



Home Safety Toolkit

He Kete Āwhina Ārai Aituā i te Kāinga

Introduction

He Kōrero Whakataki

The whare (house) can be a dangerous place for our tamariki (children). In Aotearoa New Zealand around 60% of all injury hospital admissions related to tamariki aged under 10 happen at home.

Most of them can be prevented with simple changes in the environment, use of safety products, adult supervision and aroha (love).

As pēpi (baby) and tamariki progress through developmental stages, their different behavioural, cognitive, and physical capabilities can put them at increased risk for injury.

In a home designed for adults, tamariki have a poor understanding of risks and danger. Their natural curiosity and restricted ability to handle more than one stimulus at a time means they are unable to make an informed choice to protect their safety.

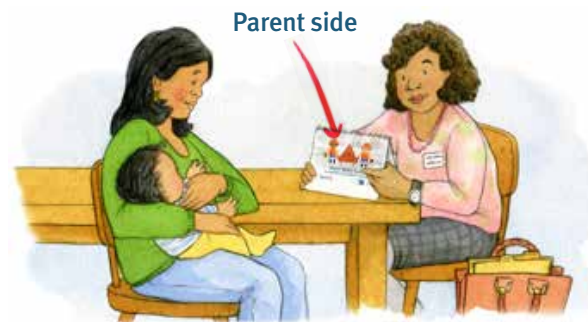
However, there are many things a parent and caregiver can do to reduce the risk of being injured.

The Make Your Home a Safety Zone Home Safety Toolkit is a kānohi-ki-te-kānohi (face-to-face) discussion tool for you to promote child home safety to parents and caregivers.

In this resource you will find safety tips by: by age (0 to 6 months, 7 to 12 months, 1 to 2 years, 3 to 4 years and 5 to 9 years); by room of the house (garden, kitchen/laundry, bathroom, bedroom and dining room); and by risk area (burns, drowning, falls, poisoning, suffocation and button battery).

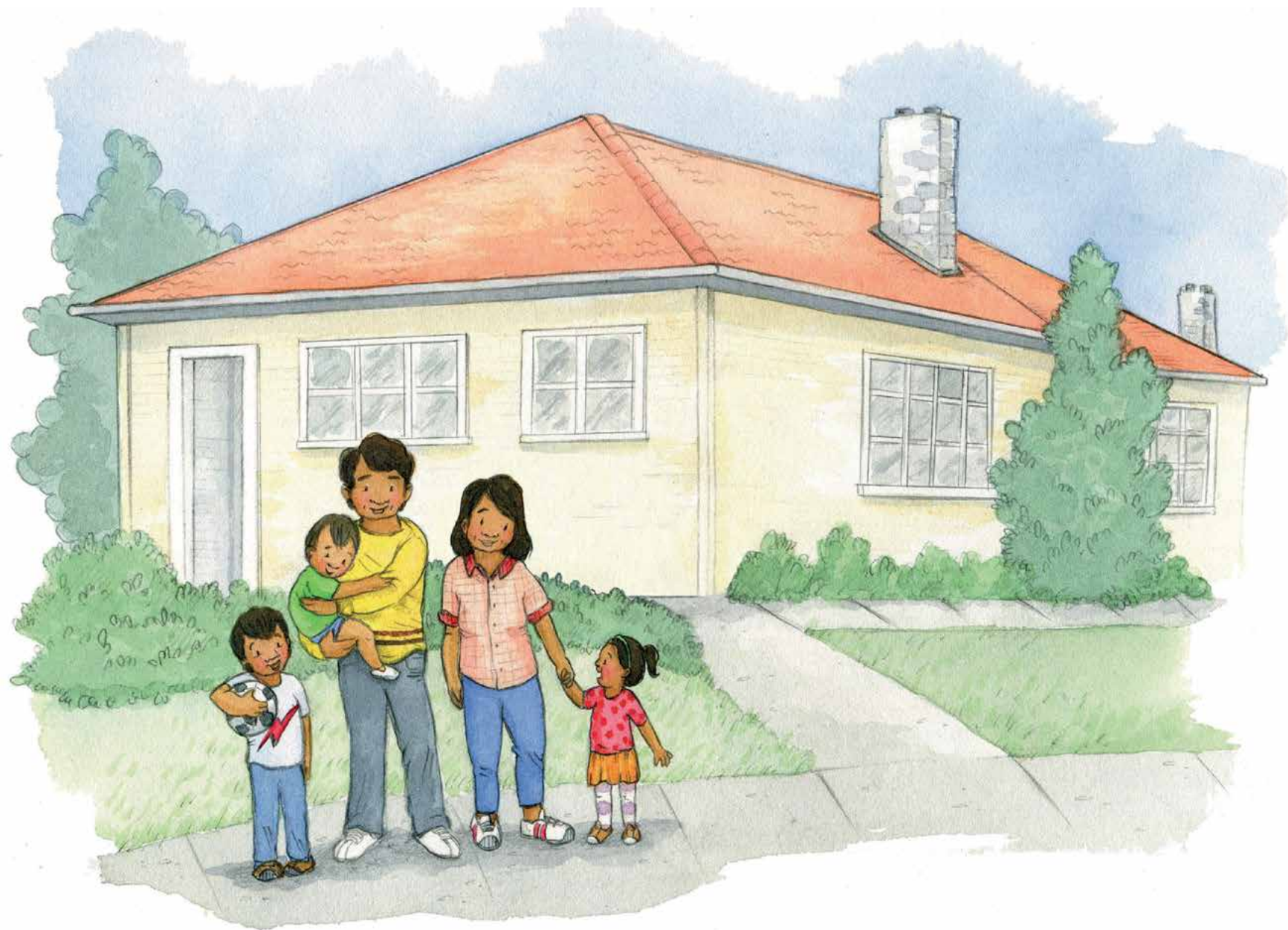
Please feel free to contact Safekids Aotearoa for more information and resources.

Visit our website www.safekids.nz.



Acknowledgements:

Safekids Aotearoa thanks everyone who has contributed to the development of these resources: Simone Budel and Sue Campbell, Plunket; Jenny Liew-Siddells, Gloria Finau and Paula Nepia, Auckland District Health Board; Rebecca Hayman, Counties Manukau District of Health Board; Agnes Wong, St. John; Peter Wilding, New Zealand Fire Service; and ACC.



Baby 0-12 months

Pēpi 0-12 marama

This stage is serious for home injuries.

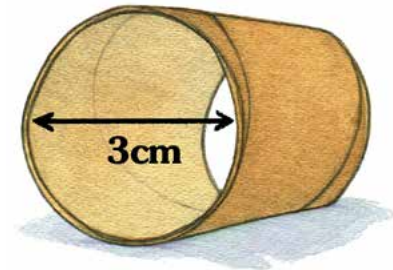
Typical risks include falls from heights such as furniture, including a change table, cot or bench top. This is often because the caregiver places the infant at a convenient height with no barrier or restraint.

Suffocation or choking is common as tamariki become increasingly mobile; airways are small and easily blocked (objects that fit into a toilet paper roll centre are not suitable for this age group).

They are more at risk of burns from hot water, drinks or kai (food) because of their thin skin.

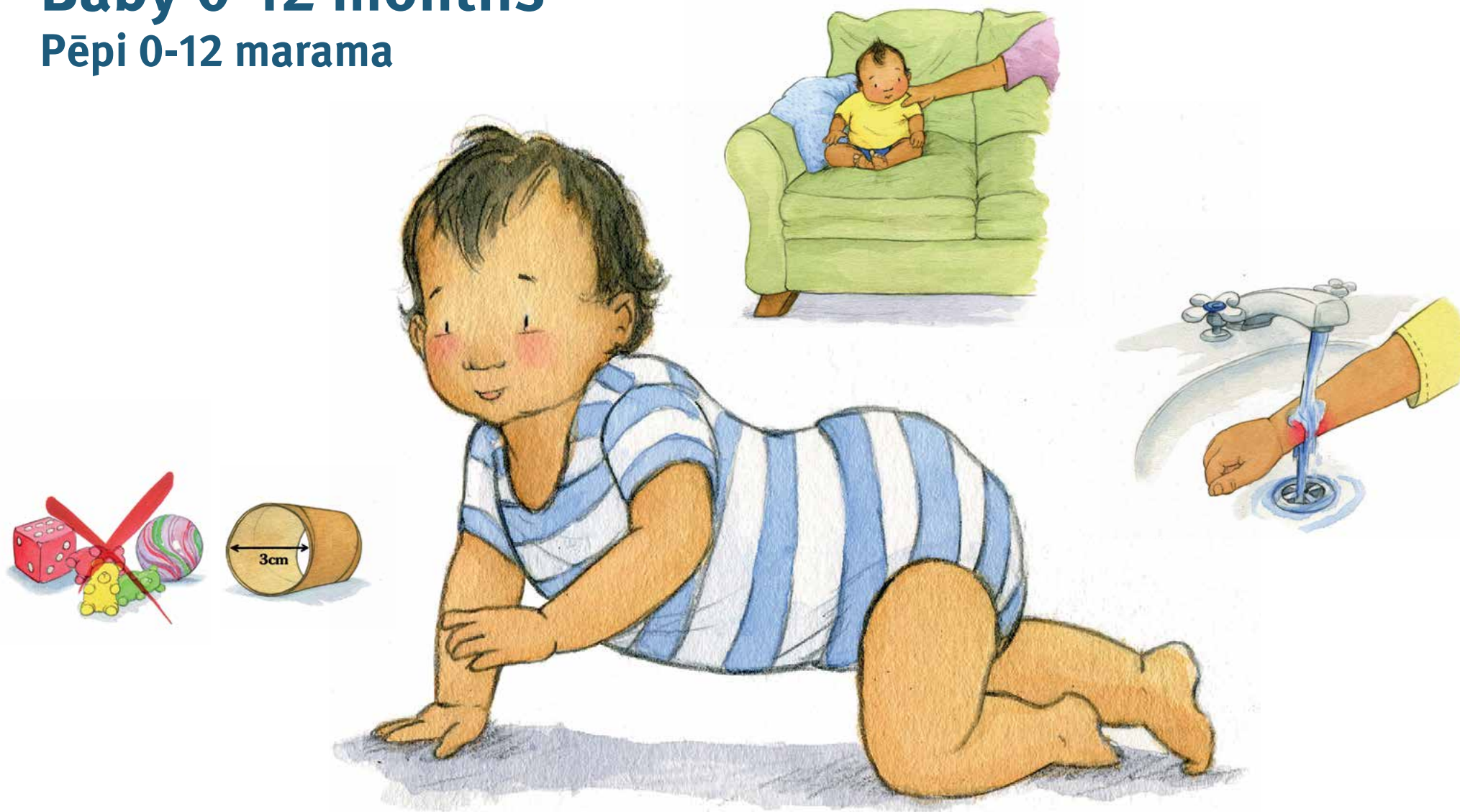
Their heads are heavier than their bodies and they can drown in bathtubs through lack of the motor skills for keeping their heads above water or for lifting their heads out of water (Remember: Infants only need 5cm of water to drown – just enough to cover their mouth & nose).

Additionally, infants learn about the world using their senses as they are exposed to the world around them, and begin exploring with their mouths.



Baby 0-12 months

Pēpi 0-12 marama



Safety tips 0-6 months

Ngā āwhina ārai aituā 0-6 marama

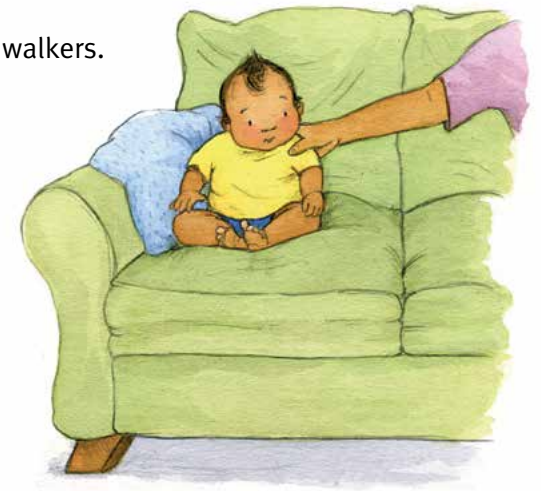
- Never leave an infant unattended on furniture such as beds, tables or sofas.
- In the bath, run cold water first, and hot water last.
- Never consume hot drinks or soup while holding a child.
- Always place hot cups and kai (food) in the middle of the table.
- Always maintain hand contact with babies in the bath and stay within reach of your child around water.
- Babies are best changed on the floor.



Safety tips 7-12 months

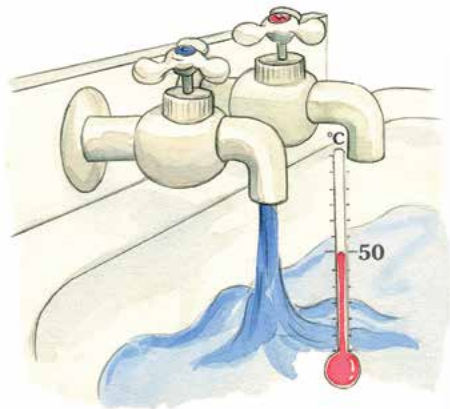
Ngā āwhina ārai aituā 7-12 marama

- Empty and put away the bath, buckets and paddling pools after use.
- Always maintain hand contact with babies in the bath and stay within reach of your child around water.
- Never consume hot drinks or soup while holding a child.
- Reduce the risk of choking – grate, cook, finely chop or mash food, and avoid giving small hard food such as whole nuts and large seeds.
- An object that is small enough to fit inside a toilet paper roll is a choking hazard. Do not let them play with tiny toys, or with ones that have parts that can fall off.
- Never leave an infant unattended on furniture such as beds, tables or sofas.
- Babies don't need baby walkers.



Safety tips 0-6 months

Ngā āwhina ārai aituā 0-6 marama



Safety tips 7-12 months

Ngā āwhina ārai aituā 7-12 marama



1-2 years

1-2 tau



38% of child home injury hospital admissions happen at this stage.

Toddlers can control their movement but have limited communication skills. They often suffer injuries in the home due to their behaviour – increased curiosity, activeness and interest in exploring their surroundings.

Tamariki in this age group are at increased risk of falling due to their underdeveloped muscles and bones and limited sensory abilities.

As their mobility increases, so does their ability to reach, climb and manipulate. Their curiosity also exceeds their ability to assess risks. These factors give them access to a wide range of objects on which to choke or become entrapped.

They often want to stay close to their parents or caregivers so they are more likely to be in the kitchen when adults are cooking, increasing the chance that they will see something to grab or be in the path if hot kai (food) or liquid is spilled.

During this stage, tamariki develop the ability to open cabinets, drawers and containers making it possible for them to access chemicals stored in low cabinets and medications that are left within their reach.

Since their social skills are not well developed, tamariki may copy others, older playmates or siblings and can be more at risk of injury by surpassing their physical abilities for climbing or using playground equipment.

3-4 years

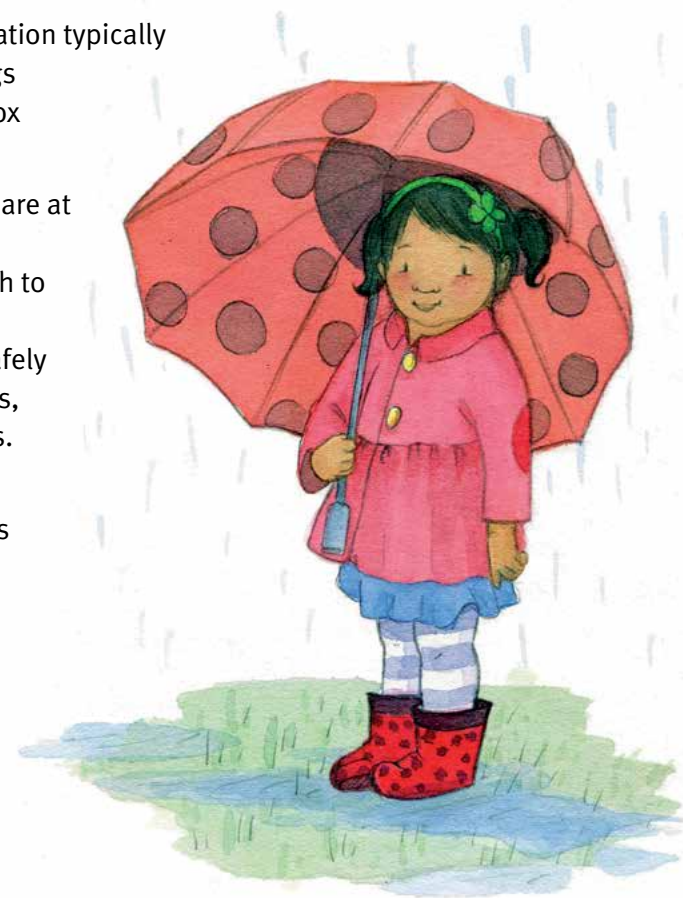
3-4 tau

While falls from windows, off high furniture or down stairs still occur, tamariki are also more likely to experience falls outside the home, such as from playground equipment.

Choking and suffocation typically occur in new settings – the abandoned box becomes a ship.

Tamariki at this age are at risk of burns from appliances they wish to use but are too young to manage safely – for example stoves, or hair straighteners.

Tamariki are also attracted to matches and lighters.



1-2 years

1-2 tau



3-4 years

3-4 tau



Safety tips 1-2 years

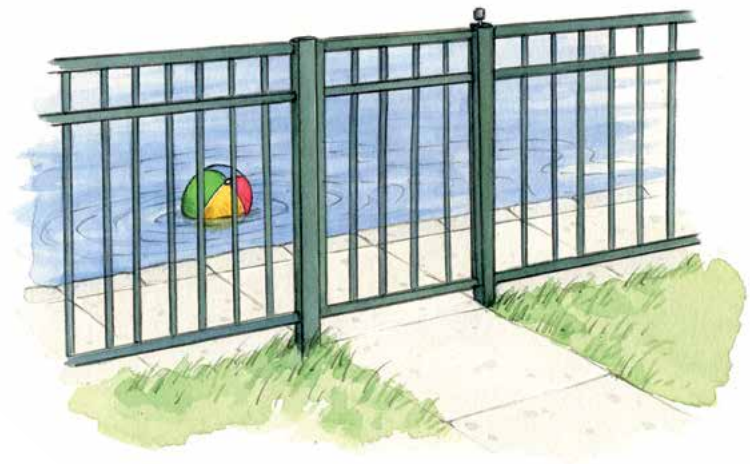
Ngā āwhina ārai aituā 1-2 tau

- Use brackets, braces or wall straps to secure unstable or top-heavy furniture and TV to the wall.
- Use doorstops to hold internal doors open and prevent them from slamming shut on fingers.
- Keep medicines, household cleaners, dishwasher powder and chemicals out of reach and locked away.
- Make sure tamariki are away from the kitchen when you are cooking hot kai (food).
- Have fenced areas for outside play so that toddlers can't get to driveways, roads or water.
- Before getting in the car, walk around the car and make sure tamariki are supervised by a responsible adult.
- Reduce the risk of choking – grate, cook, finely chop or mash food, and avoid giving small hard food such as whole nuts and large seeds.
- Secure button battery-controlled devices out of sight and reach of tamariki and keep loose batteries locked away.
- Use window stays on windows tamariki can reach.
- Pools (including portable ones) must have a fence with a self-latching gate. **For more information visit www.watersafety.org.nz**

Safety tips 3-4 years

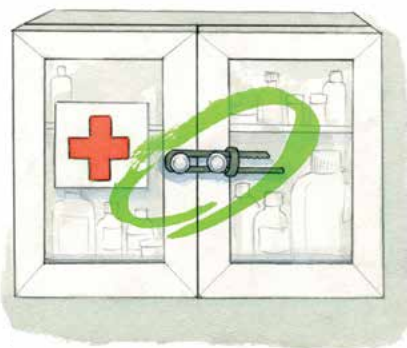
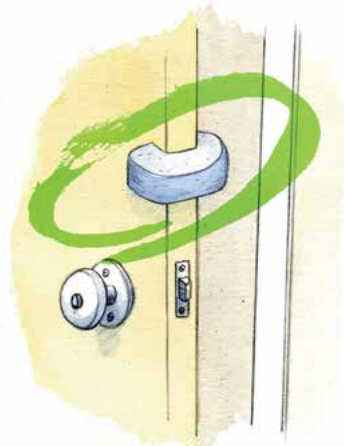
Ngā āwhina ārai aituā 3-4 tau

- Before getting in the car, walk around the car and make sure tamariki are supervised by a responsible adult.
- Fenced areas for outside play help to stop tamariki getting on to the driveway or road.
- Keep lighters, matches and candles where tamariki can't reach them.
- Actively supervise tamariki when they are in, on and around water.
- Pool fences must be 1.2m in height with a self-latching gate.
- Age appropriateness: Tamariki under six years should not use trampolines.



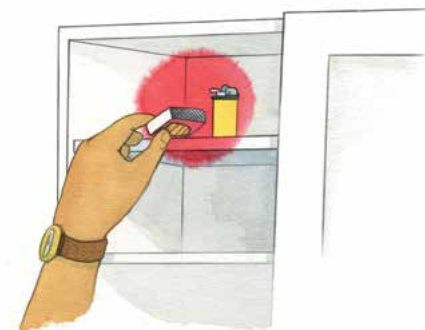
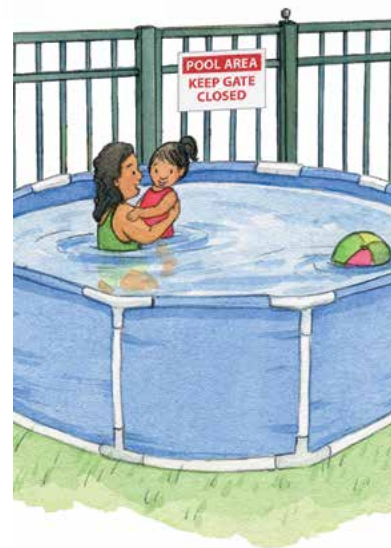
Safety tips 1-2 years

Ngā āwhina ārai aituā 1-2 tau



Safety tips 3-4 years

Ngā āwhina ārai aituā 3-4 tau



5-9 years

5-9 tau

This age is a time of intense growth and adventuresome play. Tamariki at this age are experiencing rapid development, both physically and mentally.

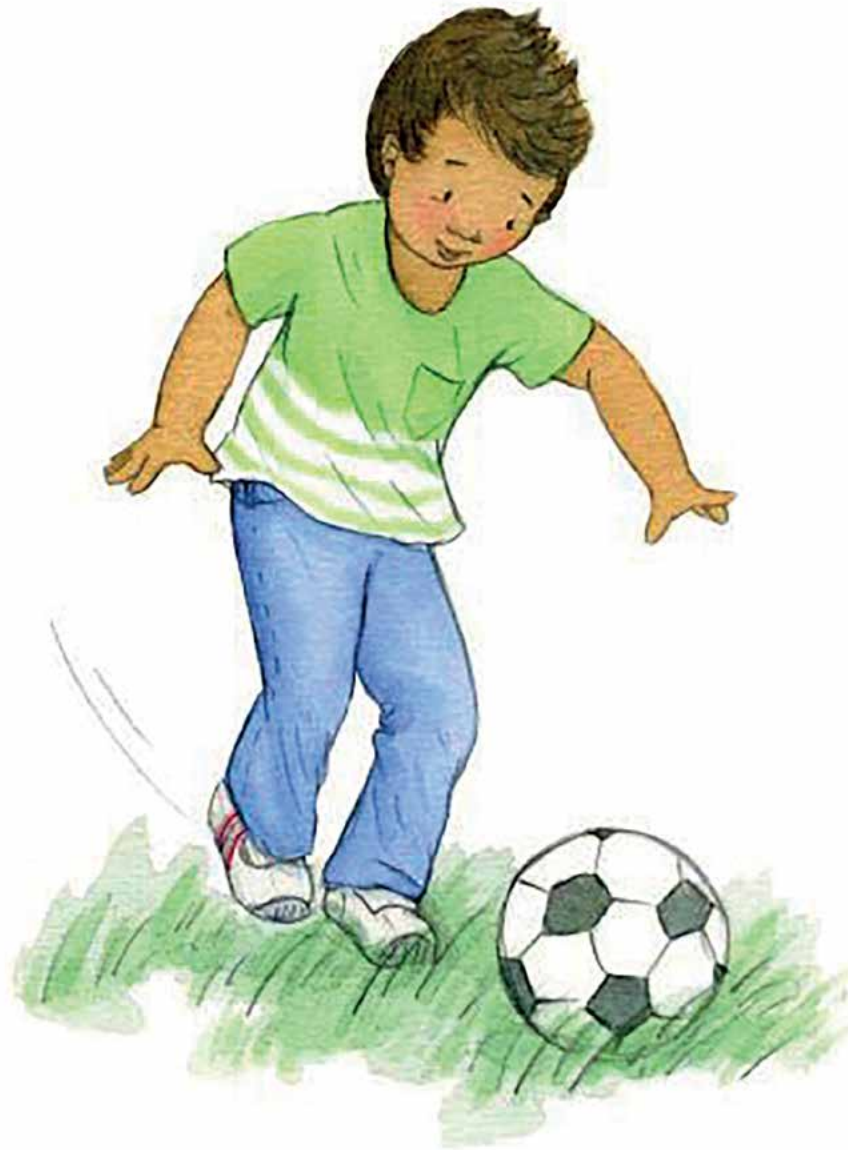
Since this age group is more likely to play in groups, they are more vulnerable to peer pressure when using playground equipment such as trampolines and swings.

Since older tamariki spend more time out of the home, fall injuries usually occur outside during play. A child's curiosity and eagerness to do pākeke or grown-up things such as using lighters or matches can lead to burns and household fires.



5-9 years

5-9 tau



Safety tips 5-9 years

Ngā āwhina ārai aituā 5-9 tau

Trampoline safety:

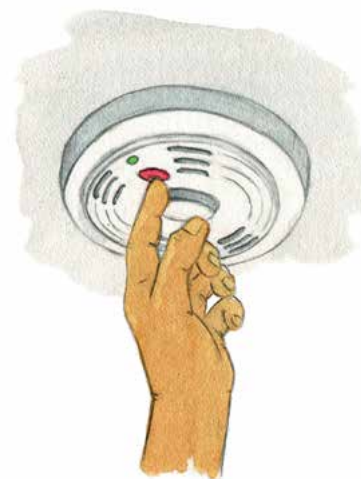
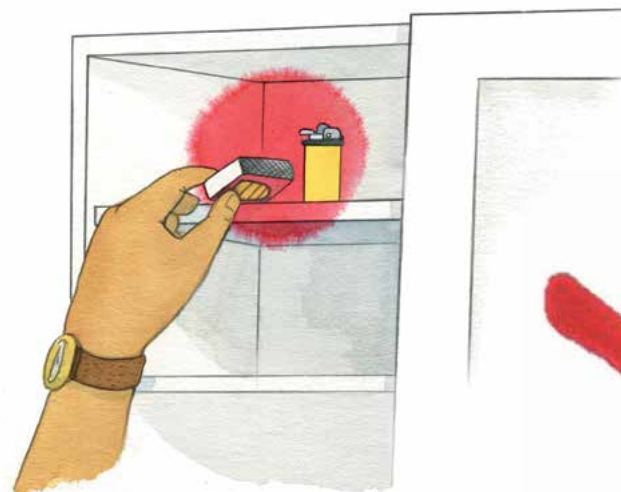
- One at a time: Two or more jumpers can cause a 'double bounce' and collisions that can lead to a serious injury.
- Age appropriateness: Tamariki under six years should not use trampolines.
- Enter and exit safely: climb on and climb off-- not bounce off.
- Keep in control: Always supervise tamariki as overconfidence can lead to a serious fall.
- For an old trampoline, check that the mat is in good condition, safety pads are in place, springs are intact, the frame is not bent, leg braces are locked, and that it is on a soft level ground.
- Have a 2 metre 'safe' space around the trampoline: Keep it a safe distance from walls, clothesline, trees, fences or furniture.
- Strictly follow the manufacturer's assembly and placement instructions.
- For trampoline safety information, visit bit.ly/SKTrampolineSafety.

Fire safety:

- Matches and lighters are tools, not toys.
- Keep all matches and lighters locked away. A child resistant lighter is not child proof, not even for a two year old.
- Teach tamariki that matches and lighters are for pākeke or adults only.
- You can allow older tamariki (8 to 10 years) to use fire, but only under direct supervision.
- Do not let children use candles, or light them in bedrooms.
- Have working smoke alarms and test them monthly. Install one in every bedroom, living area, and hallway – on every level in the house or whare.
- Photoelectric smoke alarms are recommended. For more information, visit bit.ly/NZFireServiceSmokeAlarms.

Safety tips 5-9 years

Ngā āwhina ārai aituā 5-9 tau

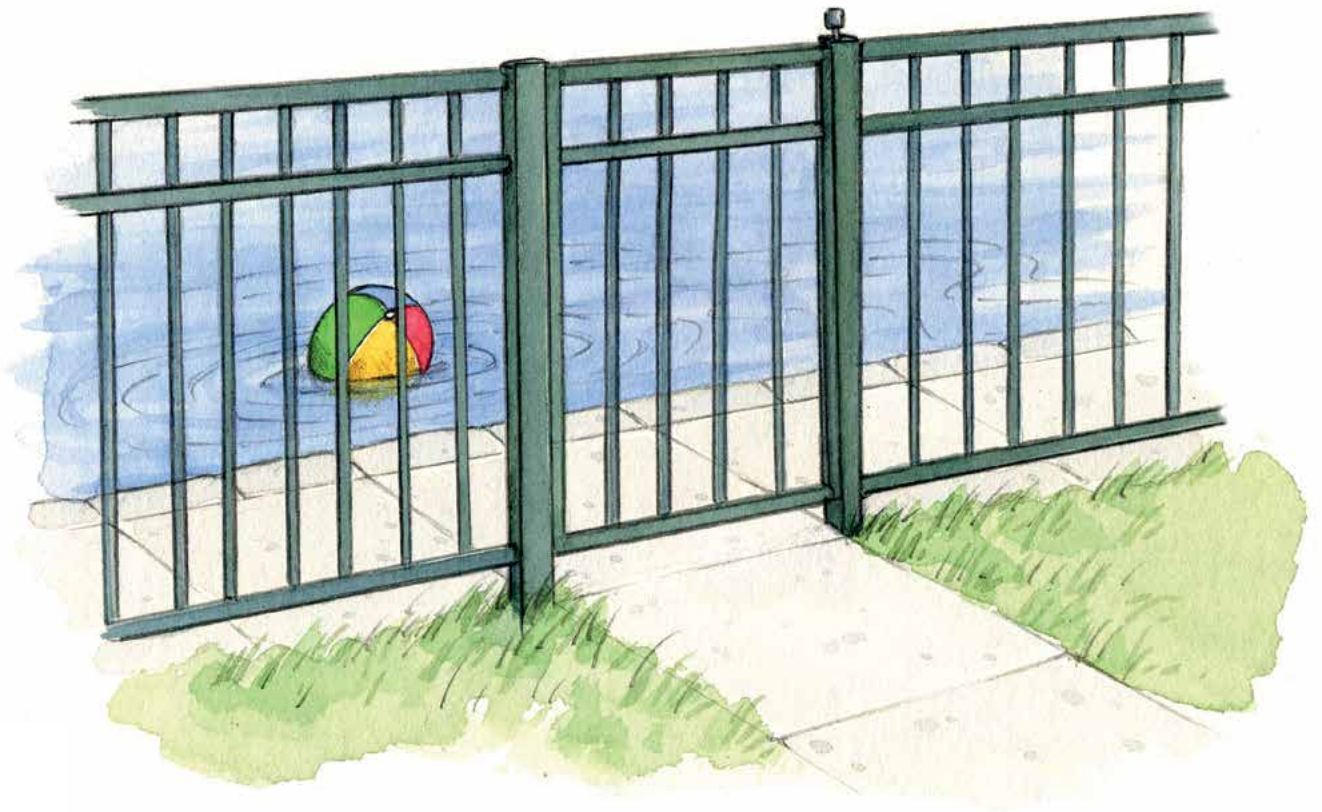


Outdoors

I Waho

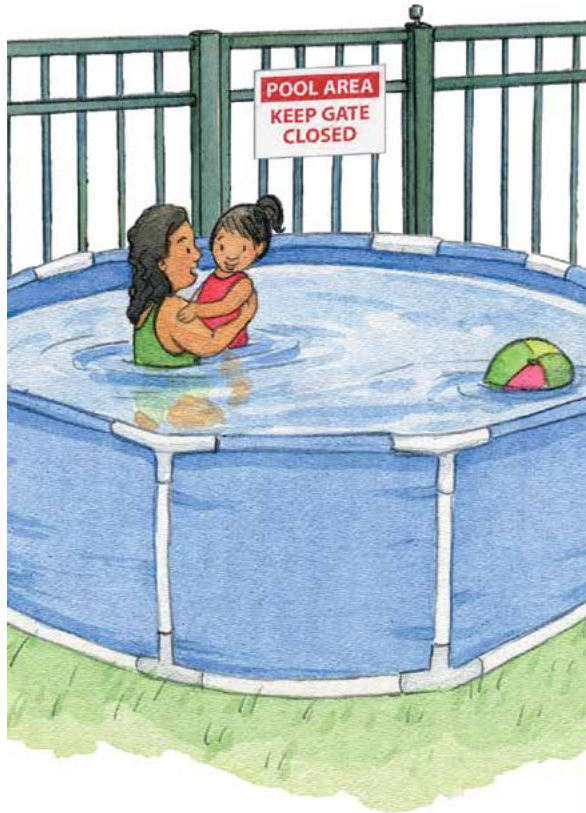


- Stay within sight and reach of your child when in, on and around water.
- Pool fences must be 1.2m in height with self-latching gates. This includes portable pools containing water. For more information visit www.watersafety.org.nz.
- Always empty and store paddling pools and buckets after use.
- Have fenced areas for outside play so that tamariki can't get to driveways, roads or water.
- Always check that the trampoline is in good condition and supervise tamariki at all times.
- For trampoline safety information, visit bit.ly/SKTrampolineSafety.



Outdoors

I Waho



Kitchen / Laundry

Kītini / Horoimanga



- Make sure young tamariki are away from the kitchen when you are cooking hot kai.
- Keep household cleaners, dishwasher powder and chemicals out of reach to avoid poisoning and burns.
- Keep sharp and pointed objects out of reach of tamariki.
- Never consume hot drinks or soup while holding a child.
- Always place hot cups and kai (food) in the middle of the table.



Kitchen / Laundry

Kīhini / Horoimanga



Bathroom

Kaumanga

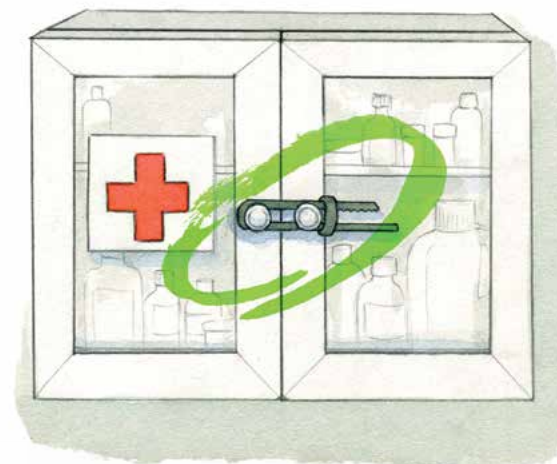
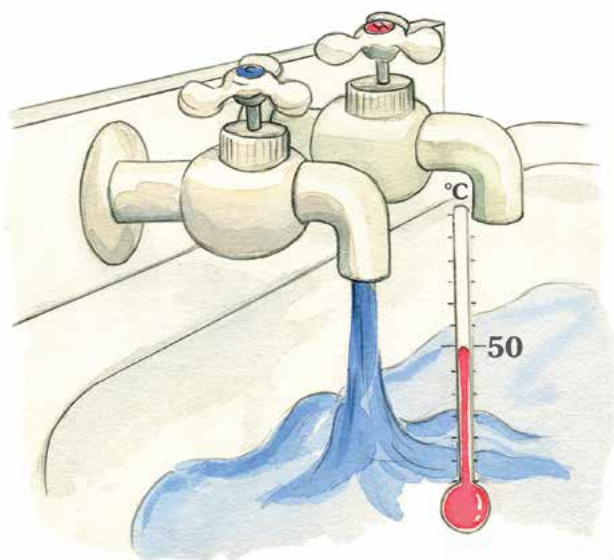


- Set your hot water temperature so it is 50° Celsius at the tap.
- In the bath, run cold water first, and hot water last.
- Always maintain hand contact with babies in the bath and stay within reach of your child around water.
- Keep medicines out of reach to avoid poisoning.
- Dispose expired or unused medications safely by returning them to the chemist.



Bathroom

Kaumanga



Bedroom

Rūma Moe

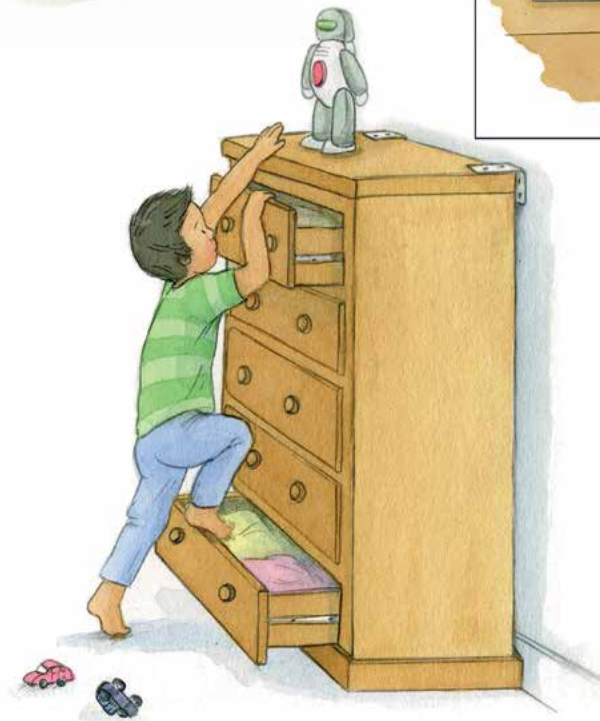
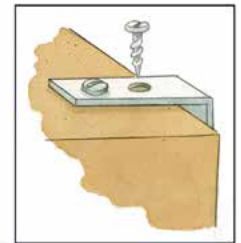
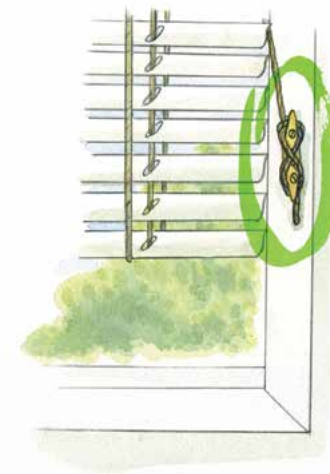
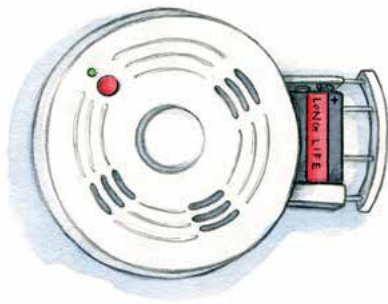
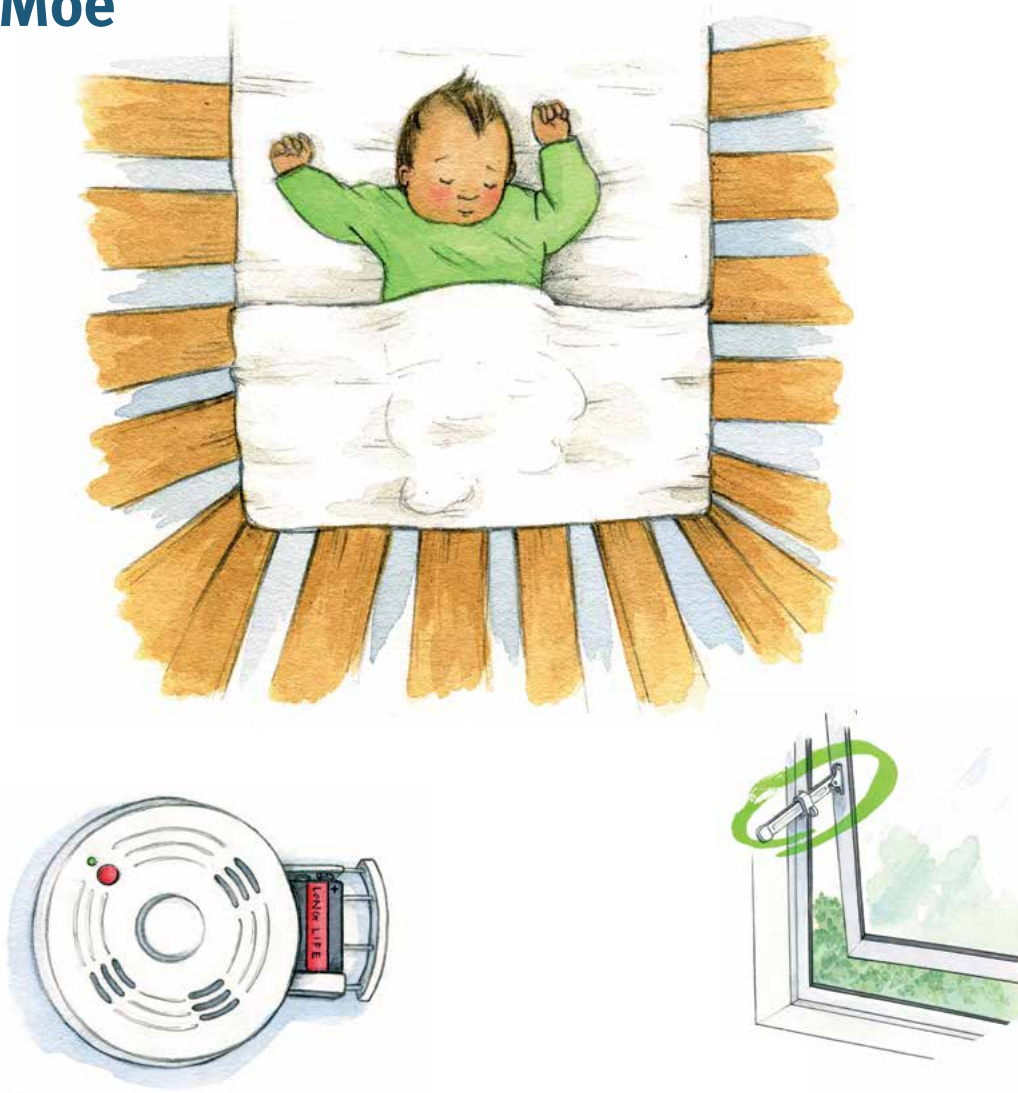


- Place the pēpi in their own bed or cot in the same room as their parent or caregiver. Use a wahakura (baby pod) if you have one.
- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.
- Keep cords and strings, including those attached to window blinds, out of your child's reach.
- Use window stays on windows tamariki can reach.
- Have working smoke alarms and test them monthly. Install one in every bedroom.
- Photoelectric smoke alarms are recommended. For more information, visit bit.ly/NZFireServiceSmokeAlarms.



Bedroom

Rūma Moe



Living area

Rūma Noho

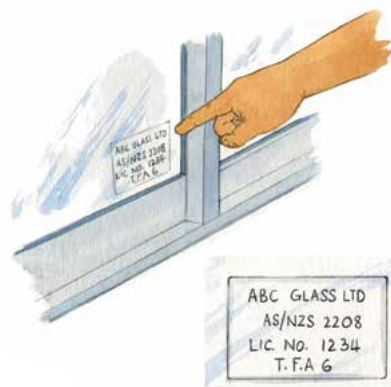
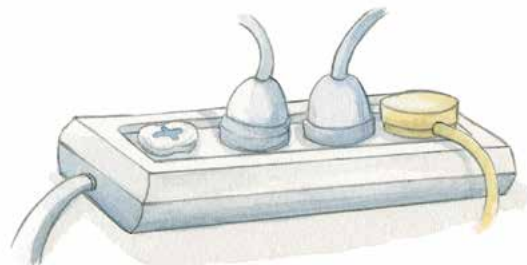
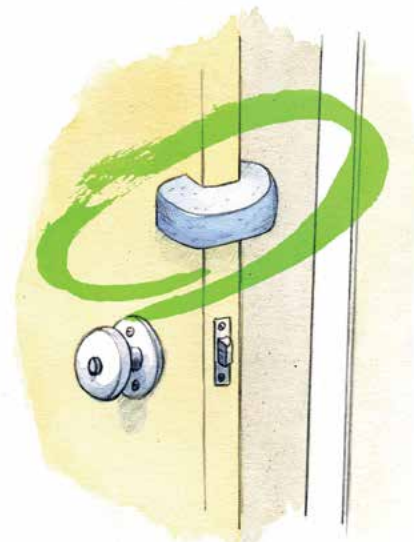


- Use brackets, braces or wall straps to secure unstable or top-heavy furniture and TV to the wall.
- Use doorstops to hold internal doors open and prevent them from slamming shut on fingers.
- Have working smoke alarms and test them monthly. Install one in every room, living area, and hallway - on every level in the house or where. Photoelectric smoke alarms are recommended. For more information, visit bit.ly/NZFireServiceSmokeAlarms.
- Make sure your kids are always a metre from the heater and fire.
- Use safety glass in furniture, windows and doors. Look for the markings. Where there are no markings, assume it is not safety glass. Put stickers on glass doors where they can be seen.
- Use stair and door gates/ guards.
- Don't overload power points and multi-boxes. Always use covers on open power sockets.



Living area

Rūma Noho



Burns – HOT WATER BURNS LIKE FIRE

Ngā weranga - KA WERA TE WAI PĒRĀ I TE AHI



Data:

- Almost 4 tamariki age 0-9 years are burned at home severely enough to be admitted to hospital each week.
- Around 2 tamariki die each year.
- Of tamariki aged 1 to 2 years old who are admitted for burns, research shows over half are severely burnt by spilt hot drinks (tea and coffee) and other liquids (such as soups and noodles).

Development

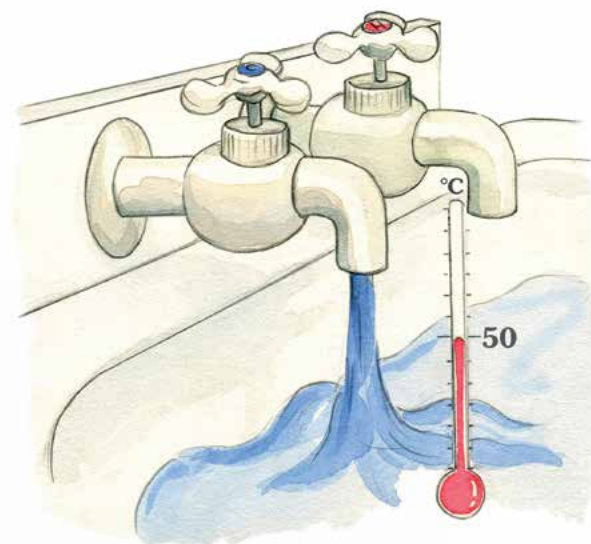
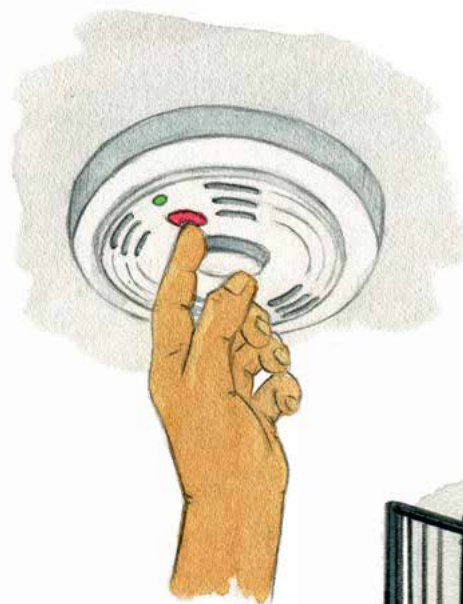
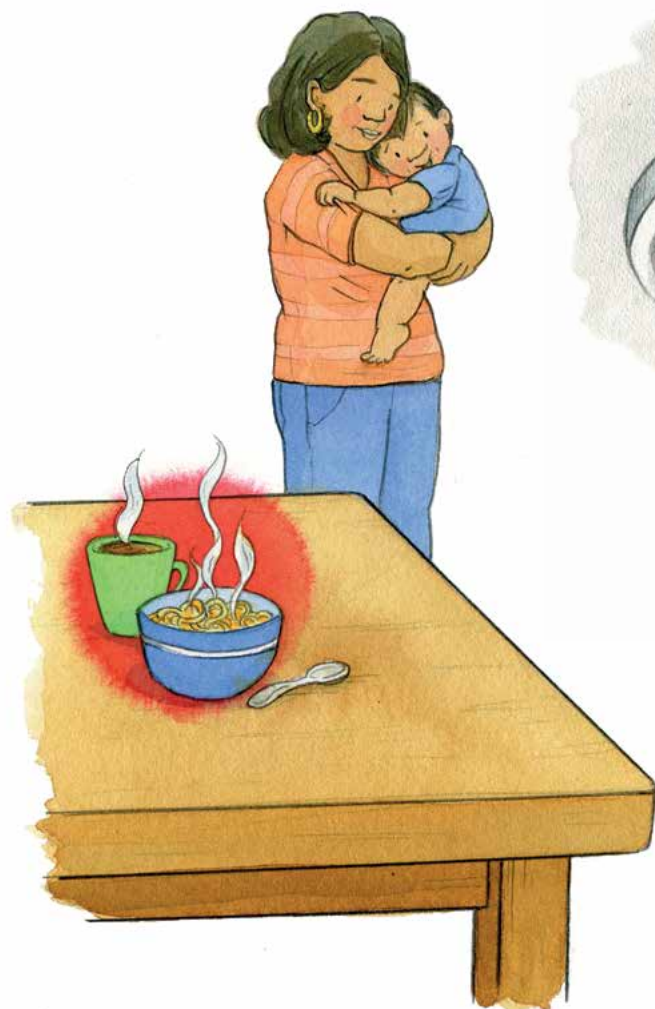
- While tamariki are developing physically, their cognitive skills are not advanced enough to recognize the risks associated with hot liquids or other items that can burn them, such as hot pans, space heaters, curling irons or hair straighteners. They also do not have the ability to control their impulses or understand the consequences of their actions. Additionally, infants are at greater risk of burn injuries because their skin is thinner than that of adults. An infant placed in bathwater that is too hot will be more likely to be burned before the child can be removed as compared to an adult.

Prevention:

- Always keep hot drinks out of the reach of tamariki.
- Never drink hot liquids while holding a child.
- Set your hot water temperature so it is 50° Celsius at the tap.
- In the bath run cold water first.
- Clothing burns, please make sure your tamariki are always a metre from the heater.
- Have working smoke alarms and test them monthly. Install one in every bedroom, living area, and hallway - on every level in the house or where.
- Photoelectric smoke alarms are recommended. For more information, visit bit.ly/NZFireServiceSmokeAlarms.
- Matches and lighters are not toys. Keep them out of sight and reach.
- BURN FIRST AID - Cool the burn under cold running water for AT LEAST 20 MINUTES as soon as possible.

Burns – HOT WATER BURNS LIKE FIRE

Ngā weranga - KA WERA TE WAI PĒRĀ I TE AHI



CHILD DROWNING IS SILENT AND FAST HE MŪ, HE TERE TE TOREMI O TE TAMAITI



Data:

- On average of 5 tamariki died at home each year, half of them were drowned in a home pool and aged under 5 years.

Prevention:

- Always maintain hand contact with babies in the bath and stay within reach of your child around water.
- Always empty paddling pools and the bath after use.
- Use four-sided pool fencing with a self-closing, self-latching gate.

For more information, visit www.watersafety.org.nz.

FALLS RUIN THE FUN KA KINO NGĀ NGAHAU I TE TAKAHANGA



Data:

- Falls represent 42% of all home injuries hospital admissions.
- 63% happen to tamariki under 5 years old.

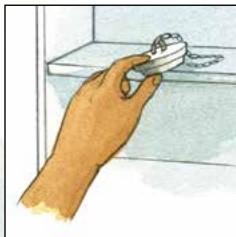
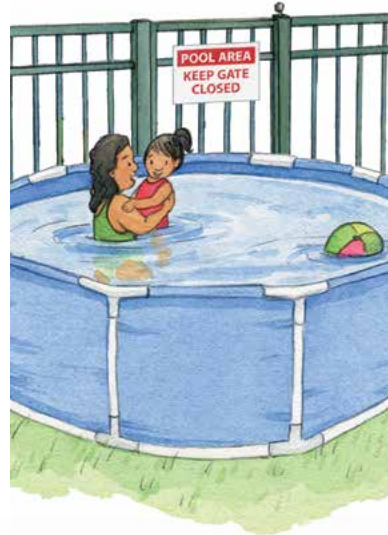
Prevention:

- Supervise tamariki on play equipment.
- One at a time on a trampoline.
- Use stair and door gates.
- Use window stays on windows tamariki can reach.
- Babies don't need baby walkers.
- Bunk beds are for tamariki aged 9 years and older.
- Keep other furniture away from bunk beds.
- Babies are best changed on the floor.



CHILD DROWNING IS SILENT AND FAST

HE MŪ, HE TERE TE TOREMI
O TE TAMAITI



FALLS RUIN THE FUN

KA KINO NGĀ NGAHAU I
TE TAKAHANGA



POISONING – Be S.A.F.E. NGĀ PAITINI - KIA TŪPATO!



Data:

- Almost 200 tamariki are admitted to hospital each year because of an unintentional poisoning at home.
- 90% of all tamariki hospitalised are aged 0-4 years old.
- 83% – More than three-quarters of all childhood poisonings occur in the home.

Development:

- Newborns and infants are at increased risk of poisoning due to a number of factors including biological makeup. Infants under 6 months old are typically more sensitive to chemical toxicity because their developing systems allow hazardous levels of chemicals to stay in their bodies for prolonged periods of time.

Prevention:

- STORE all medicines, chemicals and cleaners out of tamariki's reach and sight.
- ASK your pharmacist for safety caps on medicines – there may be a small cost.
- FOLLOW the dose instructions from your doctor or pharmacist.
- ENSURE you read and follow safety instructions on medicines, chemicals and cleaners.
- Dispose expired or unused medications safely by returning them to the chemist.

In case of a poisoning (24/7 in NZ) call: 0800 POISON (or 0800 764 766).

Button Battery Ngā Pūhiko Pātene



Data:

- Tamariki under 5 years old represent the greatest risk.
- The National Poisons Centre received 175 calls regarding tamariki swallowing batteries (2011-2013)
- It takes as little as 2 hours for a button battery to cause severe burns injury to the oesophagus.

Prevention:

- SEARCH your home, and any place your child goes, for gadgets that may contain button batteries.
- SECURE button battery-controlled devices out of sight and reach of tamariki and keep loose batteries locked away.
- SHARE this life-saving information with caregivers, friends, family and whanau.

In partnership with **Energizer®**

POISONING – Be S.A.F.E. NGĀ PAITINI - KIA TŪPATO!



Button Battery Ngā Pūhiko Pātene



Suffocation and Strangulation

Te Whakahēmanawa me te Ronarona



Data:

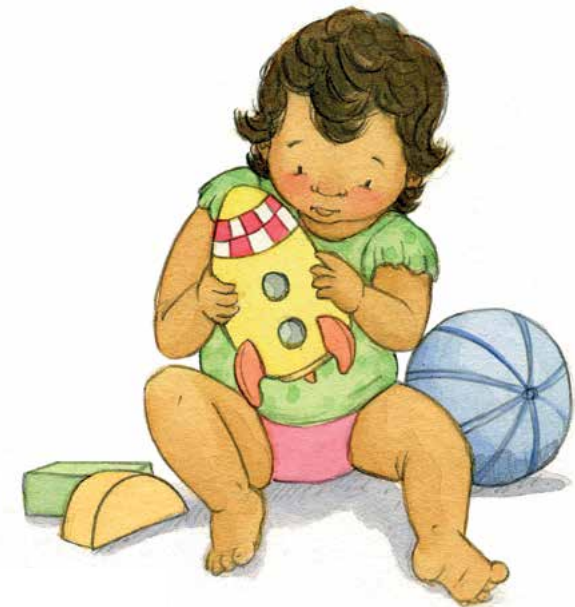
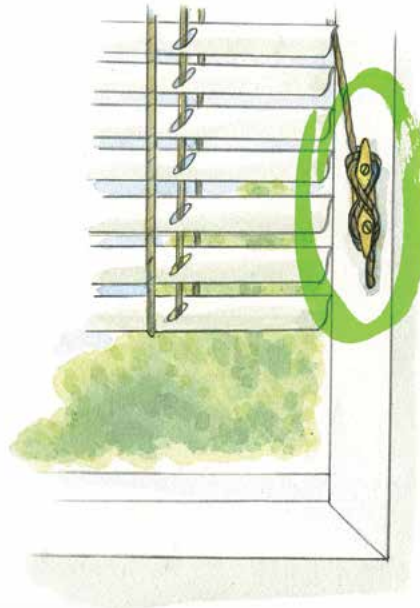
- Tamariki under 4 years of age are more at risk of suffocation and strangulation.
- Tamariki under 3 years of age are “explorers” and tend to put objects in their mouth.
- Sudden Unexpected Death in Infancy (SUDI) is the main cause of death in NZ for tamariki aged between 1 month and 1 year.
- More than 30 deaths are attributed to SUDI every year.

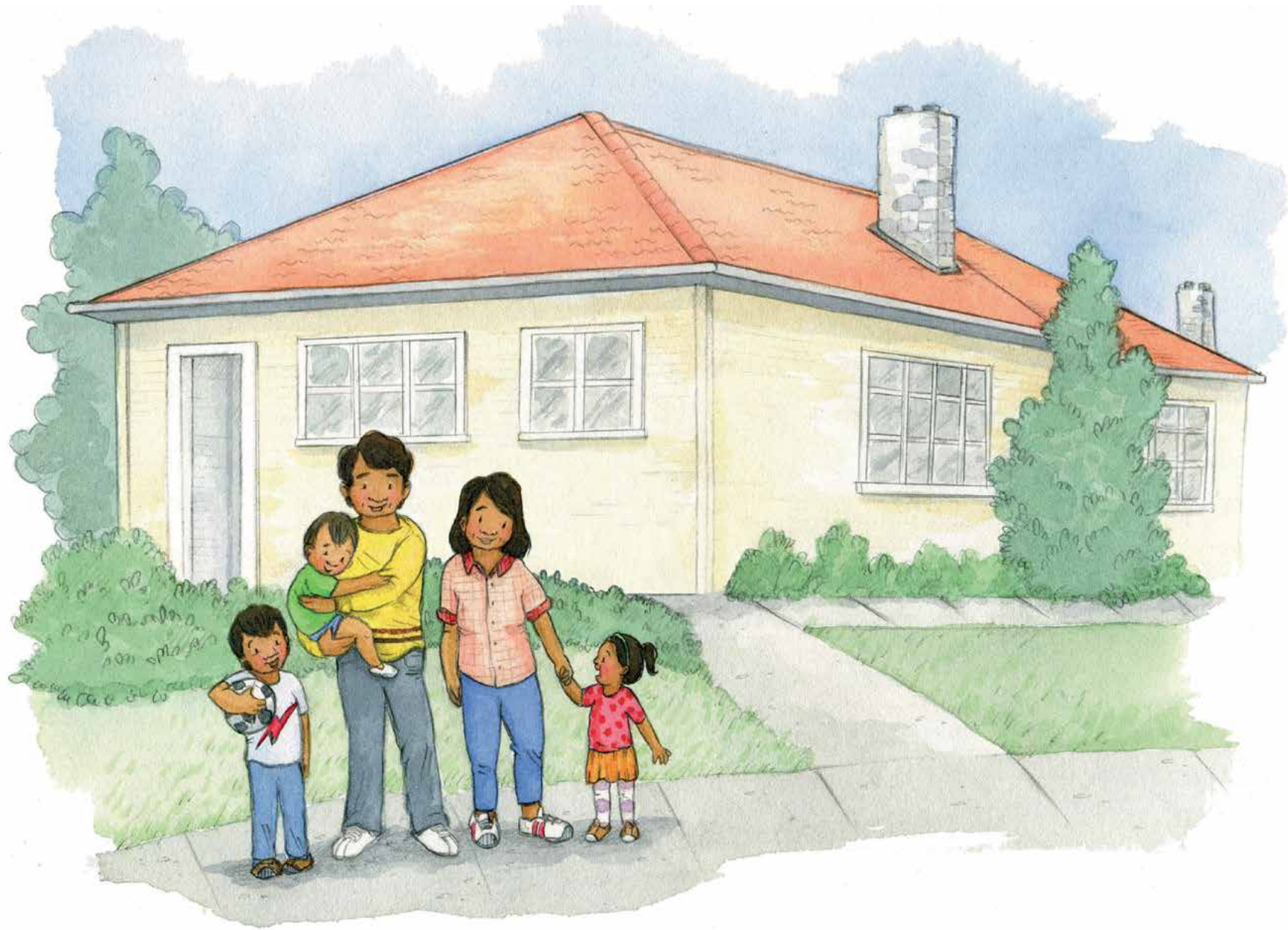
Prevention:

- Remember the P.E.P.E. safe sleep:
 - PLACE pēpi in his or her own baby bed
 - ELIMINATE smoking in pregnancy, in the whānau and in the home
 - POSITION pēpi on his or her back to sleep
 - ENCOURAGE and support mum, so pēpi is breastfed.
- Reduce the risk of choking for babies – grate, cook, finely chop or mash food, and avoid giving small hard food such as whole nuts and large seeds.
- Any toy or object that is small enough to fit inside a toilet roll is a choking hazard. Do not let them play with tiny objects, or toys with parts that can fall off.
- Consider your child’s age when purchasing a toy or game and check to make sure there aren’t any small parts or other potential choking hazards.
- Keep small items such as magnets away from tamariki.
- Keep cords and strings, including those attached to window blinds, out of your child’s reach.

Suffocation and Strangulation

Te Whakahēmanawa me te Ronarona





Suggested Citation

Safekids Aotearoa (2016), Make Your Home A Safety Zone Home Safety Toolkit.
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