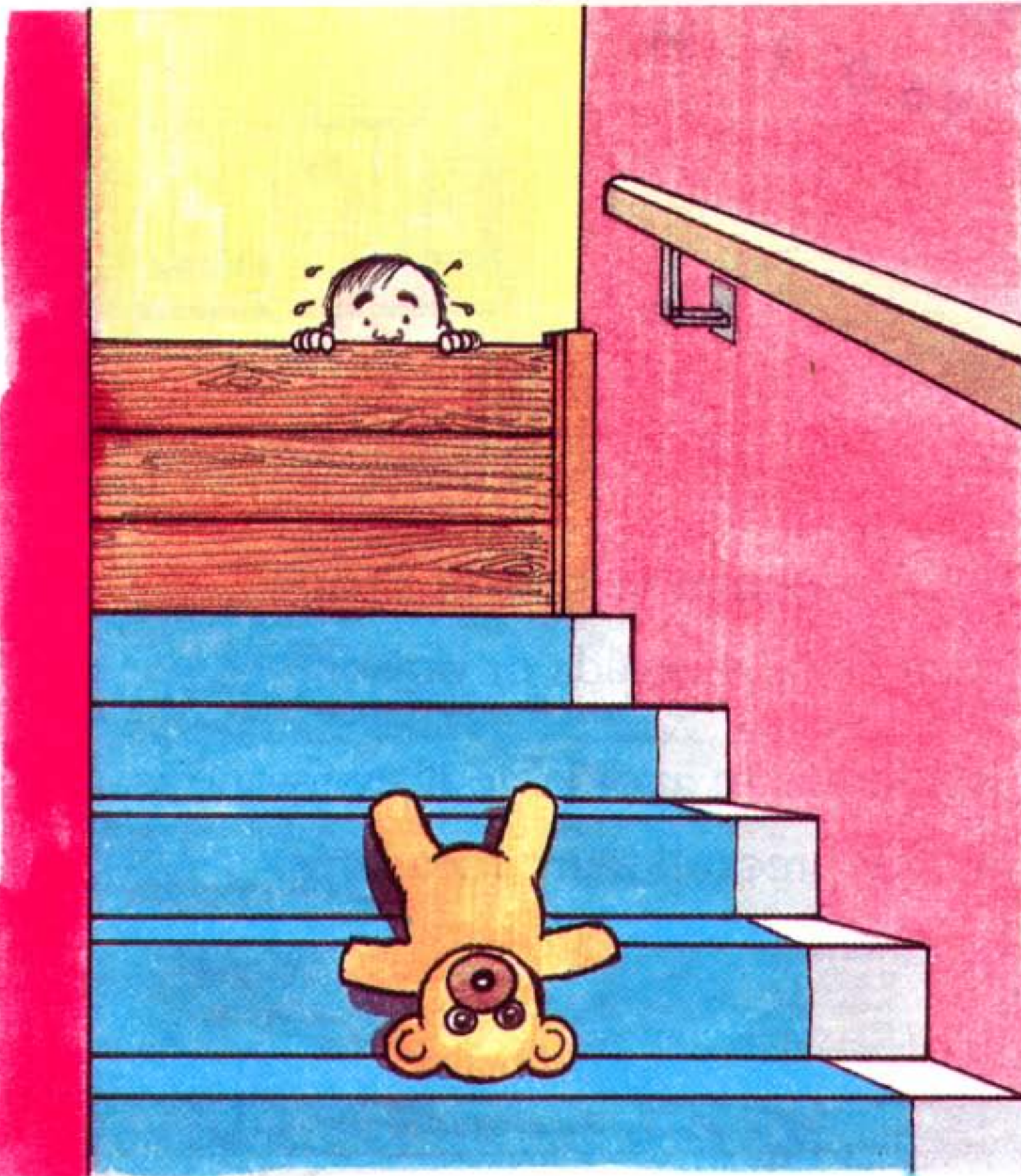


**C**HILDREN are often victims of various accidents such as falls, scalds or poison.

**T**hese accidents are avoidable if everyone is careful and take precautionary measures.



# 1 ENSURE THE HOUSE AND ITS SURROUNDINGS ARE SAFE FOR CHILDREN TO PLAY



**P**revent children from falling from high places such as swings, stairs and open windows or slippery floors because these can cause injury.

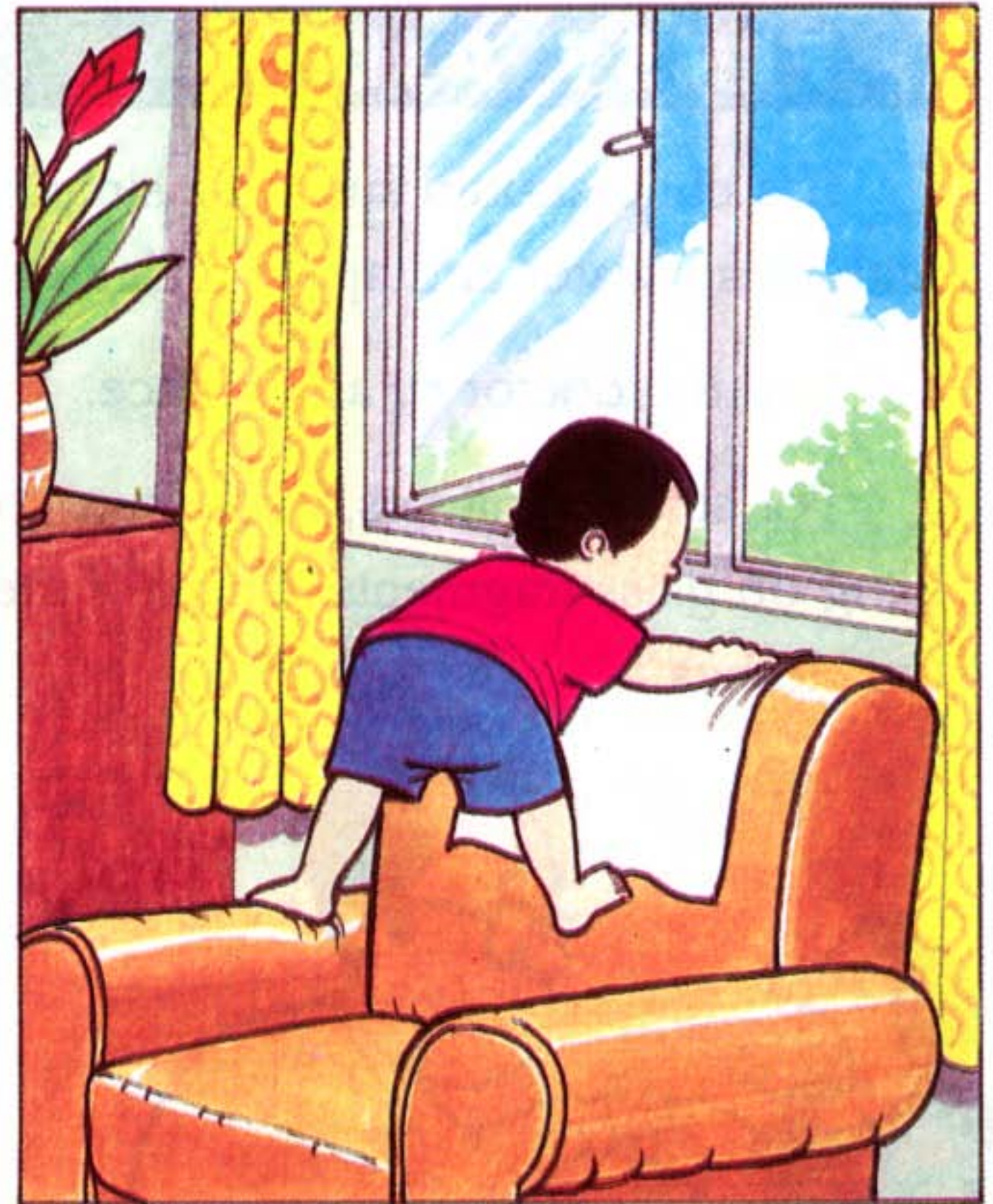
**T**he injury could also be serious should children fall into a well or a deep drain.

**T**ake precautionary measures such as blocking both the head and foot of the stairs or the house door. Make sure that children are not left unattended on an upper storey, balcony or any other high places.



**C**hildren at a certain age usually like to climb anything in the house. To prevent undesirable incidents, avoid placing anything near windows and pay attention to what they are doing.

**M**op the floor quickly to prevent accidental falls. Store all folded carpets and make sure things are not scattered on the floor. Knives and sharp objects should be kept in places out of the reach of children.



**P**lace fans beyond the reach of children. If possible, avoid using glass furniture which could be dangerous to children who like to bang on furniture.



## FIRST AID

- ☪ If a child should sustain a simple cut or a bruise, clean the affected area with clean water and apply a clean dressing.
- ☪ Call the doctor or ambulance.
- ☪ For serious injuries, make sure the child is not in further danger such as lying on glass fragments. Check if there is excessive bleeding by looking at the clothes.



- ☪ If there is a fragment in the wound, do not try to remove it for this can lead to more bleeding. The fragment may help prevent bleeding.
- ☪ If there are no glass pieces or other foreign bodies on the wound, apply direct pressure with the thumb or finger for up to 15 minutes to stop the bleeding.



☪ Raise and support the injured area above the level of the heart and place a clean dressing over the wound.

☪ If there are any broken bones, support the injured area with a blanket, pillow or a thick cloth to prevent movement.

☪ If the hospital or clinic is far from home, support the injured area with a cloth sling.

☪ Please check bandaged areas to ensure normal blood circulation. If the skin becomes clammy or discoloured, loosen the bandages.

☪ If the child is unconscious, loosen the clothing and place him on a flat surface, turning the head to the side to avoid choking. The same position must be maintained during transportation by car or ambulance.







**C**HILDREN MUST BE KEPT AWAY FROM HOT STOVES, HOT WATER AND ALL TYPES OF ELECTRICAL APPLIANCES.

**M**atches, lighters and cigarettes must be kept away from children.

**A**ccidents can happen if mothers do not keep their kitchens safe or do not stop children from playing with sockets on the walls of the house.

**I**rons should be kept in a safe place. If left on the ironing board, be sure to put it in a stable position with its wire properly wound up. Dangling wires of appliances encourage children to pull them.





## TREATMENT FOR SCALDS

Take a small towel, wet it with cold water or wrap some ice cubes in it. Dap it over the scalded area if the area is small.

Give the child some water or rehydration salt to drink.

If the scalded area is serious, take your child to a hospital immediately. Do not apply toothpaste, ink or hair cream on

affected area because oily and liquid substances only make it difficult for the doctor to see the burnt area.

Rings or tight clothing should be removed carefully from affected areas.

Do not attempt removing anything that is stuck to the scalded area.





3

**P**OISONOUS SUBSTANCES AND MEDICINE SHOULD BE KEPT OUT OF REACH OF CHILDREN.

## MEDICINE

**A**ll types of medicine should be kept in a safe place and if possible, in locked places.

**K**eep medicine in their original packaging.

**D**o not give medicine meant for adults or other children to your child.

**U**nused medicine should be disposed of: thrown down the sink, buried or burnt.

**M**edicines must be identified by their right name. Should the child swallow any medicine not meant for him, take him to a hospital or clinic immediately. Bring along a sample of the pills, package or bottle.





## KEROSENE

**K**eep kerosene bottles in cabinets or at high places to avoid it being mistakenly drunk by children. Take the child to a hospital or clinic immediately even if only a little bit is swallowed.

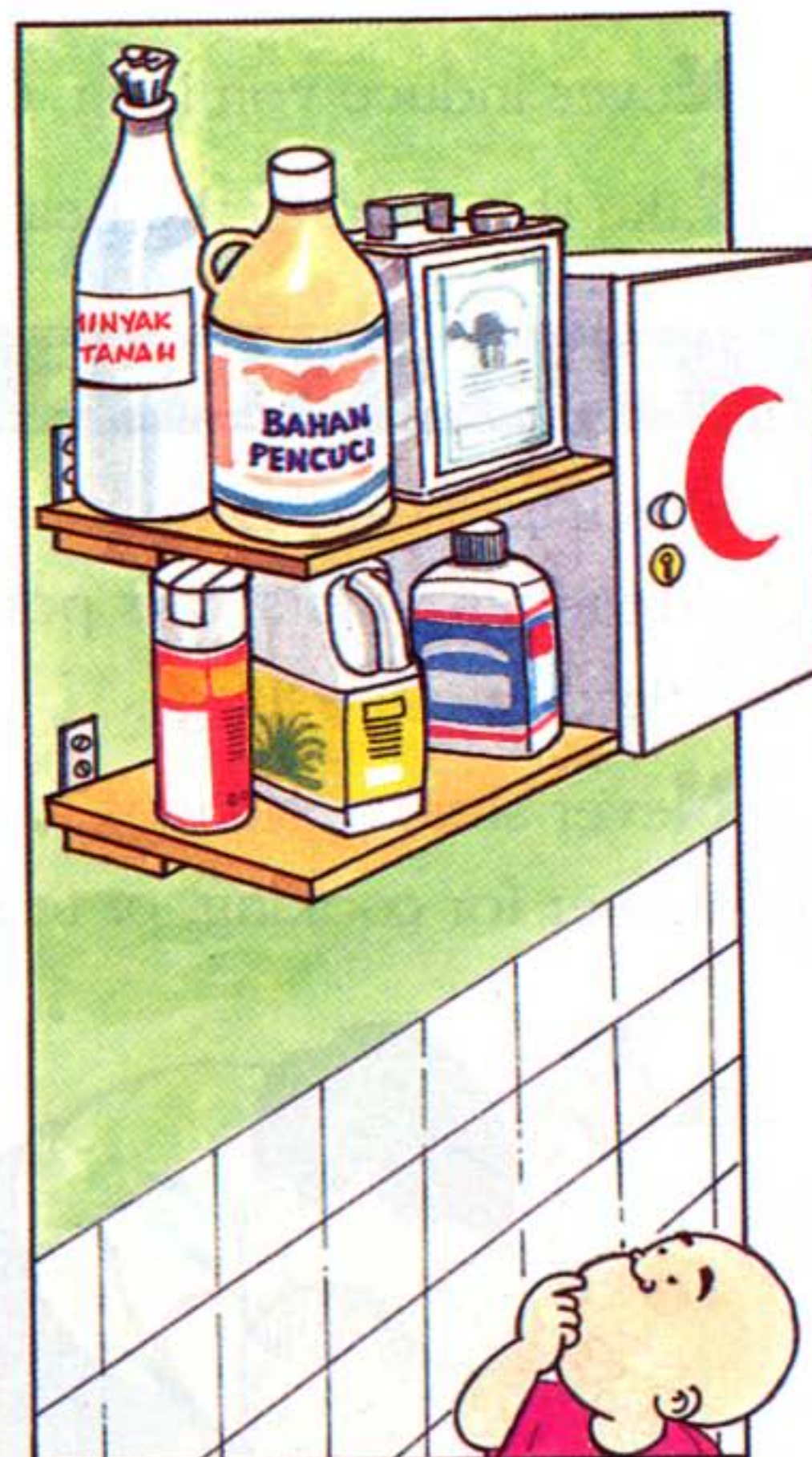
**N**ever induce vomiting with use of salt and water. Do not force the child to vomit because the liquid may enter the lungs instead. This is dangerous.

## DETERGENTS

**D**etergents can cause serious injuries if children drink them. Keep them in a safe place.

**I**f it is accidentally swallowed, give the child milk or water (not more than one glass), if he can still swallow. More fluids may lead to vomiting.

**I**f it is accidentally spilled on the skin or the eyes, wash thoroughly with plenty of water.





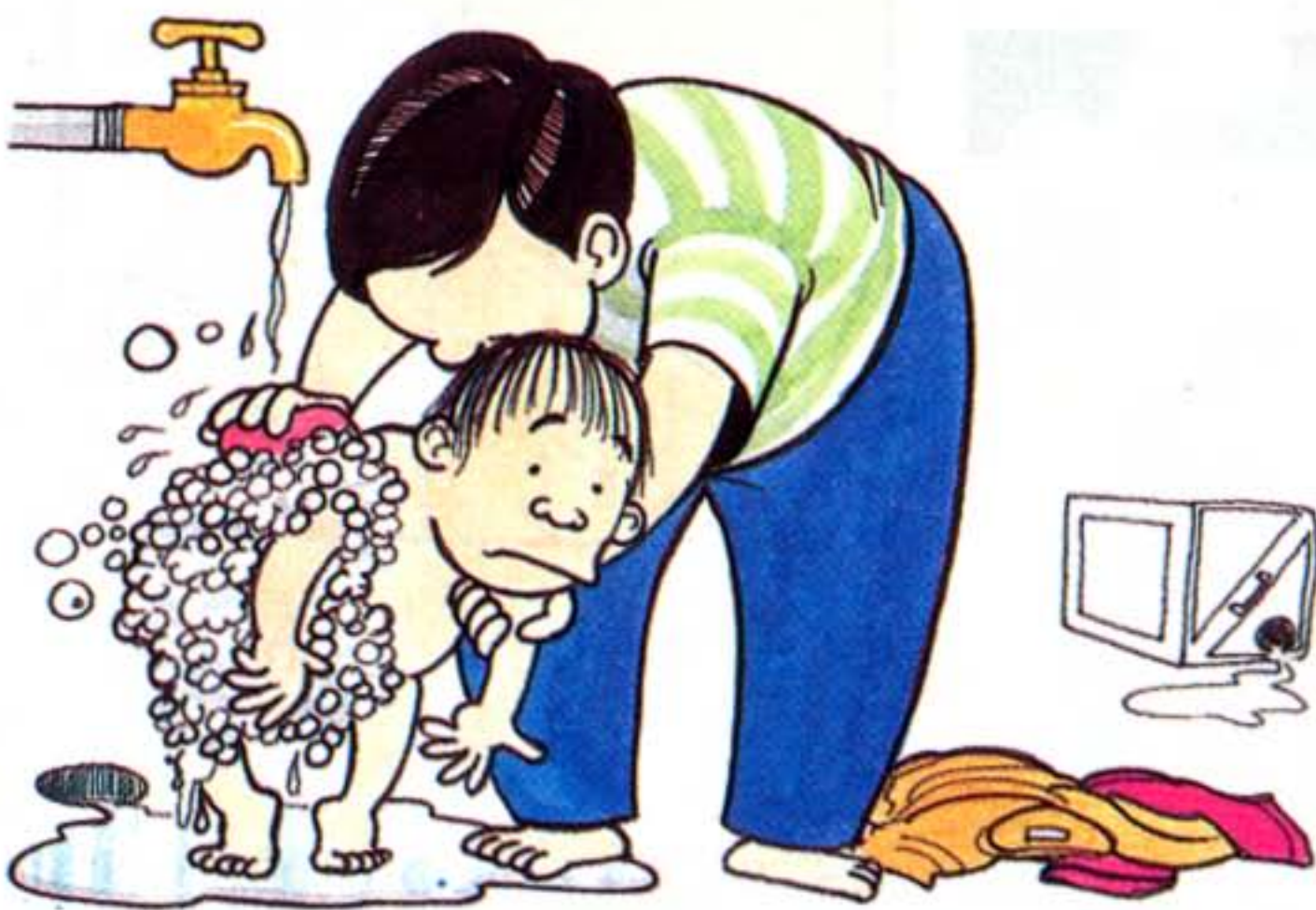
**N**ever induce vomiting, or give him vinegar or sour lime.

**T**ake the child to the nearest hospital or clinic immediately.

## PESTICIDES AND RAT POISON

**P**esticides can be found in almost every household. It is used to get rid of cockroaches or rats. It is poisonous if swallowed, spilled onto the skin or breathed into the lungs.

**N**ever store pesticides in drinking bottles, or use an empty poison container for cooking, or to store food and drinks.



**F**or safety, never place pesticide next to or together with food.

**I**f pesticides come in contact with clothing, soak immediately in water, wash skin and fingernails with water and soap. Go to the hospital immediately.



4

NEVER

EVER ALLOW CHILDREN TO PUT THINGS IN THEIR MOUTHS, EARS OR NOSE.

**S**mall objects, such as groundnuts, sweets, beads, buttons, coins or certain objects on toys, should be kept away from children.

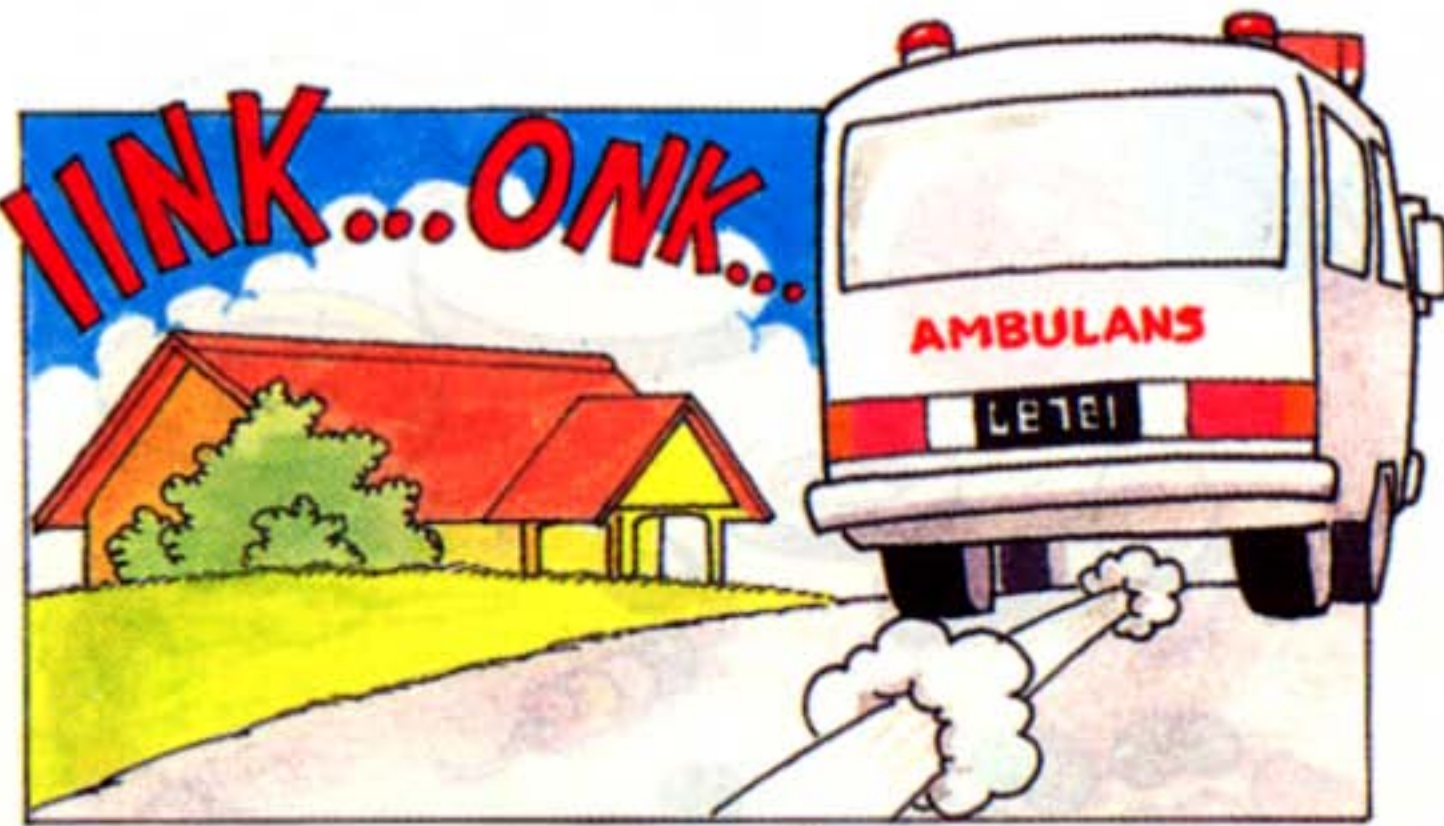
**I**f swallowed, object may block the throat and choke the child.

**D**o not give groundnuts, hard sweets or food with bones and seeds to children without supervision.





**A**lways check toys for small or loose parts like buttons, pins and doll's eyes, which could easily be pulled off.



**I**f a child has put something in his ear or nose, see if the object could be dislodged by itself. If not, do not try to remove it yourself. This will avoid injury to ear or nose. Take the child to the hospital immediately.



**I**f an insect accidentally enters the child's ears, help him to lie down with the affected ear facing up. Pour clean water slowly into the affected ear. Usually, the insect will float to the surface.



5

e

## CHILDREN SHOULD NOT BE LEFT ALONE NEAR A COLLECTION OF WATER.

**C**hildren often drown in pools, large drains and rivers, especially during rainy seasons.

**D**rowning can also occur at home if the child accidentally falls into a water tank, well, fish pond or other water containers.

**D**o not let children play near these places, and never leave small children playing alone near a bucket filled with water.

**C**over all water containers and wells after use.

**C**hildren should be taught to swim.





# 6

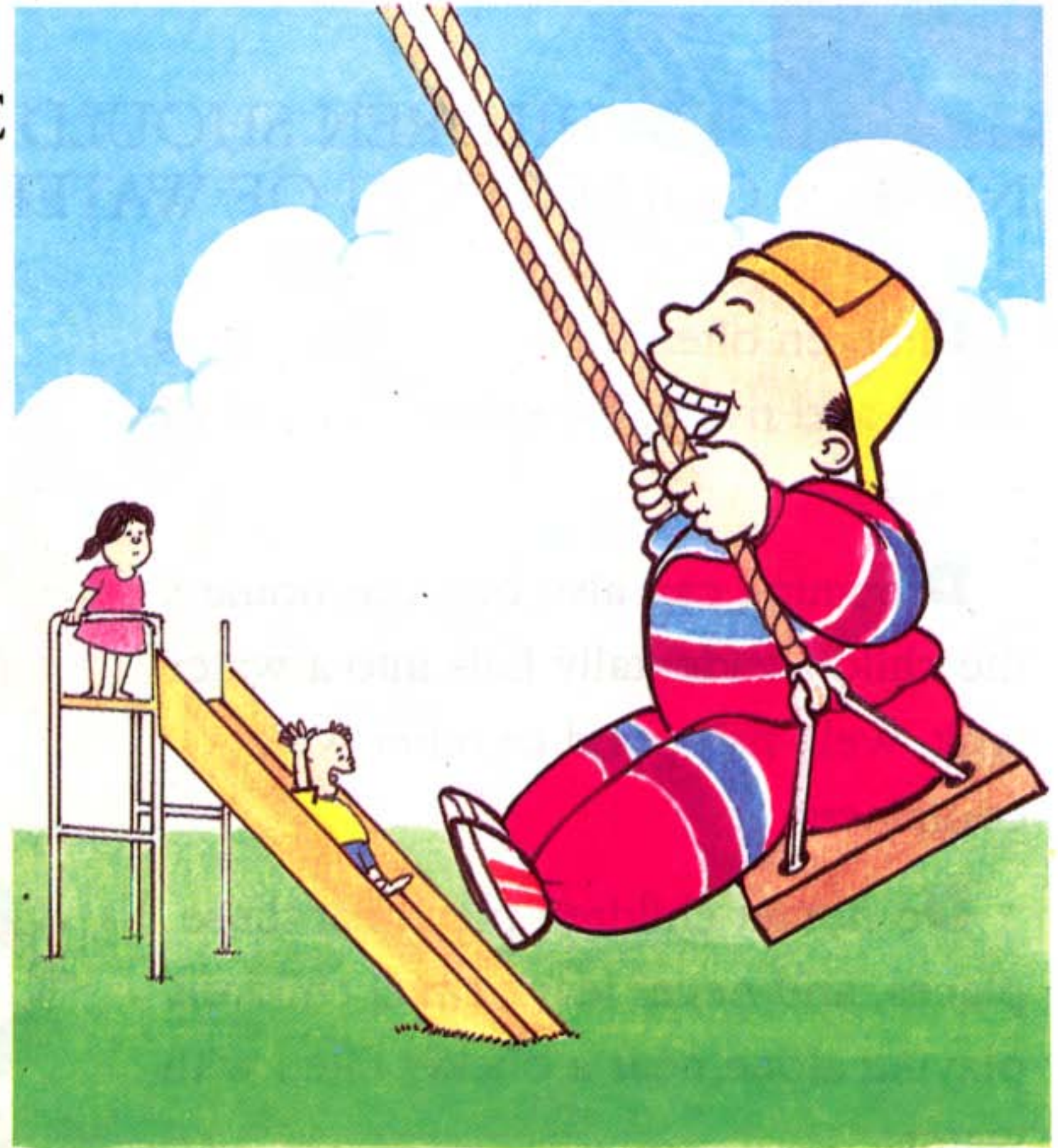
## SUPERVISE

### CHILDREN IN PLAYGROUNDS.

**P**arents or guardians should always supervise children in playgrounds. The curiosity towards the playing equipment can result in mishaps.

**C**hildren should play with equipment suitable to their age and size. Before allowing them to play, please check the equipment to ensure it is in excellent condition.

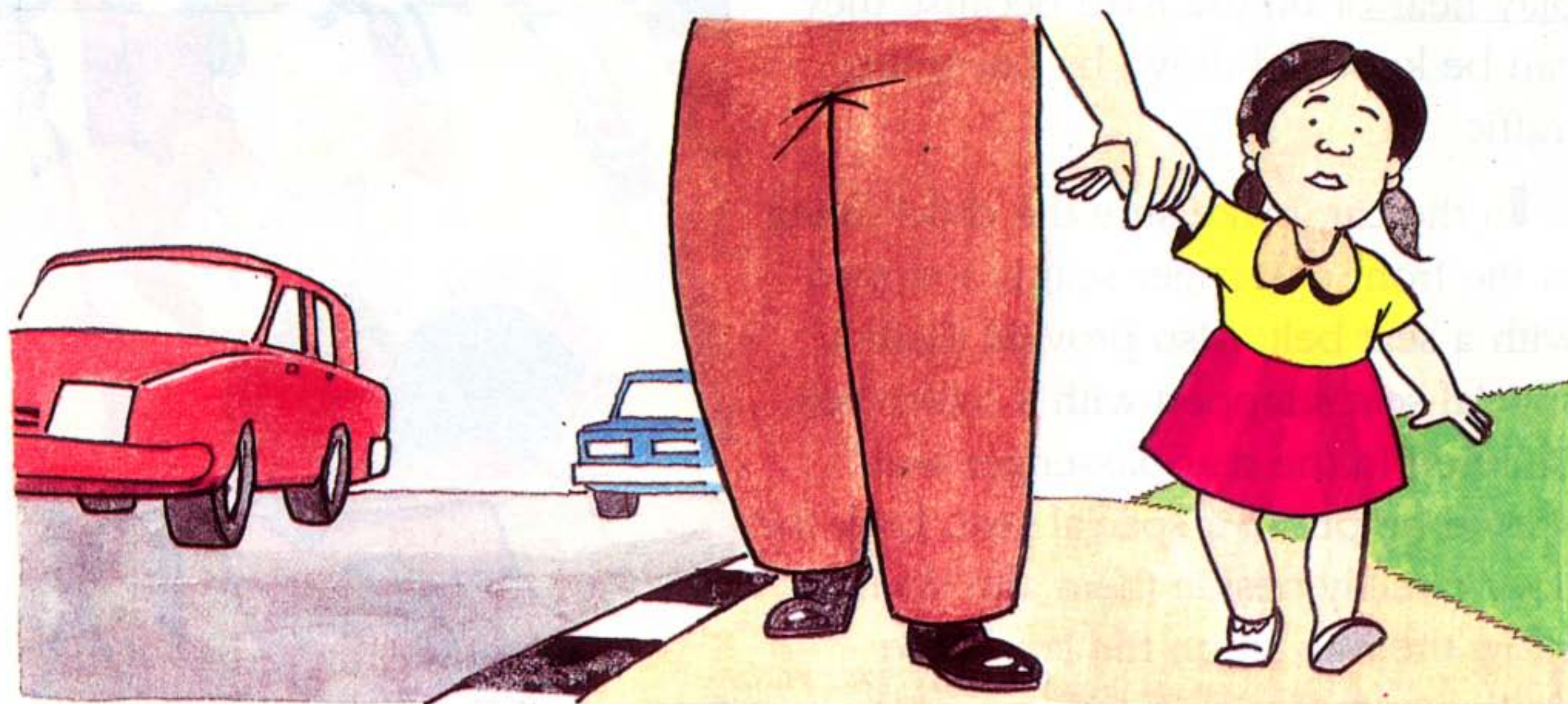
**M**ake sure children wear shoes or slippers while playing.







## PAY SPECIAL ATTENTION ON ROADS



**U**nlike adults, children cannot anticipate the speed of an oncoming car or judge the direction of an approaching vehicle.

**H**old their hand while walking and crossing the road, and make sure they walk at the side of the pavement away from the traffic.

**C**hildren should constantly be reminded about the dangers on the road. Teach them to cross roads, walk on the pavement or at the edge of the road on the side facing oncoming traffic.



**C**hildren should not be allowed to play near or on the road because they can be knocked down by oncoming traffic.

**I**n the car, make sure the child sitting in the front passenger seat is strapped with a seat belt. Also provide them a special seat strapped with a safety belt. Children in the rear passenger seat should be put in a special seat. Lock the door directly beside them and do not allow them to sit on the lap of the driving parent.



**A**void carrying children while riding the motorcycle. Use public transport instead.







  
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