



Safety of Children at Home Guide

Understanding how to keep your child safe

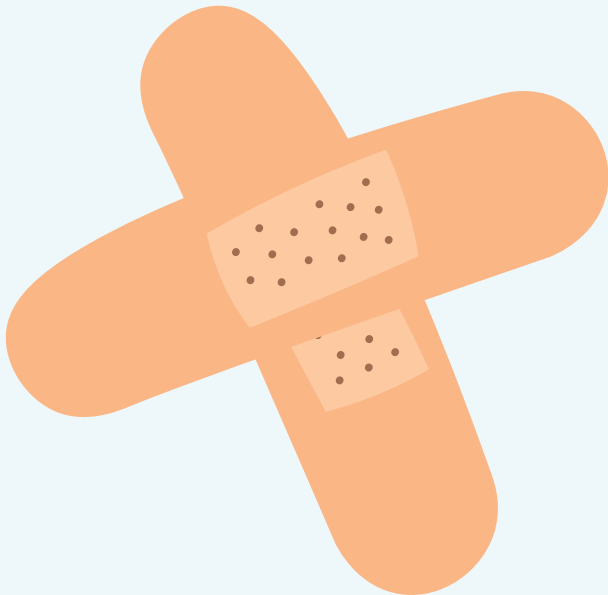




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Executive Summary

Injuries constitute a significant public health concern.

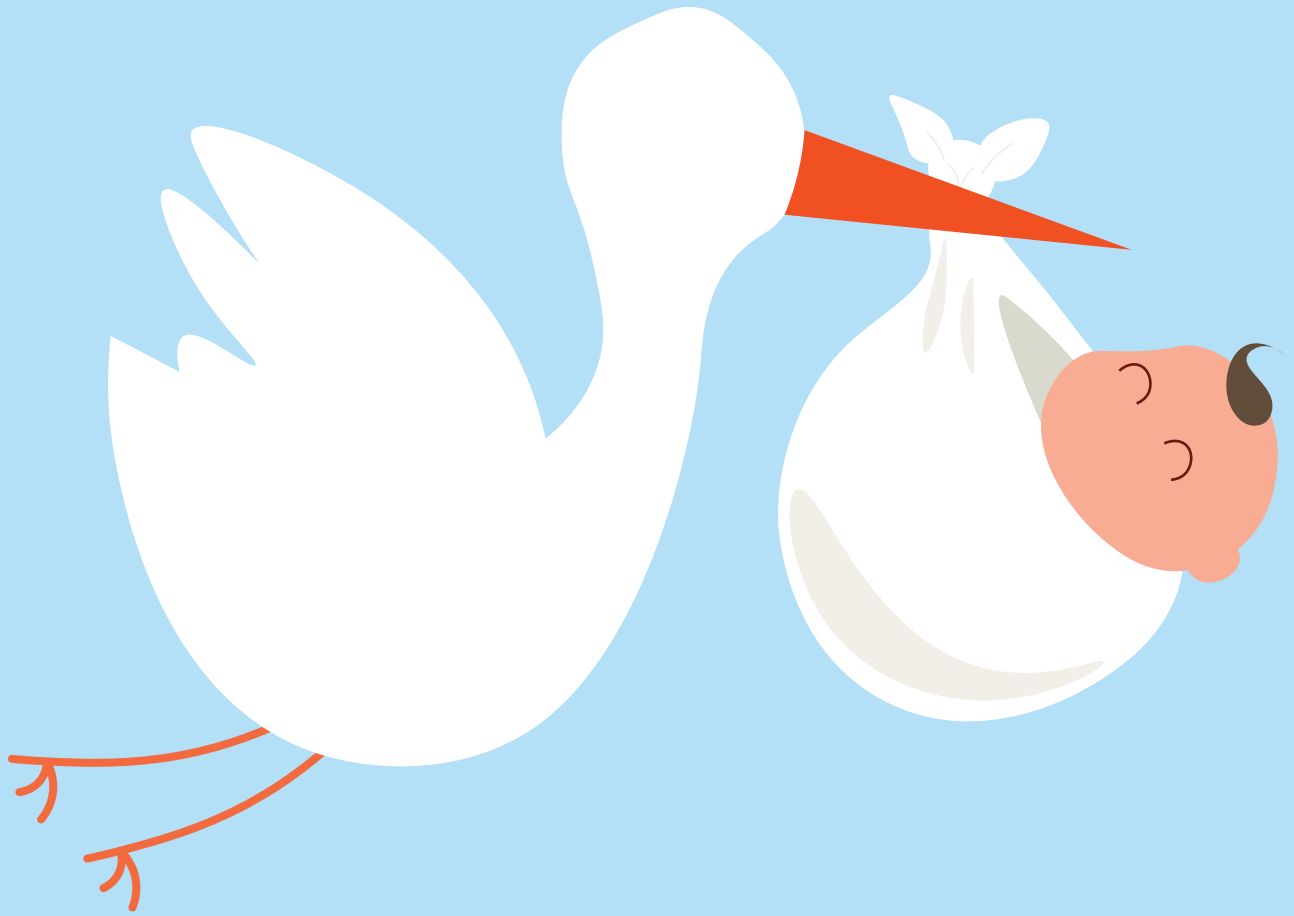
The primary causes of accidental injuries in children include road accidents, drownings, burns, falls, and poisonings.

Although a substantial portion of these accidental **injuries can be predicted and prevented**, they continue to be a major cause of child fatalities.

The paramount considerations regarding the safeguarding of children within their homes revolve around the imperative of providing and maintaining a secure environment. Homes and surroundings are designed with children's safety in mind, anticipating potential hazards, and tailoring vigilant oversight commensurate with the level of risk and the distinct needs of various age groups. To ensure the well-being of children at home, it is essential to be aware of potential risks, maintain vigilance in areas where such risks may manifest, and educate children about what constitutes safe and unsafe practices, empowering them to protect themselves as they grow and develop.

About the guide:

This guide focuses on several crucial subjects with the objective of guaranteeing the safety of children within their homes, this guide has been reviewed by experts from Abu Dhabi Public Health Center and Abu Dhabi Early Childhood Authority, aligning with worldwide best practices, policy recommendations, and health and safety directives issued by relevant international organizations. Additionally, it includes an appendix containing an assessment questionnaire for children's safety at home (Appendix 1) designed to ensure the comprehensive assessment of all facets of home safety.



Purpose of the Guide:

The primary objective of this guide is to establish a comprehensive framework aimed at reducing injuries sustained by children in homes by providing guidance that encompasses the following key elements: **monitoring children, raising awareness of home dangers that children may face, creating a safe environment for children to explore, and installing safety equipment to protect children from various hazards in homes.**

The guide additionally offers fundamental principles and definitions concerning injuries, along with strategic models for preventing injuries of diverse types and severity levels. This aids in grasping the strategies for injury prevention.

To gain a thorough understanding of the causes of child injuries and their impact, it is crucial to factor in the child's growth. As the child matures, the associated risks evolve in tandem with their age.



Undoubtedly, enhancing awareness regarding the comprehensive cognitive and psychological development of children will facilitate the adoption of multiple injury prevention strategies for children and elevate awareness levels among parents and caregivers.

When it comes to planning, executing, and assessing injury prevention efforts, there exist essential steps encompassed under the term “program management.” It is also imperative to employ diverse scientific methods that foster support and intervention, considering the diversity of multicultural societies.

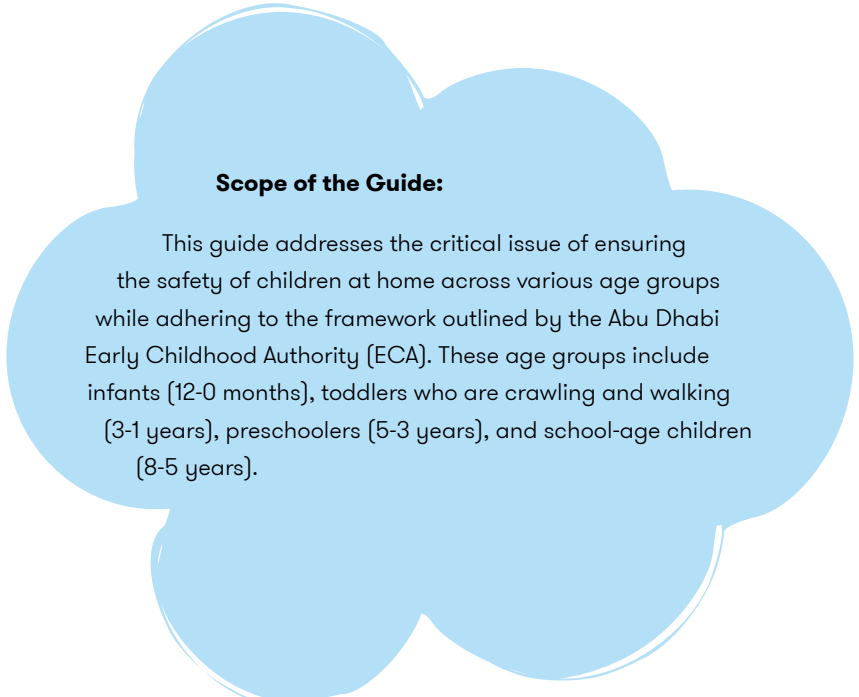
This guide aspires to furnish readers with the insights, awareness, and knowledge required for preventing injuries among children and formulating various programs.

It lays down a comprehensive set of guidelines for all stakeholders who share the responsibility of safeguarding children and upholding their right to reside in a secure environment free from harm and exposure to violence. Consequently,



Stakeholders:

Educating stakeholders emerges as a fitting solution to encourage community members to prioritize child safety in the UAE, specifically in the Emirate of Abu Dhabi. This roster of key stakeholders encompasses not only parents and legal guardians but also individuals directly responsible for caring for children within the home, such as extended family members and home domestic workers such as nannies, drivers, and other caregivers. Health care providers and their workers must also cooperate with parents.



Scope of the Guide:

This guide addresses the critical issue of ensuring the safety of children at home across various age groups while adhering to the framework outlined by the Abu Dhabi Early Childhood Authority (ECA). These age groups include infants (12-0 months), toddlers who are crawling and walking (3-1 years), preschoolers (5-3 years), and school-age children (8-5 years).

The guide's objectives are as follows:

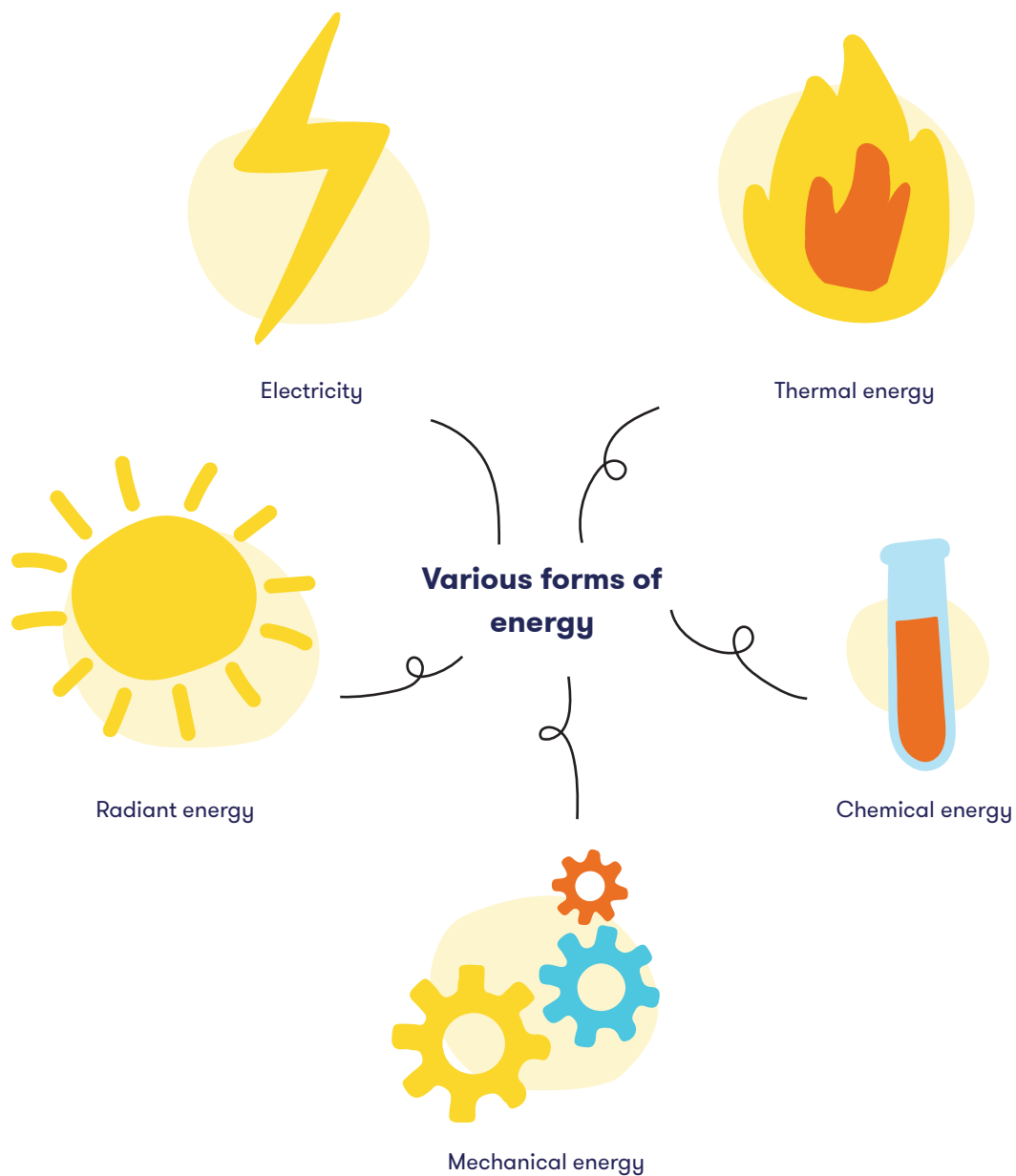
- Offer precise guidance tailored to the children's age, backed by the latest scientific findings and global best practices.
- Accommodating the cultural requirements of the United Arab Emirates and the Emirate of Abu Dhabi in particular.
- Foster greater engagement from stakeholders and elevate their awareness concerning the risks confronting children, along with the suitable methods to avoid these risks.
- By citing information from reputable global sources such as the World Health Organization and the Global Network of Injury Experts, this guide is crafted to support the development of injury prevention programs.
- It also aids trained people to respond to and engage with issues related to injuries.
- It equips individuals with the requisite knowledge and instills confidence in their ability to implement programs for the betterment of their communities and families.



Injury, by definition, refers to “the physical harm that occurs when the human body is suddenly exposed to energy levels surpassing its physiological threshold, or when vital elements, such as oxygen, are compromised.”



Various forms of energy have the potential to cause injury, including:



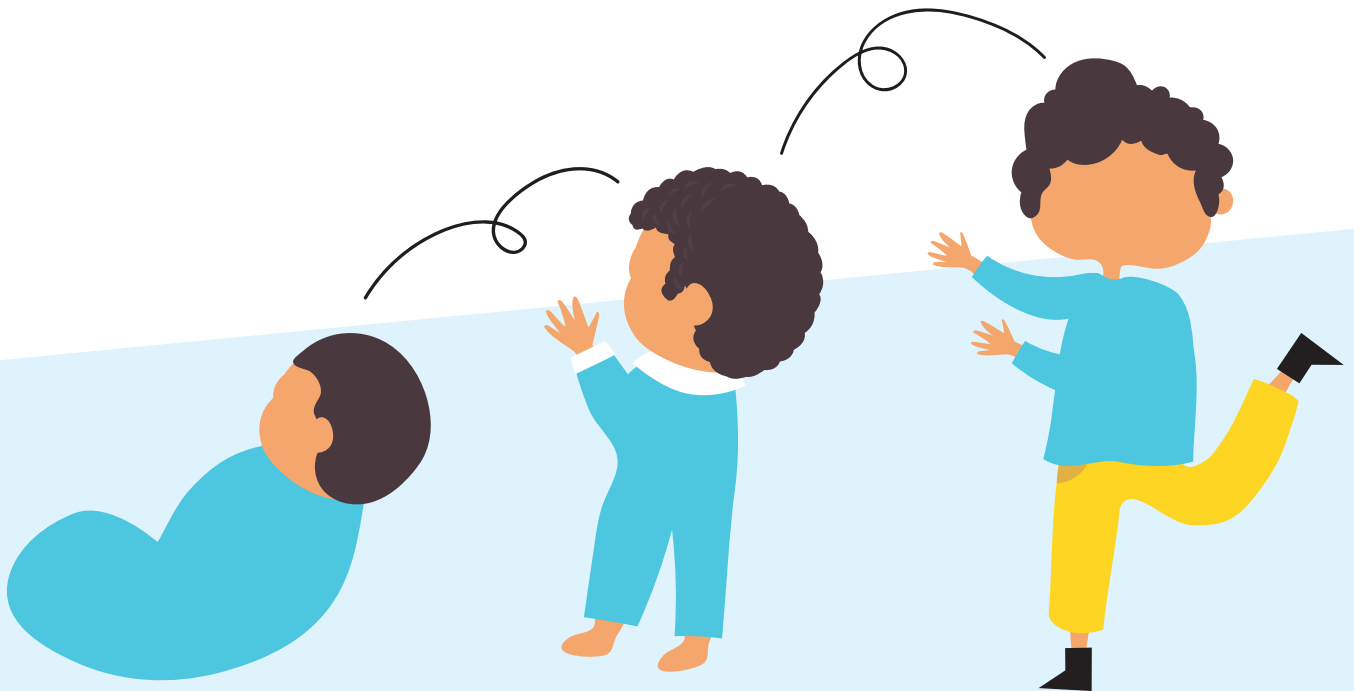
● Definition of Child

The definition of a child, as per the World Health Organization and the United Nations Convention on the Rights of the Child (Article 1), is as follows: **“A child means every human being not exceeding the age of eighteen years.”**

Why Are Children More Vulnerable to Risks?

Children inherently possess distinct physical and mental characteristics that set them apart from adults. Among these notable attributes are:

- Their heads, in proportion to the rest of their bodies, are relatively larger, rendering them less stable and more prone to falls.
- Their narrow airways heighten the risk of choking on small objects.
- Delicate and tender skin makes them susceptible to bruises, scrapes, and burns.
- Their diminutive stature can lead to reduced visibility for vehicle drivers, thereby increasing the likelihood of traffic accidents.
- Immaturity and a lack of life experience result in a limited understanding of the risks in their surroundings.
- Additionally, factors in the environment, such as tall buildings, urban planning, and a lack of consideration for children's size when designing infrastructure, can contribute to their heightened vulnerability.



Below are some of these crucial principles to maintain the child safety for all ages, here are some concepts illustrated below:

The foremost principle, arguably the most pivotal, underscores that injuries are preventable. Many individuals are accustomed to perceiving injuries as outcomes of accidents, which are typically unforeseen and beyond prevention. Contrary to this notion, the primary tenet of injury prevention asserts that injuries arise from events and circumstances that can be anticipated and averted.

Ongoing monitoring and supervision of the child:

Risks to a child's safety tend to escalate when multiple adults share caregiving responsibilities, including parents, relatives, housekeepers, nannies, and/or drivers. These risks also increase when it is unclear who is responsible for supervising the child when needed. Similarly, it is common for older children to engage in play with younger ones, especially during extensive family gatherings. In such situations, older children may not always consider the potential risks to which the younger child could be exposed while they play together. To mitigate these risks, it is essential that children receive constant supervision by adults. Regardless of the person tasked with overseeing the children, it is crucial to have emergency contact numbers readily accessible, knowledge of the quickest route to a hospital with 24 hour emergency services, and the pediatrician's contact information placed in an easily accessible and visible location.



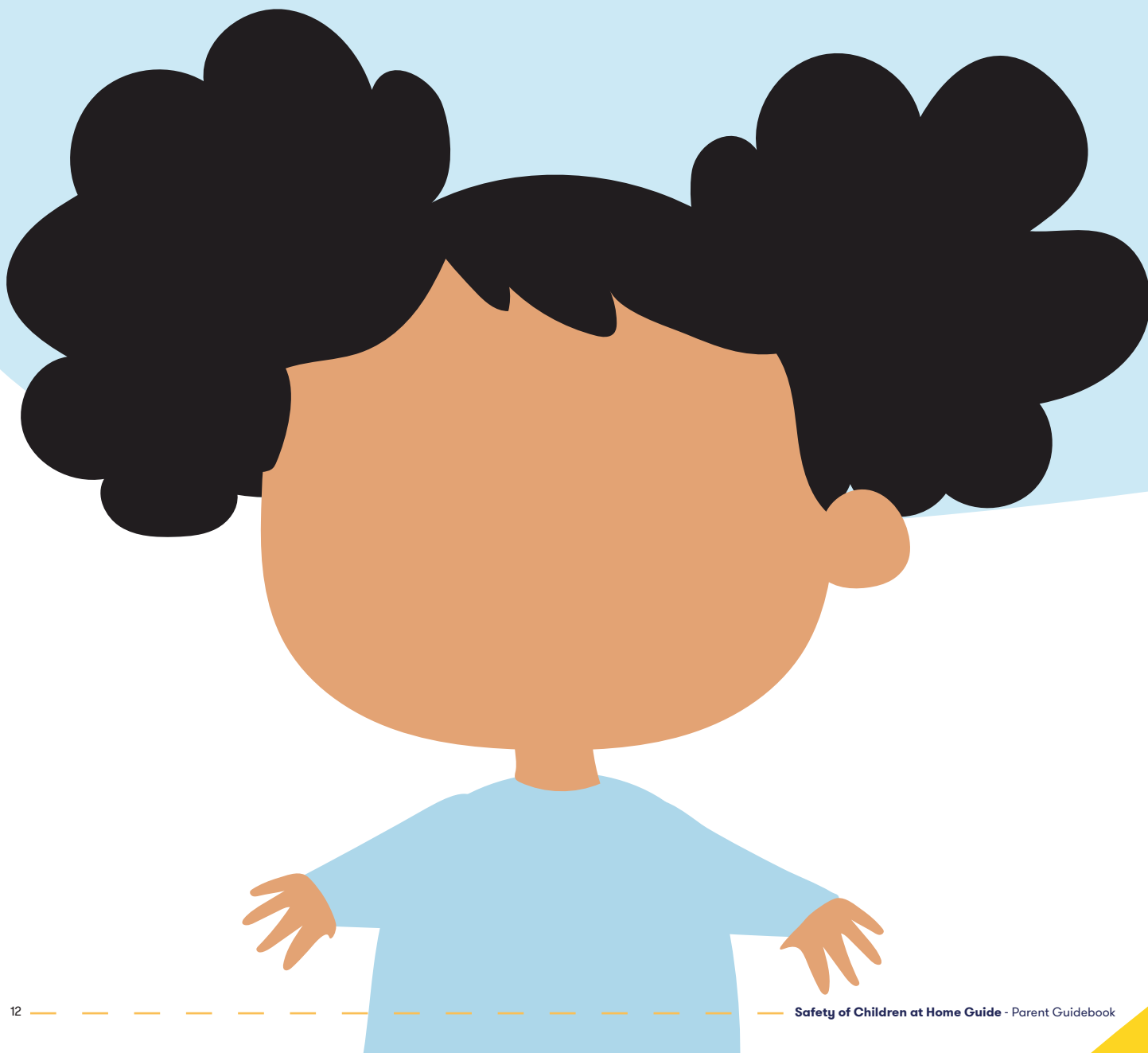
Promoting awareness and education:

Those entrusted with the responsibility of supervising children must undergo comprehensive training to understand all the potential risks that children might encounter. Furthermore, they must educate children about potential hazards within the home and instruct them on the appropriate behaviors for dealing with these risks. The likelihood of accidents involving children increases when they visit the homes of friends or relatives, as caregivers in these settings may not be familiar with the layout and potential hazards present (e.g., swimming pools, locked doors, drawers and cupboards containing dangerous items). Moreover, the home may lack appropriate childproofing measures if a child of the same age does not reside there.

● Risk Factors

Child's age and developmental stage

Children are vulnerable to injuries as they undergo changes that limit their physical, mental, and emotional capabilities. As children grow, they naturally desire to explore their surroundings and become proficient in their actions. Consequently, their curiosity, lack of fear, and limited knowledge of safety expose them to risks associated with attempting activities for which they may lack the necessary skills and physical abilities.



The types of injuries that children may encounter often correlate with their developmental stages. For instance, infants possess very fragile necks that must support the weight of their heads, making them susceptible to severe injury or even fatality if their necks are shaken. In toddlers, the ratio of head weight to body weight is greater compared to older children, which predisposes them to head injuries resulting from falls off furniture, playground equipment, or bicycles. Infants and young children tend to explore their environment by placing objects in their mouths, putting them at risk of suffocation. Furthermore, young children are naturally inclined to run, climb, and reach for objects, which heightens the possibility of falls or exposure to poisonous substances.

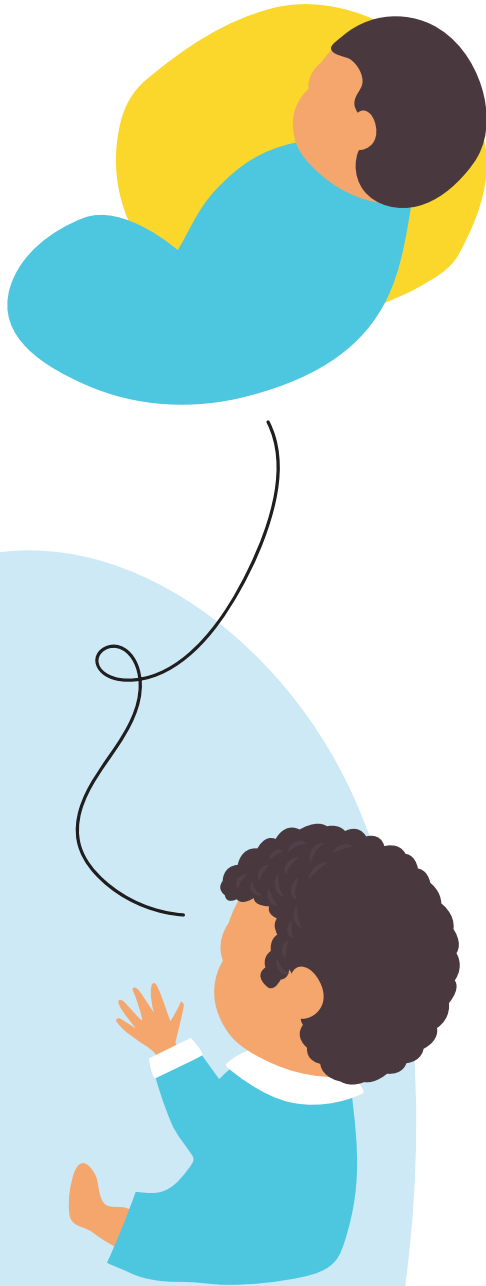


It is vital to recognize that children are not miniature adults, and several factors, including physical attributes, cognitive abilities, and degrees of dependence on others, play pivotal roles in determining the likelihood of injury.

Keeping this perspective in mind, we will delve into the primary age groups and developmental stages of a child, elucidating the specific risks associated with each stage.

● Child Age Development

As previously mentioned, the primary risk factors contributing to childhood injuries stem from developmental shortcomings associated with each stage of a child's growth. Specific risks are linked to each developmental stage, and we will now examine each of these stages in detail below:



From 0 to 12 Months

During this initial stage, infants exhibit some of the physical traits previously mentioned, such as delicate skin, small respiratory passages, and a disproportionately large head relative to their bodies.

Cognitive development in infants progresses rapidly and intricately, even as early as six months of age. Their capacity for small body movements increases with each passing month of their lives. In the first three months, most of an infant's actions are centered around their head, hands, and legs. Between three and six months of age, infants gain more control over their movements, including their trunk and limbs. They become capable of rolling over, sitting up, and grasping objects with their hands. From six to nine months, many infants master the skills of rolling over, sitting up independently, and handling objects. By the time they reach nine to twelve months, a considerable number of infants achieve the ability to crawl and walk taking their first steps.

A defining characteristic of this age group and stage of development is the complete dependence of the infant on their primary caregiver.

Common injury risks include:

- infants are susceptible to **falling or rolling off** elevated surfaces, or they might fall while being carried.
- **Grasping unsafe objects**, such as sharp, small, or hot items.
- Putting **objects in their mouth**.
- **Failing to secure** the child with a **seat belt** while in a vehicle.
- **Putting their hands in their mouths**, which can expose children to a higher risk of **poisoning or suffocation**.



1 to 4 Years

During this phase, children experience significant growth in size, with their external surface area remaining relatively large compared to their overall size. On the cognitive front, their ability to explore and move around expands. They begin to learn essential skills like walking, talking, running, and climbing. Their intellectual capacity improves as they become capable of recognizing objects, naming things, and following instructions. Moreover, they start comprehending the concept of cause and effect.

This developmental stage witnesses a marked increase in a child's independence, although they still rely on caregivers to ensure their safety.

Common risks in this age group include:

- Falls
- Burns
- Drowning
- Road accidents
- Poisoning
- Choking



Children aged 1 to 4 years, like their counterparts, face injury risks that are closely tied to their developmental stage and their interactions with their immediate environments.

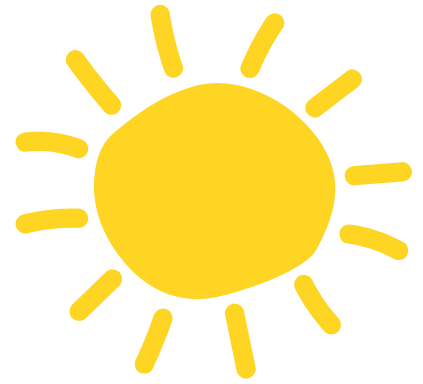
• Child Age Development

1 to 4 Years

Given their continued reliance on caregivers, a considerable portion of injury risks for children in this age group stems from inadequate supervision or an environment that lacks safety measures. Their ceaseless exploration and burgeoning independence heighten the likelihood of finding themselves in potentially hazardous situations or handling objects that could pose dangers.

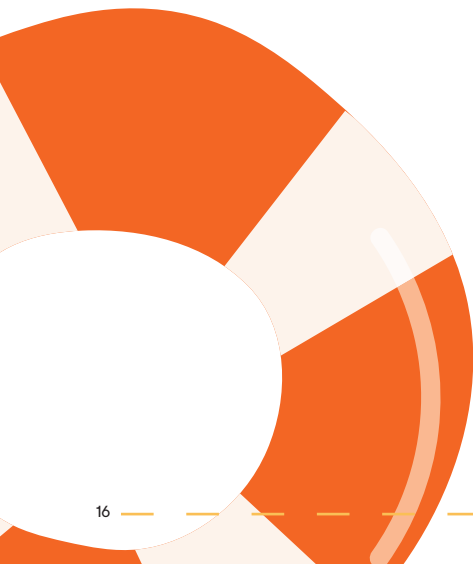
Furthermore, their tendency to keep their hands close to their mouths increases the risk of ingesting items they come into contact with. Several factors contribute to the common risks in this age group.

Their small size, their slow walk, and imprecise spatial judgment while moving render them susceptible to several types of injuries, particularly those resulting from walking accidents and falls.



When compared to all other age groups, children aged 1 to 4 years face the highest worldwide mortality rate from drowning.

This alarming statistic is largely attributable to their increased mobility, difficulty to comprehend the hazards of water, and their still-developing ability to gauge distances accurately.





5 to 9 Years

During this stage of development, children experience remarkable physical growth and an enhancement of their physical capabilities. Their cognitive abilities also progress noticeably, leading to increased awareness in their movements and actions. This age group witnesses rapid development in mental skills, improved language proficiency, and enhanced communication abilities. Additionally, children in this age range start to exhibit a growing awareness of right and wrong. They become more self-reliant and shift their focus from themselves to others, particularly as they form more friendships.

Despite the diversity of risks associated with injuries in this age group, the primary risk factor remains inadequate supervision within an unsafe environment that may harbor potential dangers.

Common risks in this age group include:

- Road accidents – whether while walking, biking, or as passengers in cars.
- Drowning
- Burns
- Poisoning
- Choking



● Child Age Development

10 to 14 Years


It is widely recognized that most individuals between the ages of 10 and 14 have not yet reached full physical and emotional maturity. Consequently, their young bodies remain more vulnerable to numerous injury-related risks that are intertwined with their social and emotional lives.

Key physical characteristics of children in this age group include ongoing growth and the onset of puberty, which can significantly impact both their physical and emotional processes.

Their mental skills continue to develop, with an increasing ability to engage in complex cognitive processes and a growing interest in their physical appearance.

Independence also grows among children in this age range, and they begin to shift their focus more toward themselves. They often grapple with self-confidence issues while harboring a strong desire to adapt to their surroundings. Moreover, these adolescents become increasingly influenced not only by parents and caregivers but also by their peers who often play a substantial role in shaping their decision-making and sometimes engaging in risky behaviors.





As a result, making decisions without fully developed cognitive capabilities can render children more vulnerable to injuries. Many of them perceive the responsibilities typically carried by adults as imposed upon them without having the developmental capacities to ensure their own safety and that of others.

Most common types of injuries for this age group include road accidents and drowning. Although burns, falls, and poisonings are less frequent, they still pose risks to children between the ages of 10 and 14.

Additional risk factors encompass:

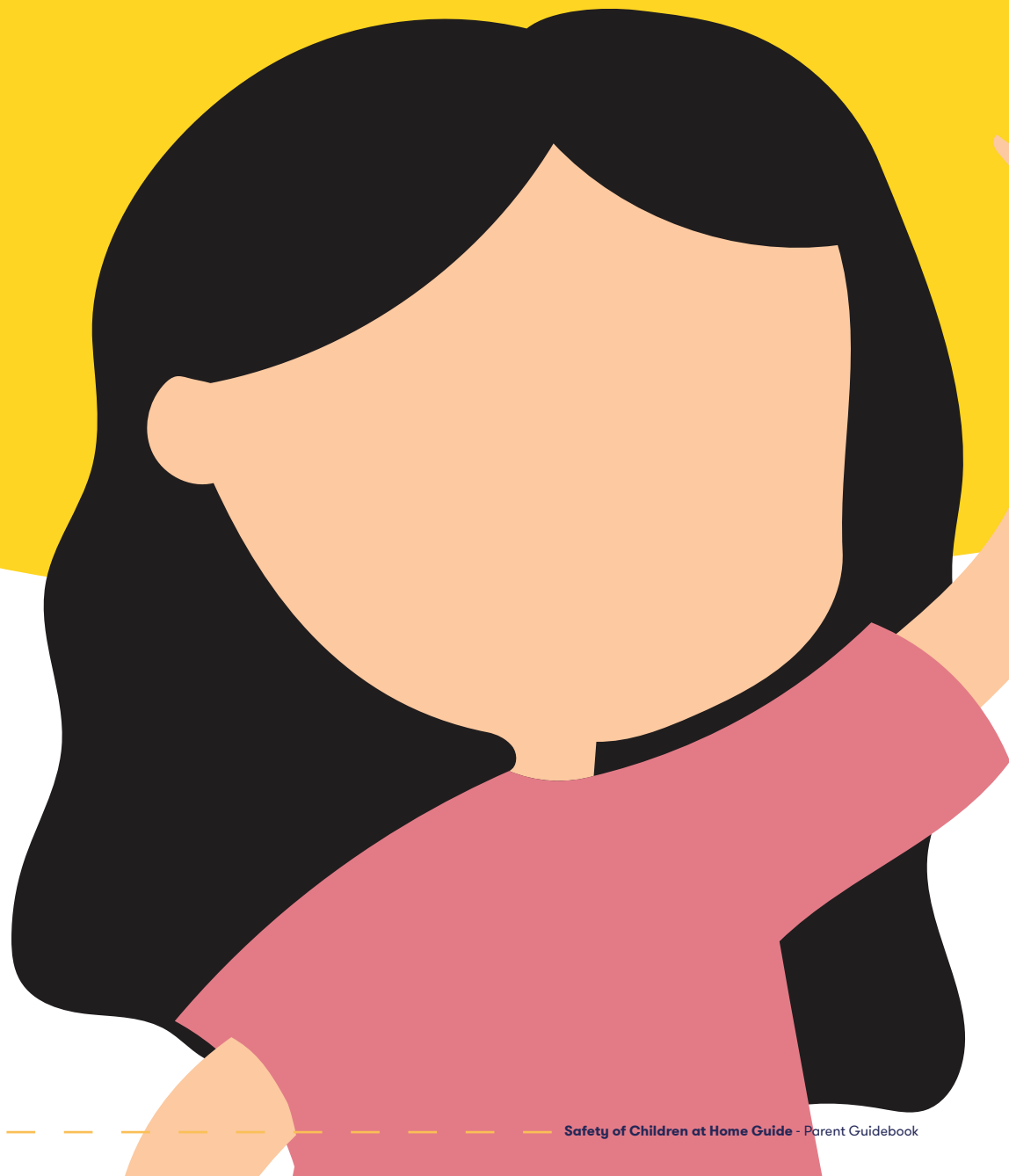
- Rapid growth of infrastructure.
- Insufficient safety legislation.
- Dependence on domestic helpers/nannies.
- Varied safety perspectives within multicultural societies.
- Lack of community awareness.

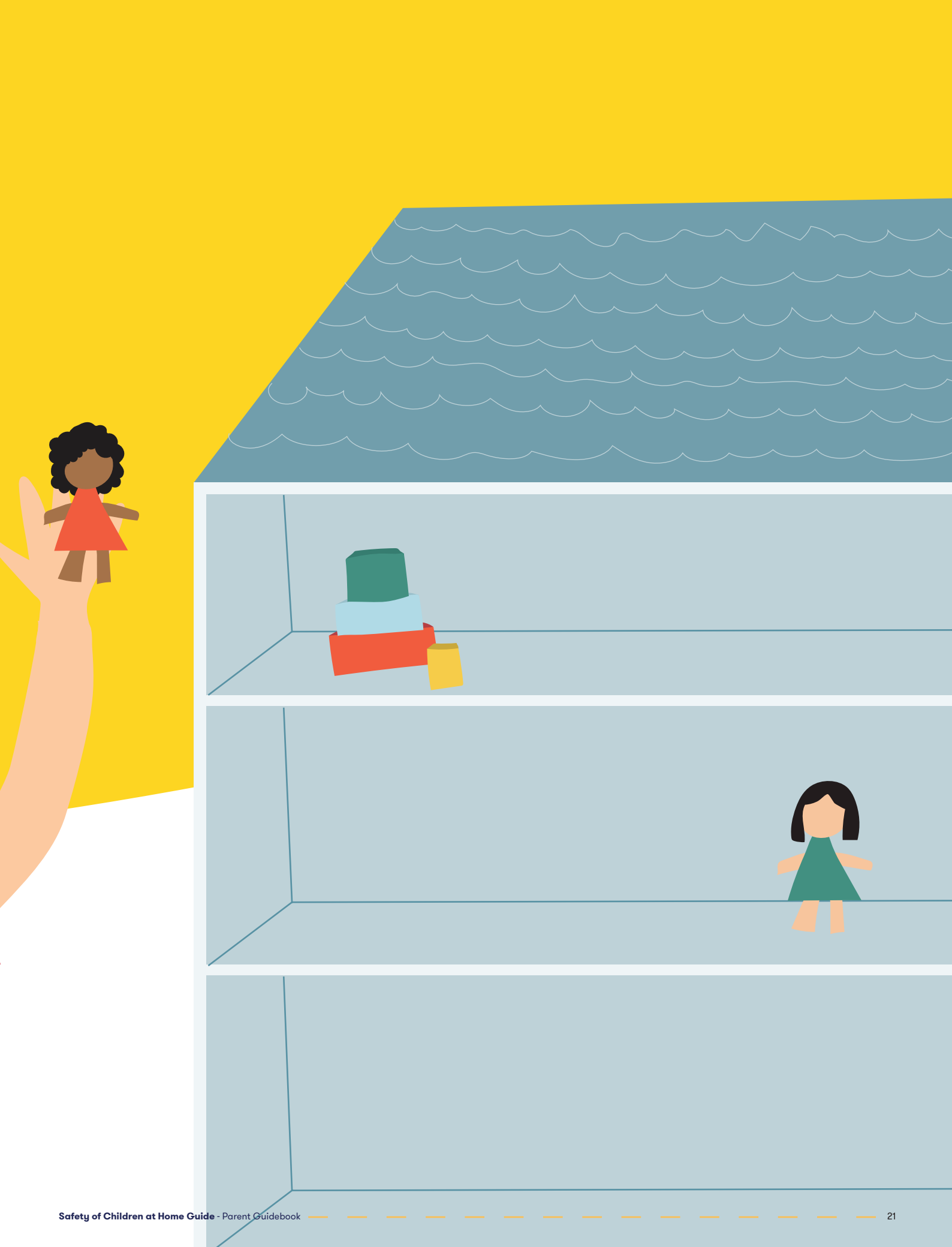
The following section provides an overview of the most prevalent types of injuries, offers tips on prevention, and aims to enrich knowledge in preparation for educating the community and parents. (For information regarding child safety in vehicles and road accidents, please refer to Safety of Children in Vehicles Guide).

• Safety of Infants and Young Children at Home

Although homes are typically perceived as safe havens for children, statistics reveal that they are among the most common locations for childhood injuries.

Falls stand out as the leading cause of injuries across all age groups of children, including instances of slipping, tripping, and falling from household furniture, windows, and staircases. As infants and young children become more mobile, their exposure to falls and minor accidents increases. Injuries can occur at any moment, even in the presence of adults, because children rapidly develop new skills and heightened curiosity during their developmental stages. The most effective approach to keeping children safe at home involves continuous monitoring as they acquire these new skills, and their curiosity intensifies. It is equally essential to adapt to the home environment to accommodate their developmental milestones.





• Most important safety tips for infants and toddlers include:

Provide a safe sleeping environment for children:

- Ensure that infants under one year of age sleep on their right or left side to prevent choking if they happen to drink milk.
- Ensure there are no toys, blankets, or other accessories in the crib while the child is sleeping.
- Dress the infant in appropriate sleepwear that keeps them warm without bunching around their neck or limbs.
- Maintain a suitable room temperature for the child.

Ensure that the child does not choke on anything they put in their mouth and that the child's food is adequately mashed and monitor their eating.



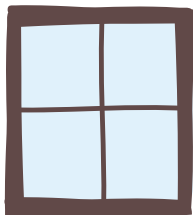
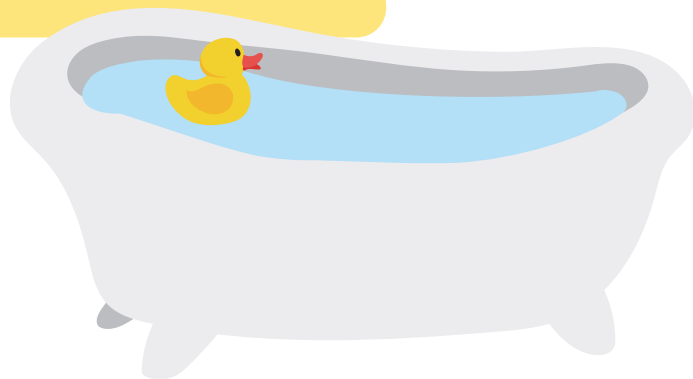
Install and regularly check fire alarms and smoke detectors throughout the house. Have a fire extinguisher in the kitchen for added safety.



Store dangerous tools and items in drawers or cabinets that are out of a child's reach. This includes items like knives, sharp tools, medicines, cleaning products, toxic substances, etc.



Ensure the child's safety around water and always supervise them to prevent drowning in places like the bathroom, toilet, swimming pool, fountain, lake, or any area with water.



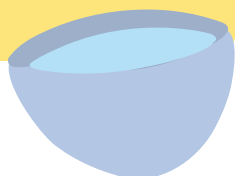
Install window barriers and/or safety gates to prevent children from falling from windows or balconies.

Use safe toys suitable for the child's age:

- Avoid small toys or toys that can be disassembled into parts that may be inserted into the child's mouth, nose, or ears.
- Check for any toys with loose ribbons or strings.
- Ensure that toys have no sharp edges or are not made from materials that could harm the child (such as glass, peeling paint, other materials).
- Use toys that can be easily cleaned.
- Read and follow any warning labels on toys.



Protect children from burns by keeping them away from the kitchen, using back burners while cooking, turning handles of cooking utensils inward to prevent children from reaching them, and monitoring them around hot foods and drinks.



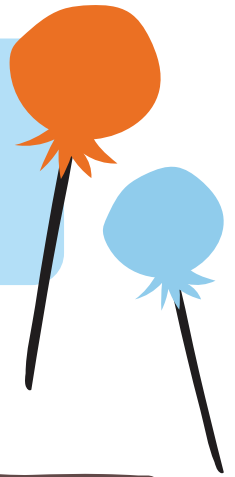
Once a child begins to move, crawl, or walk, install safety gates to block access to rooms or areas in the home that could pose harm, such as staircases. Secure furniture (such as bookcases) and household (such as the televisions) items that might tip over if pulled on by a child. Always supervise the child to prevent accidents like items falling on them. Remember that as the child grows and becomes more mobile, they may be at risk of falling from places that were previously safe, like a changing table or sofa.

• Most important safety tips for preschoolers include:

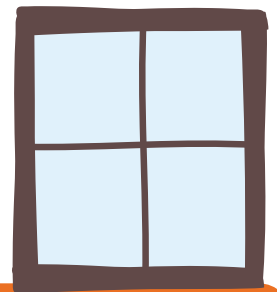
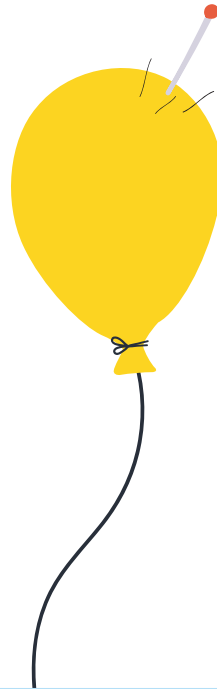
Ensure that preschoolers sleep in a room equipped with sturdy furniture and maintain an appropriate room temperature. Keep dolls and blankets away from the bed.



Prevent choking hazards by monitoring what the child puts in their mouth. Do not allow the child to consume small foods that can be inserted into their ear or nose without supervision, such as peas or small lollipops.



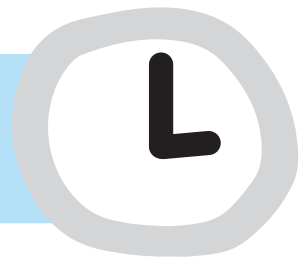
Do not permit preschoolers to play with beads, coins, marbles, or other small objects without supervision.



Store dangerous tools and items in drawers or cabinets that are out of a child's reach. This includes items like knives, sharp tools, medicines, cleaning products, toxic substances, etc.

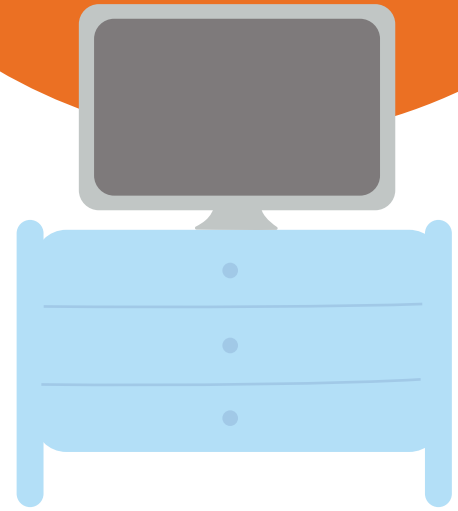
Install window barriers to prevent falls and never leave the child unattended near doors.

Install and regularly check fire alarms and smoke detectors throughout the house. Have a fire extinguisher in the kitchen for added safety.

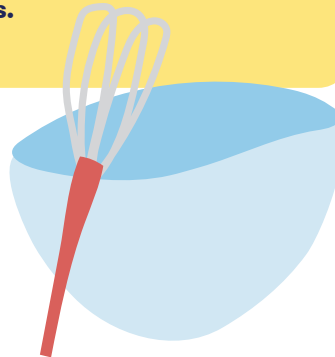


Install safety gates to block access to rooms or areas in the house that could pose harm to the child. Secure furniture (such as bookcases) and household (such as televisions) items that might tip over if pulled on by a child. Always supervise the child to prevent accidents like items falling on them.

Ensure that all caregivers are professionally trained in providing first aid to children, know how to respond in emergency situations, and are aware of the communication mechanisms to call for help if needed, such as access to a telephone for emergency calls, knowing the contact number for an ambulance, and identifying the nearest landmark.



Protect children from burns by keeping them away from the kitchen when unattended, using back burners while cooking, turning handles of cooking utensils inward to prevent children from reaching them, and monitoring them around hot foods and drinks.



Ensure the child's safety in and around water and always supervise them to prevent drowning in places like the bathroom, toilet, swimming pool, fountain, lake, or any area with water.

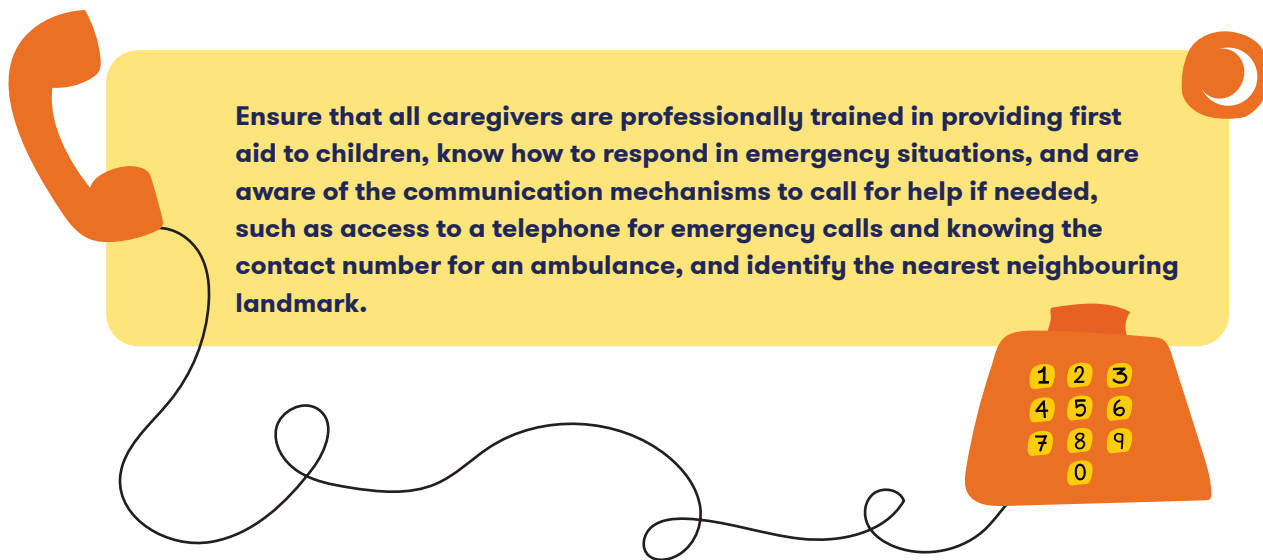


- **Most important safety tips for school-age (8-5 years) children include:**

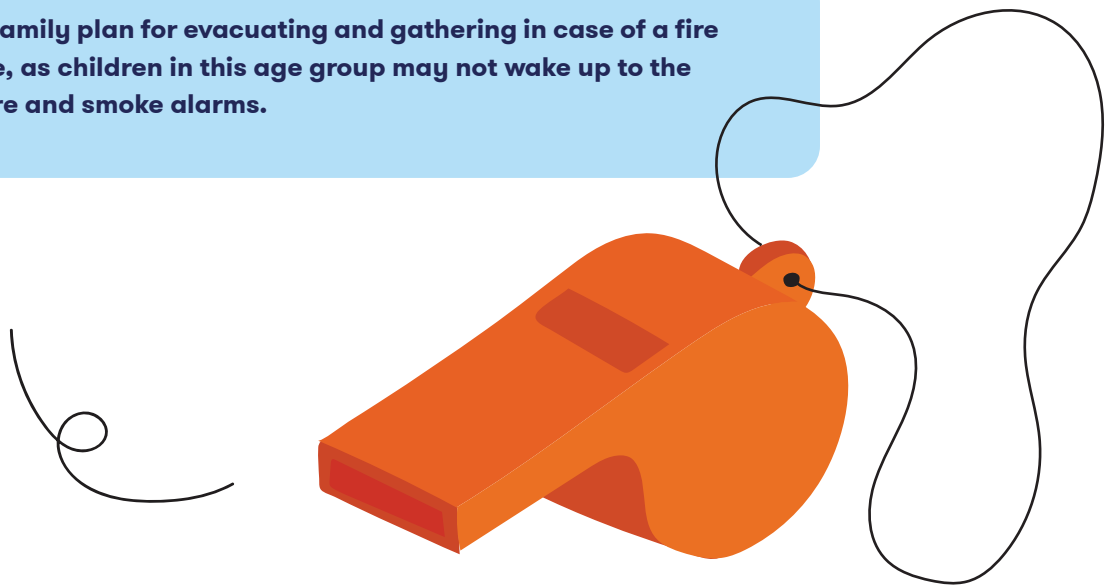
Ensure that children walk to school under the supervision of adults until they are at least 10 years old. This precaution is necessary due to the limited peripheral vision of children at this age, their inability to accurately judge speed and distance, and their tendency to focus on a single thing while walking.



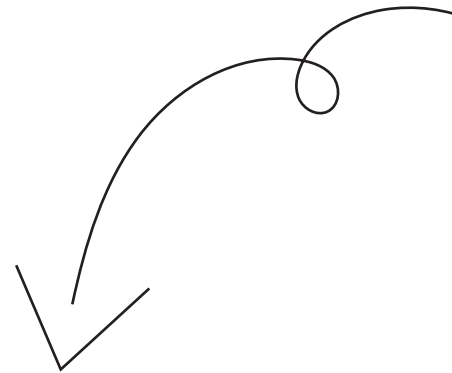
Ensure that all caregivers are professionally trained in providing first aid to children, know how to respond in emergency situations, and are aware of the communication mechanisms to call for help if needed, such as access to a telephone for emergency calls and knowing the contact number for an ambulance, and identify the nearest neighbouring landmark.



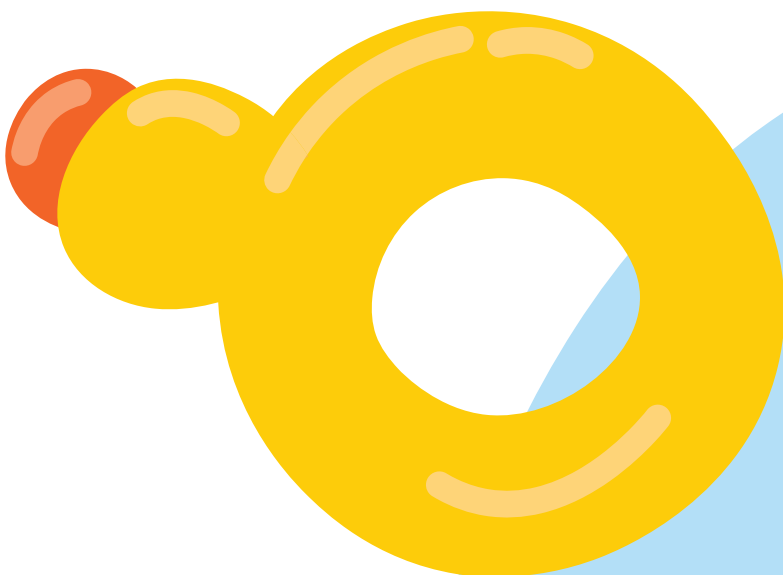
Develop a family plan for evacuating and gathering in case of a fire in the home, as children in this age group may not wake up to the sound of fire and smoke alarms.



Protect children from burns by keeping them away from the kitchen when unattended, using back burners while cooking, turning handles of cooking utensils inward to prevent children from reaching them, and monitoring them around hot foods and drinks.



Ensure the child's safety in and around water and always supervise them to prevent drowning in places like the bathroom, toilet, swimming pool, fountain, lake, or any area with water.



PREVENTION OF FALLS



● Furniture

It is common to place an infant on furniture like a table or bed. When doing so, always ensure you have one hand on the child. As the baby grows, there is a **risk of rolling off the bed or changing tables**. It is often safer to sit on the floor when changing an infant's clothes.

When using a **rocking chair** with an infant inside, make sure it is **placed on the floor** rather than on a table or any elevated surface. This prevents the risk of the chair falling and reduces the impact of any potential fall due to the chair's movement. Moreover, it is important to note that the movement of an infant or young child in a rocking chair can lead to **slight rocking or tilting**, which could potentially result in the chair falling from the tabletop.

Avoid placing furniture close to each other in a room since this precaution can reduce the child's ability to climb from one piece of furniture to another when they become more mobile. Keep objects of interest to children on or **near the floor** to minimize the possibility of them climbing on furniture.



As your child becomes more mobile, seriously **consider moving them to a designated room** or area in the home, such as a playroom, where applicable, to reduce the risk of falling. Keep in mind that as the child grows and gains mobility, **surfaces like sofas that were once safe may pose a risk of falling**.

Ensure **furniture is secured** by using **edge and corner protectors**. Relocate glass pieces and items that can be pulled off tabletops to places that are out of the reach of young children.

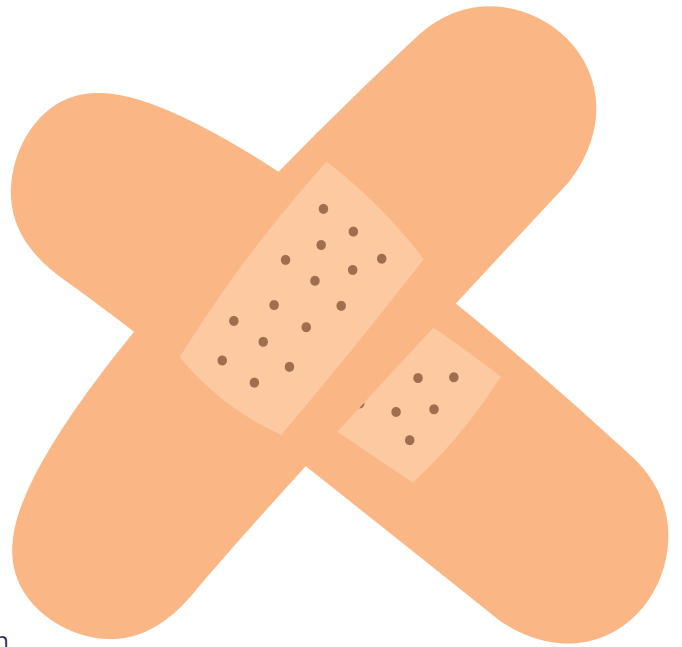
● Baby Walkers

Baby walkers are commonly used in UAE society, but they come with significant risks for children. These risks include the **potential for the child to move rapidly** and collide with hard or sharp objects, the **walker overturning**, **falling downstairs**, or even **falling into swimming pools**.

Additionally, there is a **risk of burns** and the child gaining access to electrical sockets, pulling objects from high places, and **coming into contact with** tables that may contain hot materials and sharp tools.

To minimize these risks, it is crucial to limit the use of baby walkers to closed and **monitored environments**, preferably on the ground where surrounding objects are clearly visible, **Never leave a child** in a walker **without supervision**.

It is also important to be aware that certain studies have suggested that the use of baby walkers **may lead to delayed motor and muscle development in children**. As a result, it is advisable to consider alternatives such as stationary toys that do not move.



● Windows, Balconies, and Terraces

Ensure that **furniture and objects** that children can **climb on are not positioned near windows**. To do this, **relocate** furniture **away from windows** within the house.

Secure windows or install guards, an essential step to prevent children from falling out of them. Ensure that **windows are lockable** and do not open wider than 10 cm in multi-level homes. Note that **mesh frames placed on windows are not strong enough** to prevent falls.



Enhance the **visibility of full-length glass doors and windows** by placing **stickers** at a child's eye level.

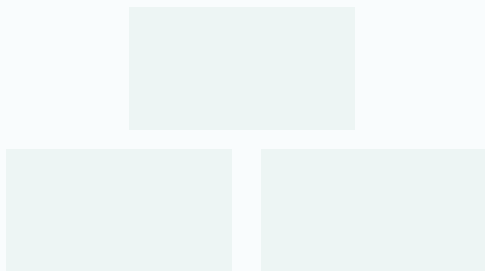
Keep balcony **doors closed** and always supervise young children when they are on balconies

Ensure there are **no openings wider than 12.5 cm** on the walls or railings of balconies/terraces.

Install **safety gates at balcony entrances** and make sure there are no objects that children can use to climb over them.

● Stairs

Once a baby starts crawling, it becomes more challenging to prevent them from accessing the stairs.



It is advisable to use **safety gates** at both the top and bottom of the stairs. Always remember to open and close these gates rather than bypass them. This practice reinforces the necessary behavior and **reduces the risk of tripping**. It is important to note that not all gates are designed for use at the top of stairs, so carefully read and follow the manufacturer's instructions to ensure proper installation.

Ensure that the **stair design does not have large openings** on the sides that could allow a child to insert their body or head through.



● **Bathrooms** - Bathing and Water Safety for Children (There are often many slippery surfaces in bathrooms)

Drowning and **burns** are among the key risks to infants and young children **while bathing**.

Therefore, children should always **not be left unattended** while bathing to ensure their safety. It should also be ensured to **dispose of bath water** as soon as they finish bathing. In addition to the room temperature instructions that were previously indicated, below are some instructions for the bathroom safety for children:

- **Infants and young children** should always be **supervised** while they are **in the bathroom**. In addition, it is important **not to leave them under supervision of older children** or siblings under any circumstances, as the skills and experience of older individuals are required to recognize and respond to emergency situations.
- **Provide everything needed** during the shower before you start bathing, including all face towels, other towels, cotton clothes, clean diapers, shampoo, cleaning materials, etc.

- **Using a bathtub or bath chair** designated for children can contribute to protecting the child by **keeping the child above surface of the water**, and thus it is an effective method that contributes to maintaining the child's safety. It should be noted that this chair is **not an alternative solution for monitoring** the child while being in the bathtub and will not protect the child's safety.





Right Temperature for Bathing

The guidelines below indicate **the temperature that should be provided** to ensure **safe bathing** of a child:

The appropriate bathing temperature for infants and young children is between 37-38 degrees celsius.

Burns can occur in seconds if the shower water is too hot.

Reducing the temperature of tap water to 50 degrees celsius can help avoid burns, and water as hot as 65 degrees celsius can cause severe burns in less than a second.

Choose home heaters of approved quality and a temperature control systems where the temperatures are pre-set in the main distributor.

Water temperature should always be checked before putting the child in the bath, by using a thermometer or testing the water temperature by placing your arm in the water.

Avoid placing the child in running water when the child uses the bathroom, as the water coming out of the tap is likely to be hotter than the water in the bathtub, and the child may be exposed to burns if he/she puts his/her hand or foot under running water.

Make sure to mix the water in the shower, as this will circulate the hotter water into the chilled water.

In case of a dual mixer tap, turn off the hot water first, and the remaining water flowing from the cold tap will help cool the tap core.

It should be ensured that children are protected from taps, especially when they reach the toddler stage and beyond.

- **Anti-slip bathmats should be used**, and bath towels should be placed on the floor to reduce the possibility of the child slipping.

- **Make sure to keep** cleaning tools, medications, razors, and other **dangerous materials in a closed place** out of a child's reach.

Do not leave an infant or young child unaccompanied in the bathroom (or anywhere there is water, such as a swimming pool - kindly note that such items will be covered in the designated section) for any period of time, as infants and young children can drown in as little as 5cm of water.

Care should always be taken to keep the child within reach **to reduce the risk of drowning.**

The child **should be encouraged to sit in the bathroom**, especially at the beginning of the child's childhood, when the child's desire to stand up increases.



- **The Bedroom** - Full sleep guidelines for infants and young children can be found in a separate section below which focuses on preventing falls in the bedroom.



Remove all toys, bumpers, pillows and covers from the baby's crib, which is highly essential in early childhood. According to the American Academy of Pediatrics (AAP), **there is no age at which the use of blankets or covers is considered 100% safe,** as most experts agree that the risks of using covers decrease significantly when babies turn one, or **ideally when they become 18 months old.**

As the infant grows older, it should be ensured to **install the child's bed at a low height near the floor** and that it has safety rails.

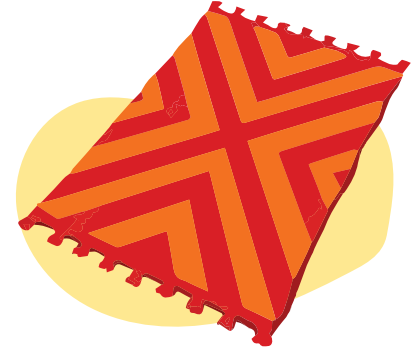
• General Guidelines for Preventing Falls and Injuries



Make sure to secure cords and electrical connections and remove them when not in use.



Make sure to keep the toys in their place after the child finishes playing with them because they may cause both children and adults to trip.



Make sure carpets are fixed to the floor.

• Risk of Injury

The height from which a **child can fall** is a major factor in determining the likelihood and **extent of injury**. Therefore, infants and young children **should not be left on high objects** unattended.

The surface off which a child can fall is also **a factor in determining the nature and probability of the injury**. Ceramic is one of the materials commonly used in flooring, and it is one of the most dangerous surfaces that lead to injuries among children. Therefore, foam carpets and/or tiles can reduce the risk of injury to children by placing them in areas where young children may play.

Ensure that surfaces **are not wet, slippery, hot, or contain sharp materials**.

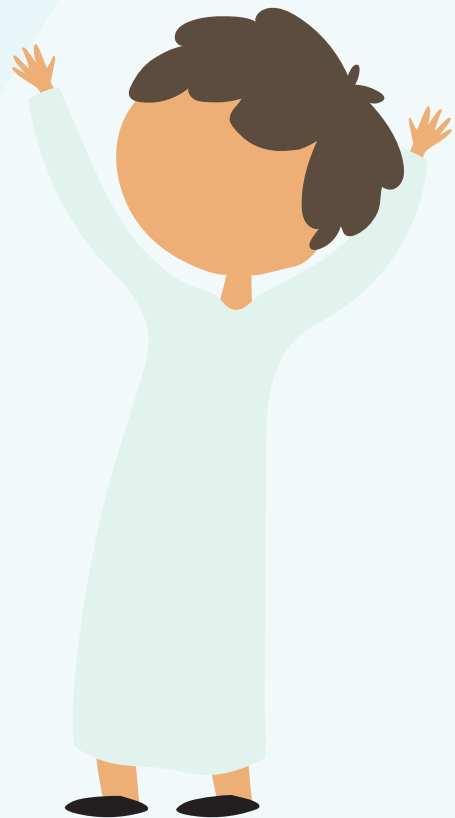
Objects that may injure children during falls also pose a great danger, especially furniture with **sharp edges**, such as coffee tables and bedside furniture, where edge and corner protectors can reduce the risk of any injury to the child.

**PROTECTING
CHILDREN
FROM INJURIES
CAUSED BY
DOORS, HINGES,
CABINETS, AND
DRAWERS**

● Doors, Hinges And Finger Injuries

Young children, especially toddlers, are more susceptible to **injuries to their fingers caused by doors, drawers, and hinges**, which can lead to bruises, fractures, or (partial) amputations. Most children between the ages of one and two years injure themselves when they **put their fingers to try to open doors from the hinges**, while older children injure themselves when they **try to open and lock doors from the handle**.

- **Strips to protect children's fingers** can be placed along the door on the hinge side, to prevent children from being able to open the door from the hinge side.
- **Custom guards can be installed to prevent doors from closing completely**. They are a U-shaped flexible foam piece that is installed in the door to prevent it from closing completely. Alternatively, **a thick towel can be placed over the door** to prevent it from closing completely.
- **Educate your child** not to close or play with doors.
- Educate your child about the importance of keeping his/her hands and **fingers away from door hinges**.
- **Watch your child** carefully when **near automatic doors or elevators** in high-rise buildings.



● Cabinets

The contents and doors of a cabinet may pose additional risks to a young child, which can be avoided by following some basic rules:

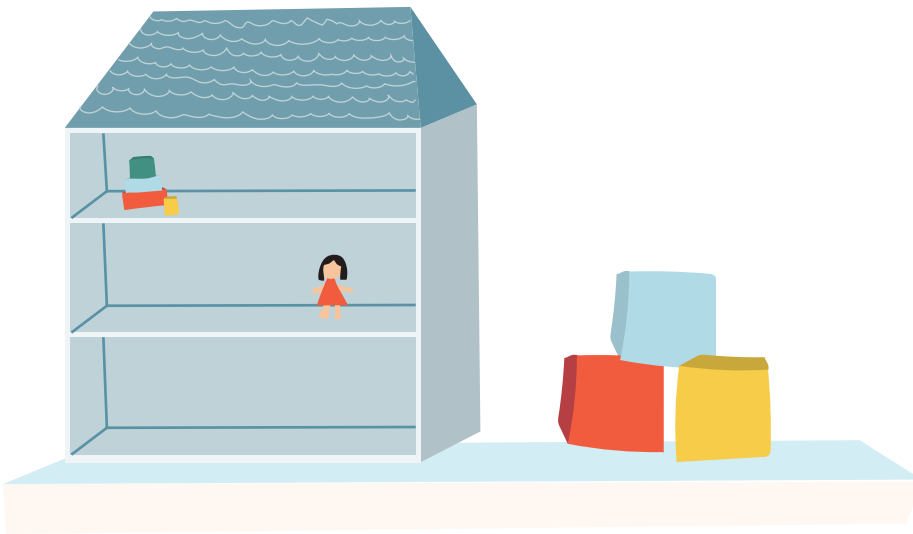
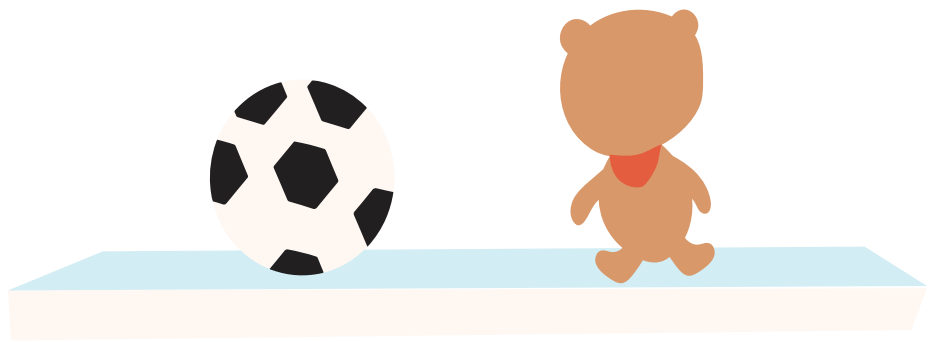
Make sure **heavy, sharp, contaminated, toxic, small ingestible**, or other hazardous items are stored in cabinets **at unreachable height**.

Cabinet locks can be used, which is a cost-effective method to help limit openability of these cabinets to older children/adults.

Make sure things are stored properly inside the cabinets so they do not fall out when you open their doors.

Cabinets **should be well attached to the wall** so that they do not fall on the child if the child climbs over them.





● Drawers

Similar to cabinets, items placed in drawers pose an additional risk to young children.

Make sure heavy, sharp, contaminated, toxic, small ingestible, or other hazardous items are stored in cabinets **at unreachable height**.

Drawer locks are a cost-effective method to help limit openability of these drawers to older children/adults.



CHILDREN PREVENTION FROM SUFFOCATION

● Children's Stuff

Infants and young children are more susceptible to the risks of suffocation. Such risks decrease as children grow older and their awareness of them and their ability to intervene to prevent themselves from choking increase.

General Guidelines

Do not use any **ribbons, strings or chains to attach the pacifier to the infant**, as this may cause your child to choke. Window curtain cords also pose a profoundly serious risk and should be tied and kept out of children's reach (this will be further detailed below).

- Make sure teething **toys are made of safe materials** and cannot be punctured and tied to the baby.
- The infant **should be held while feeding from a bottle**. Do not leave the bottle in the child's mouth, as the child may choke if he/she is unable to leave it.

Strollers and child seats

Always watch your child when sitting in a stroller or child seat, as some may fold the stroller slightly even when the infant is inside it, which may expose the infant to the risk of suffocation if the infant's head is covered.

- You should **use a five-point safety harness** to securely fasten your child to the rocking chair, as this will help prevent your child from «sinking» into the seat and getting the straps tangled around the child's neck.
- **Do not leave your child asleep or unattended** when sitting in a rocking chair, as these products are designed for use by children while under supervision.
- **Avoid hanging shopping bags** and other items on the handles of strollers as they **may cause the stroller to tip over**, which could put your child at risk of injury.



● Bedrooms

The child may be exposed to the risk of suffocation due to sleep.

You should **use a child-safe mattress and crib** that meet the international standards (such as the international standard ISO 23767:2021) or at least a foam crib mattress and avoid using memory foam mattresses for infants.

The mattress should fit snugly against the crib frame and there should be no more than **two fingers of space between the mattress and the crib's sides**, as this will help reduce the risk of the child tripping while sleeping.

It should be ensured to **clean and air the mattress regularly**, and inspect it for insects, stains, mold, and other dirt.

Pillows, bumpers, soft toys, cushions, piles of clothes, blankets and heavy sheets should be **kept away from cribs and strollers** until the child is at least two years old.

Children's **beds should be installed away from the curtains**, as children can easily wrap themselves in the cords of the hanging curtains. It should be ensured that the curtains are **installed on rods instead of ropes**. The cords should be wrapped with a safety device or hung in a high place out of children's reach.

Smooth surfaces increase babies' ability to roll over, which increases the risk of moving into an unsafe sleeping position. Therefore, **infants should be prevented from sleeping on sofas, thick carpets, bean bags, water mattresses, and loose or soft bedding**.

Co-sleeping can increase a baby's risk of suffocation.

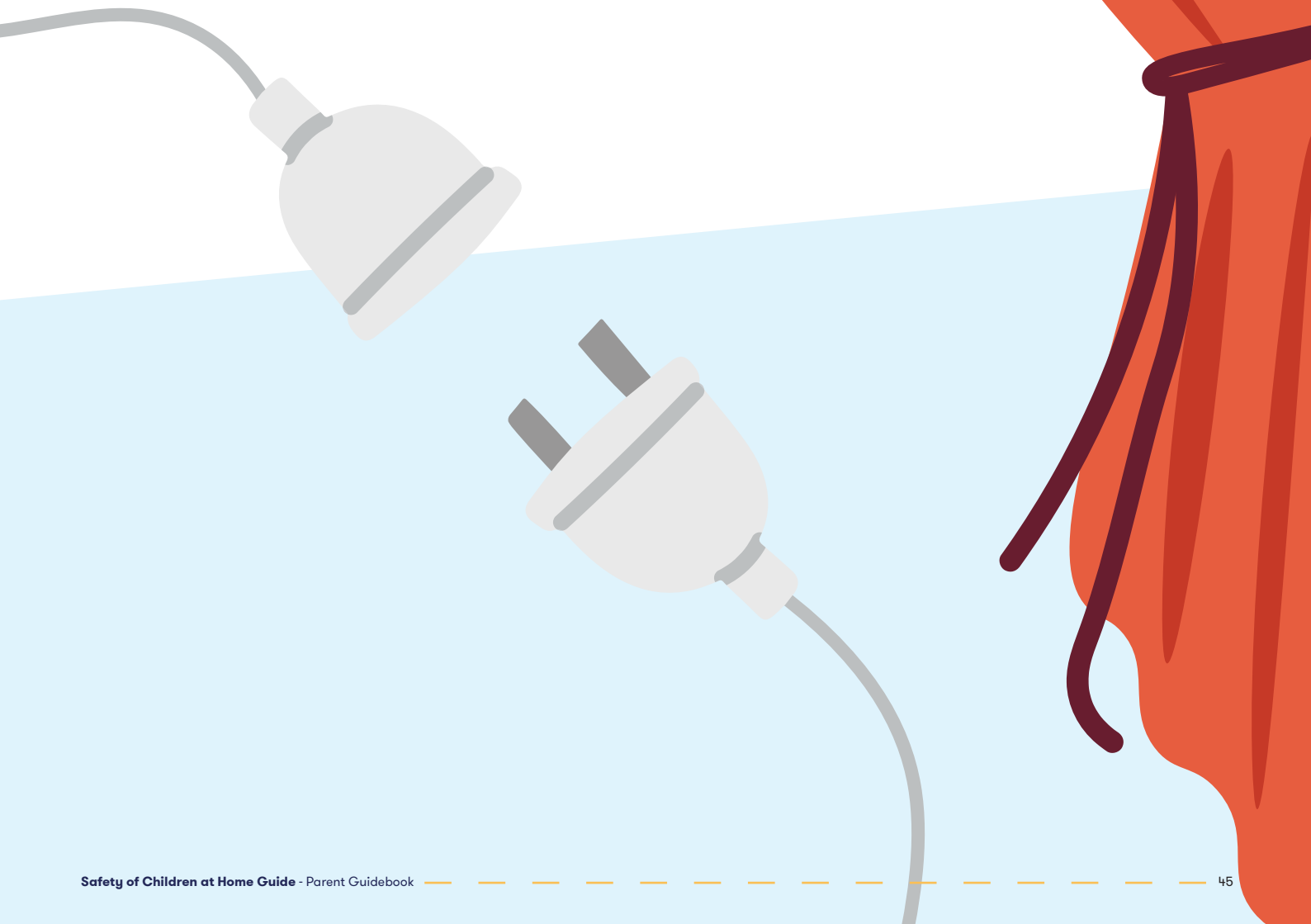


● Curtains, Cords and Ropes

Some quite simple preventive measures can help reduce the risk of a child suffocating from the curtains, cords, and ropes inside your home.

All cords should be kept out of the reach of young children. In order to reduce the risk of the child being suffocated, chairs and furniture that children can climb on should be moved away from the curtains to prevent young children from climbing on them to reach the curtains. **It is preferable to install curtains that do not contain cords, wherever possible.**

If the curtains have cords, **the cords should be tied** in a secure location or hung on the wall at a height of **at least 1.6 meters above floor level.**





● Bags, Boxes and Packaging Materials

Bags, boxes, and packaging materials can create some hazards in your home.

If your child can climb onto a toy box, the following steps can reduce the risk of your child suffocating:

- Make sure box **lids are secure** and that accessible boxes **have ventilation holes**.
- All boxes in the home **should be securely locked**, unclimbable and include locks to prevent children from opening them, including refrigerators.
- **Store plastic bags, wrap, and laundry bags out of reach** of children, and always tie plastic bags tightly before storing them.
- **Plastic covers should not be used** as a substitute **to protect the mattress** and make it waterproof.
- Make sure to **use foil balloons instead of latex balloons**, as the air inside latex balloons when deflated can be inhaled more easily. In addition, long ribbons tied to the balloons can wrap around a child's neck, so **avoid tying ribbons longer than 22 cm**. Young children should not be given any uninflated balloons.



SAFE SLEEP FOR INFANTS AND TODDLERS

• Safe Sleep

The American Academy of Pediatrics recommends not co-sleeping with infants or toddlers, and advises providing an individual sleep environment for the child, through:

Placing the infant on the bed on one side and place a pillow **to prevent the infant from completely rolling on its stomach** due to choking when placed on its back if it vomits.

Placing the infant **on a firm surface, such as a decent quality mattress.**

Providing a **special bed for young children.**

Sharing room with parents for comfort.



Room temperature is an additional matter to consider in the UAE, where room temperature during sleep is **usually between 22-20 degrees celsius (68-72 degrees Fahrenheit)** to provide an **ideal climate** to enable infants and young children to sleep (see Table No. 1). The infant or **toddler should wear clothes designed for sleeping**, which are not too tight or too loose, and which keep the child warm **without the need to use a blanket**. In addition, it should be **avoided to dress** the child in **many layers** of clothing, which may cause the child's temperature to rise and limit the child's ability to breathe.





Table No.1: Ways to know the appropriate temperature for your child to sleep

Signs that show a child feeling extremely hot

- Sweating
- Hair sweating
- Red cheeks
- Rapid breathing
- Appearance of a skin rash (for example: lower back)

Signs that show a child feeling very cold

- Cold skin, hands or feet
- Slightly blue lips or fingers
- Livedo reticularis (mottled skin)
- child's Sneezing
- Unusually irritable or calm mood

BURNS AND FIRE SAFETY

● Burns and Fire Safety

See section 4.1 (Right Temperature for Bathing) for information on how to avoid burns in the bath.

● Hot Foods and Drinks

Hot foods and drinks **can cause burns to infants and young children**. Therefore, hot foods and drinks **should always be placed out of reach of young children**, and it should be ensured that they cannot reach them or pull and spill them over themselves. In addition, **you should not drink any hot drinks while carrying an infant or young child**.



Always **check the temperature of the milk** given to an infant. It is also important to mix it well to prevent hot parts from causing mouth burns.

Make sure to **keep your child away from hot surfaces**, especially in the **kitchen, such as ovens, stoves, and microwaves**. Young children should be supervised around buffets where hot food is served on easily accessible food warmers.

It is necessary not to carry the child while carrying hot drinks and food, as the child may involuntarily reach out and pull the hot drink or food (prioritize either carrying the child or carrying hot stuff).

Do not direct slightly older children to carry or move hot items (such as food and hot soups) where there are unattended infants, as the child may stumble, **or the hot food may fall on the child**.

• Children Protection from Fire and Hot Surfaces

Make sure to prevent the **infant or young child from accessing hot surfaces such as ovens, stoves, heaters and fireplaces**, and do not leave the child unattended when it is not possible to prevent the child from accessing these items.

Make sure to keep hair straighteners, dryers, and curlers out of reach of children.

Make sure to keep the **child safe in places where there are shisha, medwakh, other smoking tools, matches, lighters, or used charcoal**. These items should not be used in places where small children and infants are present and should be stored out of children's reach.

Make sure the area around hot surfaces or open flames is completely clean to avoid accidental fire. Curtains, for example, can catch fire when they are near a fireplace, or fire may break out when burning coal is dropped on a pillow.

Ensure that the **home has smoke alarms and a fire extinguisher.**

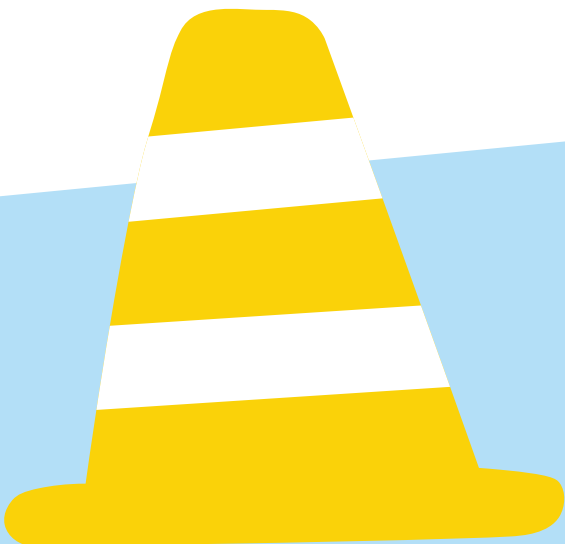
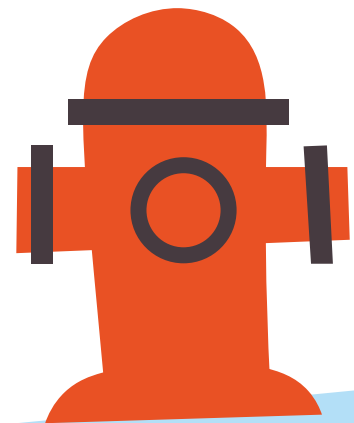




Electricity Safety

Every winter, people use **various means of heating**, whether in homes, trips, or wild camping. Supervise your children when using heating devices. **Do not use traditional methods such as coal and firewood for heating.** Using these traditional methods inside the home causes, in addition to the **possibility of fires, carbon monoxide suffocation.**

Hair straighteners, dryers, curlers, and other electric beauty tools can reach elevated temperatures. therefore, it should be ensured that these devices are placed out of reach of children while using and cooling them. it should also be ensured that these devices are not used near water, blankets, or products that may lead to fire.



Do not allow children to play with firecrackers and fireworks, as they are dangerous and can cause severe injury.

Prepare for any emergency by agreeing on an **evacuation plan** with the family.

CHILDREN PROTECTION FROM TOXIC SUBSTANCES

• Children Protection from Toxic Substances

Ensure to identify all toxic materials in the home, including common materials that lead to child poisoning, medications, household cleaning products, fertilizers, and pesticides. All materials in each room should be examined and ensured to be **stored safely out of reach of children**, taking into account the materials that may not be toxic in typical use but may lead to child poisoning **(for example: tobacco, hand sanitizer, and soap)**.

Toxic materials should be **stored in designated cabinets or drawers** at an unreachable height for children. Further, child safety locks should be installed to prevent them from opening these cabinets.



Keep dangerous household products in one place and food items in another place, as certain food containers are similar to detergent containers and may lead to incorrect use, in addition to the damage caused by the emissions of toxic substances to food components.

Products **should be kept in their original packaging**, and **never replaced in food or drink containers** or plastic containers.

Purchase products and detergents with a child-resistant lock, so a child cannot open them.

Make sure you know the contacts to call in the event of a poisoning emergency, place emergency phone numbers in easily accessible places, know the contact number of the 24 hour emergency room, and **identify the nearest hospital to take the child to** in the event of a poisoning incident. **You can call (999)** to find out the nearest hospital to the place where the child is located through emergency care services.

It is necessary to **keep the container of the substance that was used by mistake** and swallowed by the child and **show it to the emergency doctor** to determine the appropriate treatment.

Make sure that the phone number of the Department of Health's Poison and Drug Information Services **(PDIS) (800 424)** is clearly posted and invisible or stored in the speed dial list of the phones, which can help in speeding up the rescue.



CHILDREN PROTECTION IN OPEN SPACES

• Children Safety in Parking Spaces, Garages and Backyards

Tools in open spaces can be dangerous, especially for young children. Therefore, make sure that all tools are out of reach of children and not connected to electricity, **taking care when using sharp tools and preventing children from accessing lawn mowers, saws, etc.**

Make sure **children are not left unattended when in areas where there are grills, BBQs, smokers, and fire pits.**

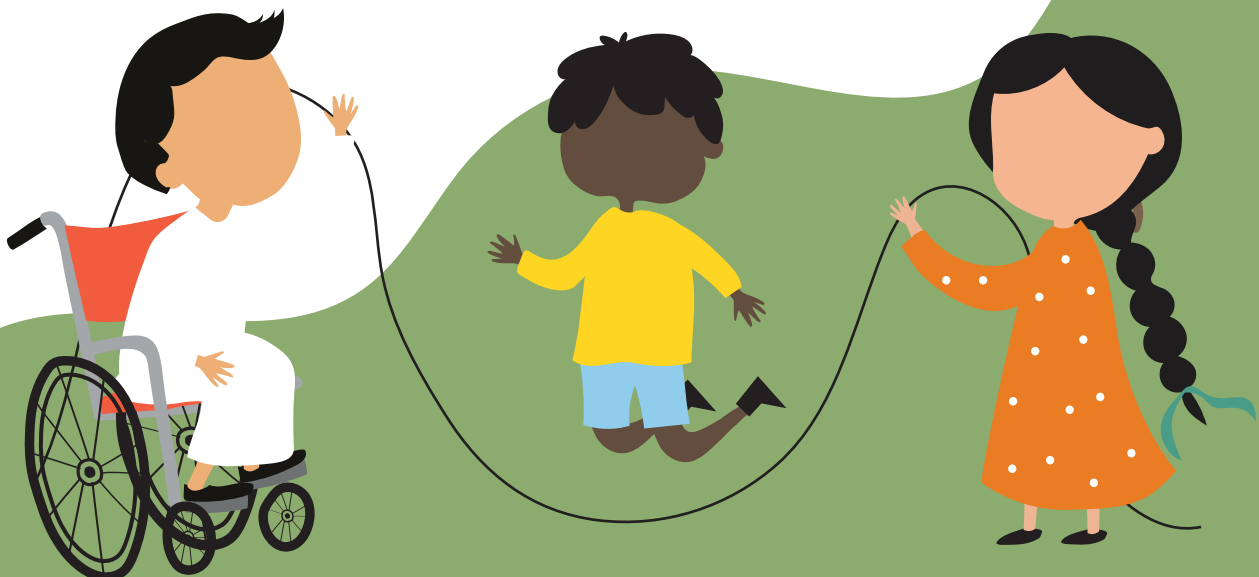
Make sure that the cars in open spaces are secured and closed, and that a small child cannot enter these cars and start them accidentally or become trapped inside them. **The handbrake should also be applied to ensure that the car does not slide.**

Glass doors and windows should be marked appropriately to avoid the child accidentally hitting the glass. This can be done by placing stickers at the child's vision level. Installing safety glass or shatter-resistant coverings on the doors and windows can also help prevent serious injuries.



It is always recommended that the car be parked outside the area where children are present to avoid injury to them, as parking the car inside the house poses a risk to their safety.

Many cars have cameras to assist the driver when stopping and moving. However, these cameras are not an alternative solution to looking in the car mirrors and **making sure that there are no children in all areas** adjacent to the car.



• Children Safety in Parking Spaces, Garages and Backyards

When driving in an area around the home where children can play (for example: in the designated parking space), **it is best to have a helper (another family member) who can carry or control any children while moving the car**, and to move at a low speed and pay attention in areas where children may be present.

The **driver can open the car windows to hear the voices of children in the vicinity of the house**, and care should be taken when reversing into the garage, passage, or parking space.



In large vehicles that have blind spots, **it may be necessary to ask for the help of someone who can carry any children.** The cameras inside the car are not a substitute for the driver to carefully inspect all areas surrounding the car.



• Children Protection from Sunlight

Infants and young **children may get sunburned easily**. Therefore, infants and young children **should be placed in the shade**, whenever possible, and ensure that they wear a hat and long-sleeved clothing to protect them from the sun. If it is not possible to avoid the child's exposure to sunlight, **a sunscreen ointment should be applied on the body of infants or young children** based on use instructions of these products.

Make sure to **protect the infant or young child from exposure to asphalt, hot cement, playground equipment**, or anything left outside in the sun.

Make sure that the **child wears appropriate shoes** when outside in the sun, as the surfaces the child walks on can be extremely hot, especially on beaches. Always make sure that children wear shoes during the summer months when temperatures are high.

Make sure that the metal parts in the car do not come into contact with the infant or small child when entering the car that has been exposed to sunlight and be careful when fastening children with seat belts or seat components designated for them, as they may be extremely hot.

Avoid exposing infants and young children to excessive heat, pay attention to warning signs of heat exposure, and ensure adequate ventilation and refreshing drinks for infants and young children.

• Heat Stress and Heat Stroke

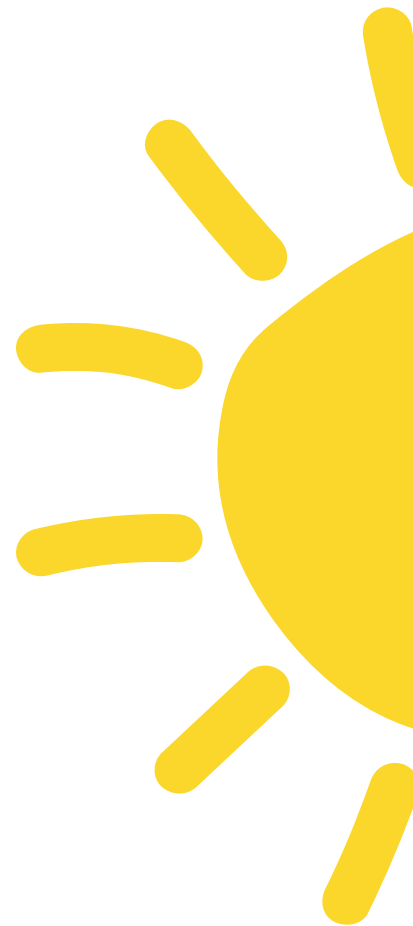
Signs that a child may be experiencing heat stress include: Extreme thirst, general fatigue or fainting, cramps in the arms, legs, or stomach, lack of appetite, feeling nauseous or vomiting, irritability or acting strangely, feeling a headache, heavy sweating, pale and clammy skin, and a body temperature higher than 38 degrees celsius and less than 40 degrees Celsius.

If a child is suffering from heat stress, **bring the child to a cool place inside the house with air conditioning or at least shade, give him plenty of chilly water to drink and wet his skin with chilly water.**

Heatstroke is a medical emergency resulting from exposure to extreme heat stress and elevated temperatures and requires emergency medical treatment.

Signs that a child is suffering from heatstroke include:

Body temperature reaching 40 degrees Celsius or more, child not recovering from heat stress after 30 minutes, hot and dry skin, chronic headache, rapid breathing or shortness of breath, feeling disoriented, having a seizure, losing consciousness or becoming unresponsive.

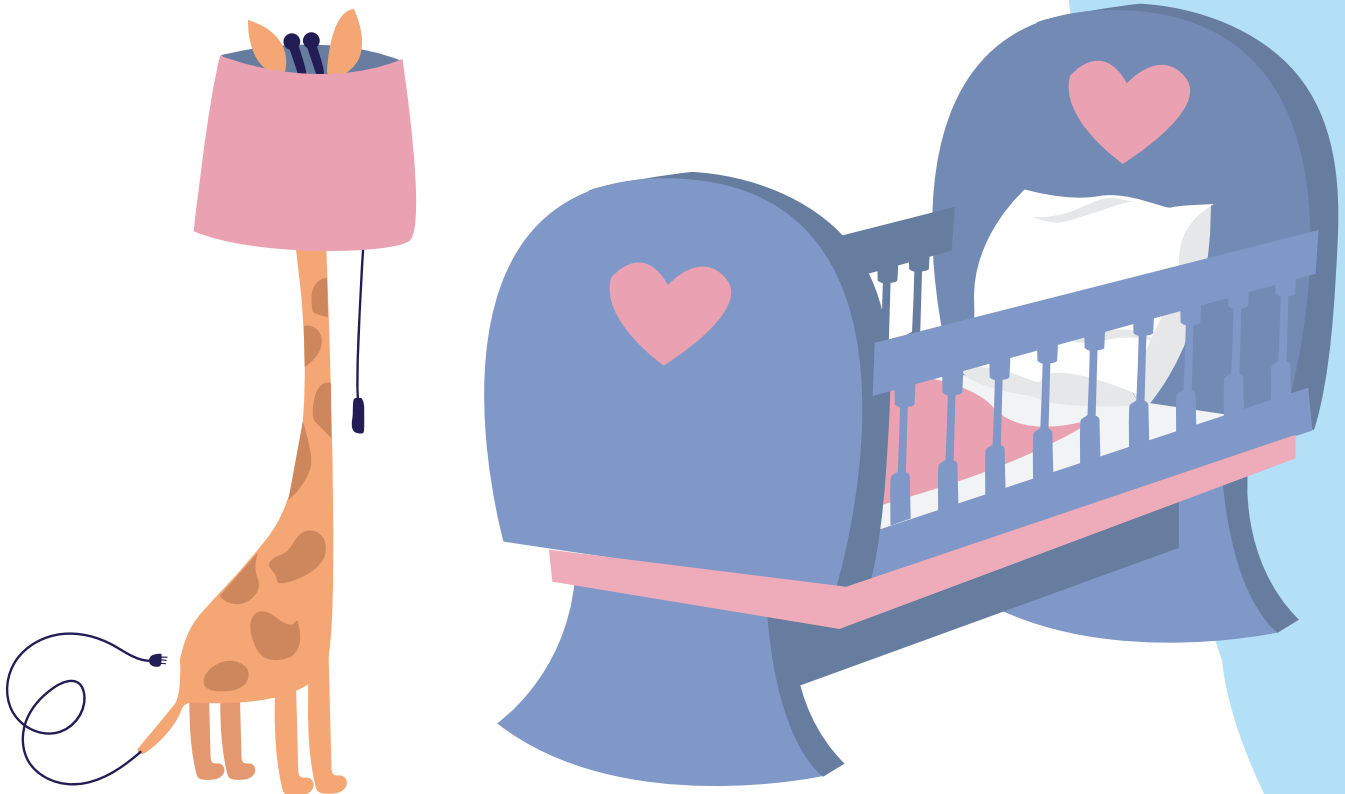


FURNITURE AND DEVICES FOR CHILDREN

● General Guidelines

There is an ample collection of furniture in markets intended for infants and young children. These goods are also widely available in flea markets. Some key factors should be taken into consideration when purchasing and using children's furniture at home.

- **Always look for furniture pieces that meet national and international standards and ISO standards.** The Standards and Technical Regulations Sector, the Ministry of Industry and Advanced Technology, follows the ISO safety standards, to ensure safety of children furniture traded in the UAE. ISO, an independent international non-governmental organization, sets standards to ensure safety of children furniture.
- Ensure to **follow the furniture manufacturers' instructions** regarding the age and size of children, as well as when assembling and using furniture and equipment for infants and young children.
- Make sure the infant or young child remains under **adult supervision.**
- Check the condition of any used furniture or devices when you purchase them. If the seller does not allow inspection of furniture or devices, **an alternative solution should be considered**, and **special attention should be paid to any locks, restraints, belts, and other tools that restrict movement.**
- Adhere to **any usage restriction instructions related to age, weight or height** when purchasing furniture and devices intended for children.
- Make sure **any electrically or battery-operated furniture is safe and sound** (for example: batteries in locked compartments and do not contain frayed electrical cord).



● Beds and Mattresses

● General Guidelines

- Make sure you purchase a mattress which is **designed specifically for infant sleep, and which matches size of the crib.**
- Make sure the crib **does not have horizontal boards or footholds that an infant or toddler can use to climb.**
- Make sure **the crib's locking devices work and stay secure**, especially when purchasing a used crib.
- Make sure **the mattress is firm and fits over the crib**, and there are no more than two fingers of space between the mattress and the sides of the crib.
- There should be **no spaces greater than 95 mm between the headboards of the crib**, as the baby's head may get stuck between the boards if there is a greater distance than this.
- Make sure **the crib is at least 600 mm high**, to prevent the baby from falling once the baby reaches the stage where he/she can stand up.
- **No structural modifications should be made to the crib, as the structural integrity of the product is extremely important.**
- **You should not place any pillows, covers or stuffed toys in the children's bed**, because they may cause suffocation. Pets can also seek warmth during the winter months, making the children's bed a warm environment that also increases the risk of suffocation. **It should be ensured that animals do not reach the children's bed.**

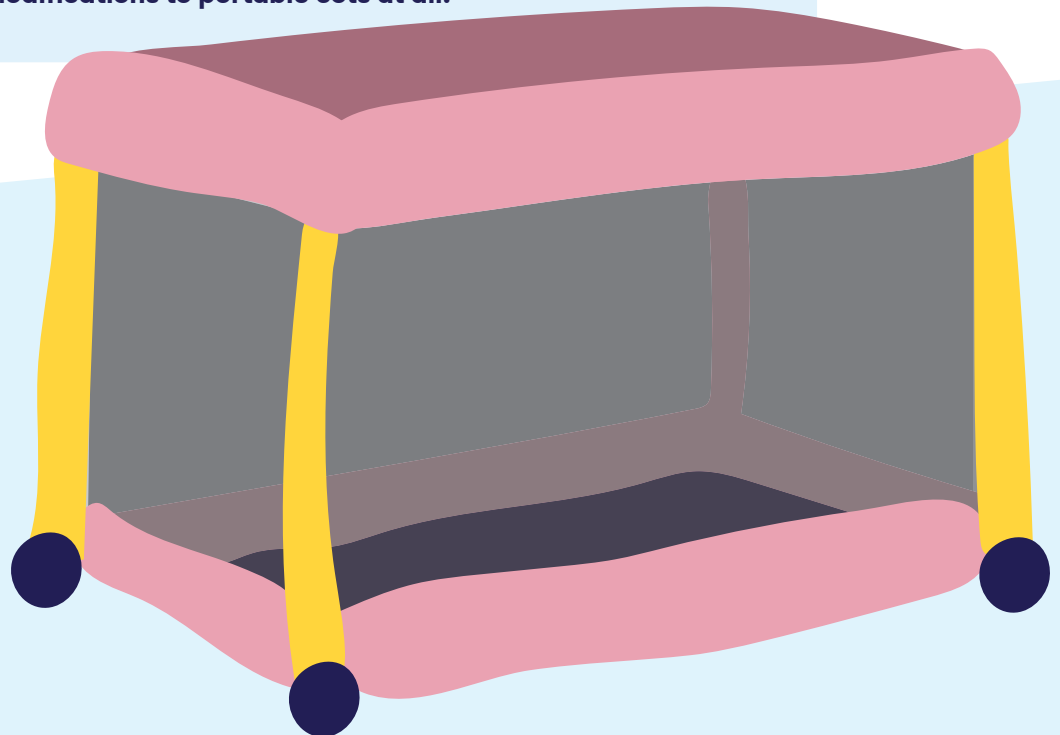


● Portable Cots

- Make sure that a firm mattress touches the portable cot on each side and is proportional to its size.
- Make sure that **the height of the cot is suitable enough** and **there is no item that will help the child to get out of it.**
- Make sure **the cot has locks visibly fixed on the frame to lock the bed.** The locks are to be designed in a way that prevents a child from opening them.
- Ensure that the portable cot is placed on **a firm and stable surface.**
- **Do not use the cots,** if the baby weighs **more than 15 kg.**
- **Do not use the cot as a child safety seat in the car.**

The interior of a folding or portable cot must have permanent labels stating:

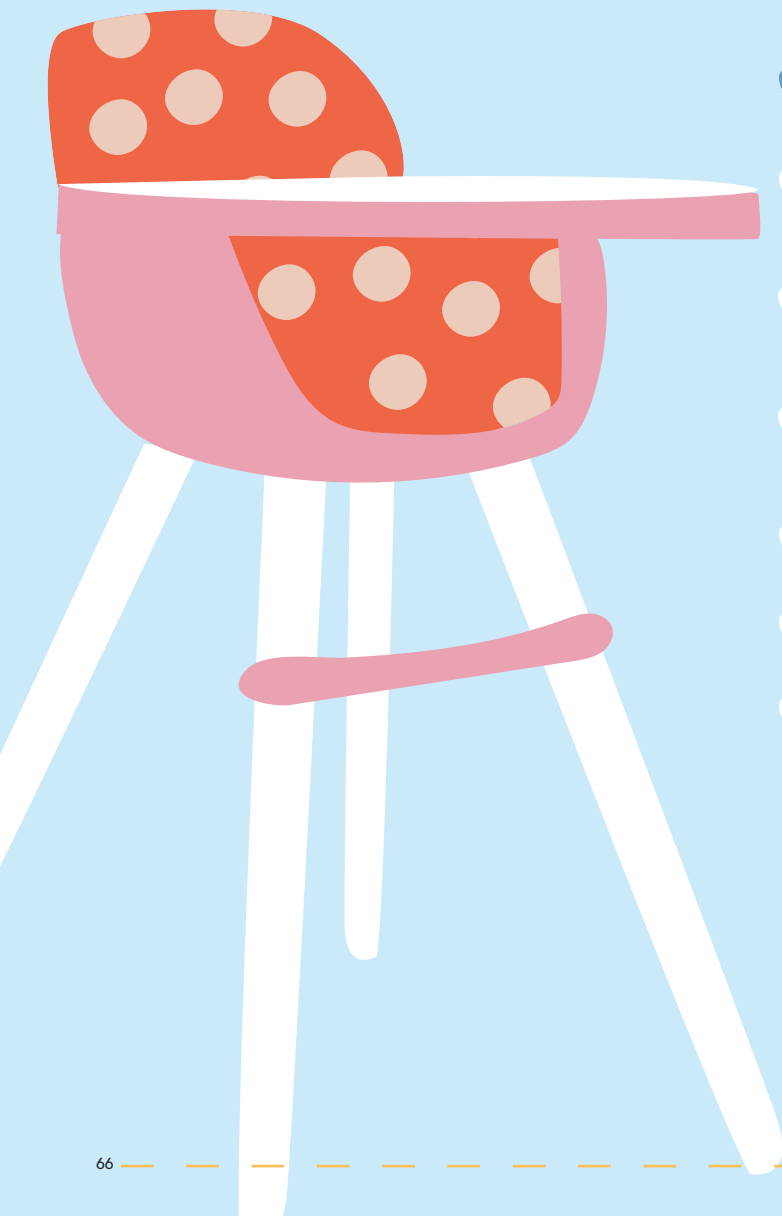
- Instructions on assembly and locking.
- **A warning to ensure that the cot is properly installed** and fully locked in place before each use.
- A warning to use **only a mattress with specified dimensions** or **to use only the mattress of the product.**
- A warning **not to put an extra mattress.**
- Before placing the child in a portable cot, **ensure the child is secured in the cot.** It is necessary, if you use a used cot.
- **Do not make any modifications to portable cots at all.**



● Highchairs

● The following tips can help you choose a safe highchair:

- Look for any national, international or ISO standard marks to **verify the quality of the product you want to buy.**
- Look for a hard and stable **highchair with a five-point safety belt**, i.e. any belt with links extended over the shoulders, waist and between the legs.
- If the highchair has wheels, **ensure they are lockable.**
- If the highchair is folded, **make sure it can be locked in place.**
- If a seat, which is placed on an adult seat, is used, **make sure it cannot slide and is in a flat position.**
- Look for seats with a simple design, because they are **easy to clean and there are no items for children's little fingers to be stuck on.**



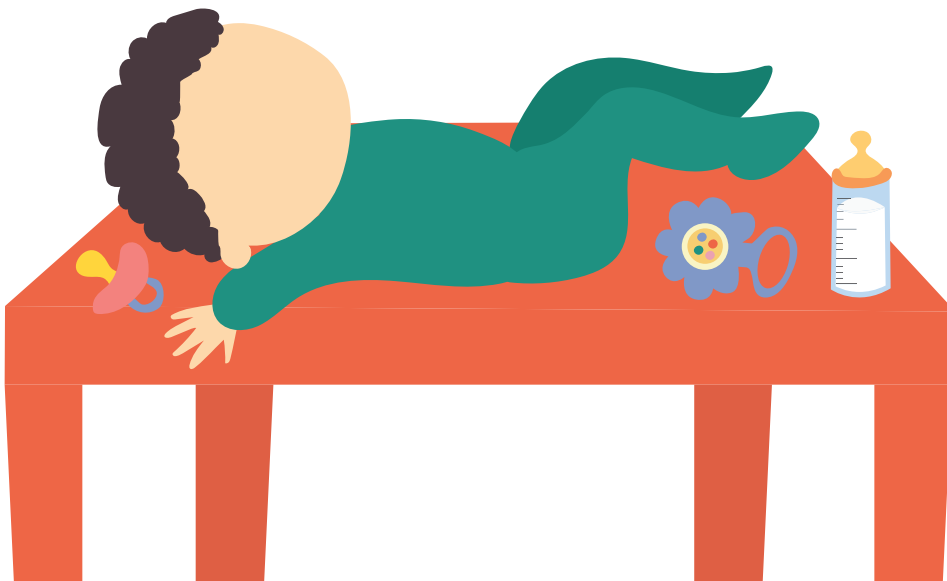
● Safe Use of Highchairs

- The child **must always be fastened with a five-point safety belt in high seats** so that he/she does not fall.
- The seat must be **away from walls and cabinets**, so that the child cannot push his/her foot and turn the seat over.
- The seat **must be away from other items that may lead to danger**, such as curtains, wires, windows, and electrical appliances.
- You should always help the child get in and out of the seat.
- Put the portable seat on **sturdy low tables so it does not tip over.**
- The child must always be monitored when he/she sits on a highchair, as the child can reach anything at hand on the table.

● Changing Tables

● In case of using a changing table, the following tips can be helpful in choosing a safe table:

- Make sure that the table is equipped with a child safety belt and has high sides that **are at least 100 mm higher than the surface of the changing table.**
- You must **ensure that there are no gaps or spaces above the table.**
- The table must be stable and have safety locks.
- You must look for a changing **table of a suitable height and does not cause the body to bend in an annoying way.** This will contribute to the proper use of the table.



● Safe use of a changing table

- When you change the clothes of a baby at home, it is recommended to do so on a rug on the floor so that it does not fall.

In case of using a baby changing table, the following tips can help keep the baby safe:

- You must ensure that **all necessary clothes, wipes, diapers, and other items are reachable** before placing the baby on the changing table.
- You must stay with the baby while it is at the table, and **place one hand on the baby to prevent it from rolling over.**
- **You must tell the older children about the importance of staying away from the changing table.**
- You **must not place a lot of bags on the changing table**, as this may cause the table to become unstable, which may pose a danger to young children.

● Safety Gates

● Choosing safe and practical gates

- Manufacturer's instructions and usage guidelines should point out the size, purpose and specifications of the infant safety gates. **You should choose the children's gates that are suitable for the intended use.**
- Make sure you buy **gates that require adequate force to open and/or have two separate mechanisms** (such as lift and push) or a foot pedal to open.
- Make sure that the **spaces between the gate bars are not more than 95 mm**, so that the child's head does not get stuck between the bars.
- Make sure the gate **does not have cross bars or mesh** that would make it climbable.
- Make sure that **no sharp edges** are on the baby gate.
- Make sure that there are **no small detachable parts** that may cause a child to choke.
- Check the size of the gate's exit opening, as the opening in many gates can be widened. So, the opening can be widened to be suitable for older children.

● using of safety gates

- A safety gate must be used **when the child is able to take more than 3 steps.**
- You should buy baby gates that **can be securely attached to the wall or stair railing.**
- **Use only the approved security gateways for its specific purposes** (for example not all safety gates are designed for use at the top of stairs.)
- Use only **the safety gates that do not have any horizontal bars** or items that a young child can climb over.



● Baby Carriers, Baby Carrier Wrap Scarves, and Baby Backpacks

● Context and Definitions

- Baby carriers, baby carrier wrap scarves, and baby backpacks are different types of gear intended to carry a baby.
- Baby carriers are soft padded slings that are worn from the front. Some carriers can be adjusted to carry the child on the back.
- A baby carrier wrap scarf is a cloth or fabric rope that is usually tied over the shoulder and worn from the front in various positions.
- Baby carrier backpacks usually have rigid frames. They are worn on the back and are suitable for older infants and younger children who can hold their heads up. It is recommended to consult a doctor or child and family health specialist about whether the child is old enough to be carried in a backpack.



● What baby carrier that you should look for?

If you are looking for a baby carrier, it is important that you look for a product that:

- **Keeps the child's leg joint in a healthy position.**
- **Safe to use.**
- **Comfortable to wear.**

● Healthy position of the infant's thigh in the carrier

Here is how to carry a baby in a sling to get a healthy leg position and what not to do while carrying a baby in a sling:

- The baby must be able to move its legs inside the carrier, with the child's knees wide apart inside it. The carrier must support the child's thighs and allow it to bend its legs.
- Carrying a baby in a baby carrier can increase the risk of hip dysplasia (photos are used by permission from the International Hip Dysplasia Institute).

● Safety

- Look for a baby carrier manufactured according to the **European standards EN 2005 :2-13209 or the American standards ASTM F08-2236.**
- Make sure there are easy to understand instructions on how to safely use a baby carrier or a baby carrier wrap scarf.
- **Take your baby with you when you shop for a carrier or baby carrier scarf** and ask the store clerk to show you how to use the baby carrier or carrier scarf in a way that suits the infant.
- The baby must be able to move its head, arms and legs.
- You must **ensure that the baby can see out of the carrier or baby scarf** and that the fabric does not cover its face.
- You must ensure that the carrier or baby scarf can be put on and off without assistance. You must also ensure that you can handle any straps or straps without assistance and adjust all straps securely with one hand.
- You must ensure that the baby's scarf does not cover the baby's face or force it to be in fetal position.
- The baby carrier **should not be used for infants under 4 months** or those who cannot lift their heads. The babies who are unable to support the weight of their heads are more susceptible to injury.
- Baby carriers should be **secured when placed on bicycles because movement can increase the risk of tipping over and falling.** Therefore, you should always make sure that the baby carrier and the baby are positioned correctly and safely.



● Comfort

- Make sure that the baby carrier **has wide, padded shoulder straps that extend over the back and a wide waist belt.** It will help distribute the baby's weight evenly, reduce.
- Make sure that the **carrier is suitable for different months of the year and will not cause the baby's temperature to rise in the summer months.**
- If the carrier is used while the baby is growing, look for one that is adjustable so that the baby can be positioned forward-facing.
- Use your carrier only **until you feel the baby is too heavy or uncomfortable to use the carrier safely.** Check the carrier manufacturer's instructions for the maximum weight it can hold.

● Secure your baby

- Read the **labels on the carrier for height and weight** to choose the right carrier for your baby's size.
- Make sure to **fasten the straps before placing the baby** in the carrier to secure your baby.
- Make sure all straps can be adjusted securely with one hand.
- Make sure **the straps are still secure and show no signs of damage before placing the baby in the carrier each time.** If any belts or bands are damaged, contact the supplier or manufacturer.
- Ask someone with experience **to help teach you how to place the baby in the carrier** at first. Some people practice using the carrier by placing a dummy before placing the baby in it.



● General Tips on Using Baby Carriers, Baby Carrier Wrap Scarves, and Baby Backpacks.

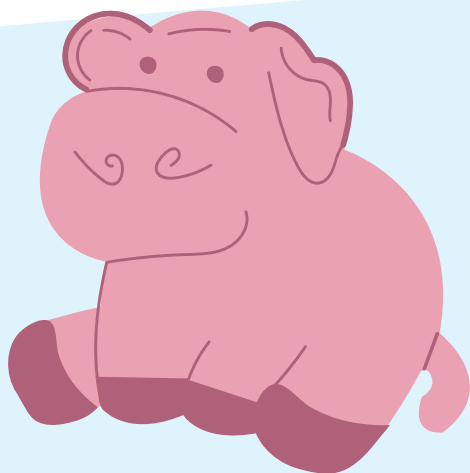
- When you carry a baby in any of the relevant products, **you must wear shoes** that are **easy to walk in** and look for good roads so as not to stumble.
- **Avoid using baby carriers in hot weather.** The high body temperature and the carrier will contribute to increasing in the baby's temperature.
- Be careful when you **put on and take off the carrier**, as this is when the baby could fall, and ask for help when you put on and take off the carrier or sit on the floor to do so.
- If you bend forward while wearing baby carrier, baby scarf, and a backpack, you should **hold on to something stable**, such as a pole.
- If you are cooking, the baby **must not be carried in a sling or scarf** to avoid the risk of burns.
- Avoid carrying hot foods and drinks, running after other children, or doing anything else that could put the baby in danger.

● Protect children from suffocation

Children are at risk of suffocation if they are not carried properly, because young children cannot move if they are in a dangerous position that blocks their respiratory system.

Here are some tips that can help you safely place your baby in a baby carrier:

- **Tight carrier straps:** The strap must be tight so that the baby is in a high, upright position with its head supported. Any loose fabric may cause the baby to not adjust its position, which may hinder its breathing.
- **Seeing the baby's face at all times:** You must always be able to see the baby's face just by looking at the carrier. Make sure its face, nose and mouth are exposed.



- **Close enough to kiss:** The baby must be close enough to kiss its head.
- **Chin away from the chest:** Make sure that the baby's chin is raised and away from its body, and that it cannot bend its body and place its chin on its chest because it may hinder its breathing. Always make sure that the baby can make a sound and move, if it is in an uncomfortable position.
- **Supported back:** The baby's back must be supported by holding it naturally with its stomach and chest facing you. One hand must be placed behind the baby's back when you bend. You should bend at the knees, not the waist.

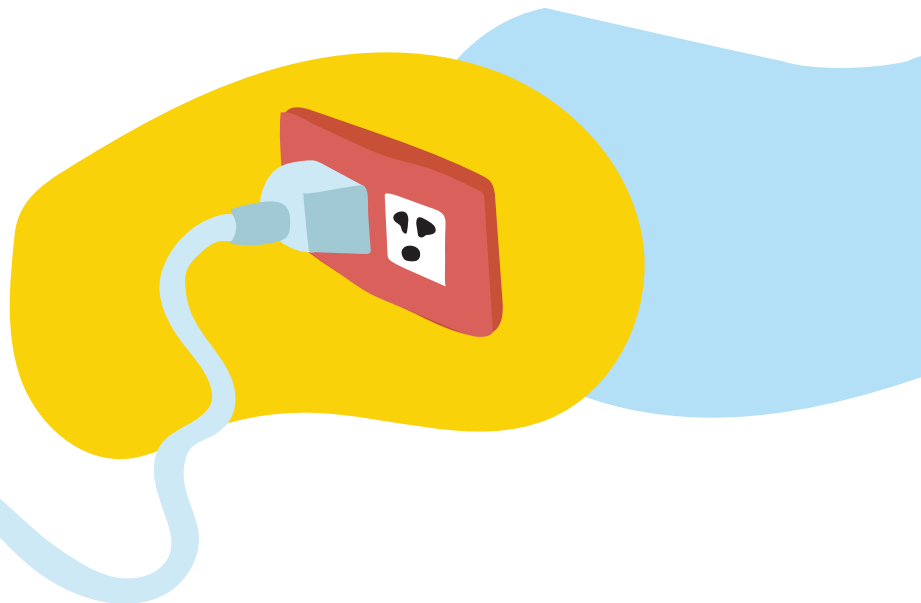
Remove the baby from the scarf or the carrier immediately, if you notice that:

- The baby's face is uncovered, or its chin is close to its chest.
- The baby is in the fetal position.
- The baby is grunting, wheezing, or breathing hard or fast or making a whistling sound when breathing.
- The baby has a gray or blue color to its skin.
- It is difficult satisfying the baby, or it feels anxious or convulsive.

PROTECT CHILDREN FROM ELECTRICITY

● Protect children from electricity

You must **disconnect the electricity from any appliances** within the reach of the baby or young child or prevent their access to electrical cords and sockets. (For example, . You must **prevent children from reaching the electrical cords and outlets** with a secure piece of furniture or a safety gate and put a shield around any visible cords).



- Make sure to **wrap any electrical cord** and **put it away** when not using the device that comes out of it so that the child cannot pull the device down.
- Make sure that **covers are installed in all electrical sockets**, and make sure that children are not able to remove these covers, and a small child should not be left to play in these sockets.
- Make sure all **electrical wires and appliances** are **in good working order** and show no signs of damage.
- **Safety switches** can be installed by an electrician **to quickly cut off the power and avoid electrocution, in the event of an accident.**
- Make sure all **electrical work and repairs are performed** by a licensed electrician **to prevent accidents** or improper installation of appliances.
- **Avoid any liquids or wet surfaces** when using electric beauty tools, (e.g. hair curling, drying and straightening devices).



PROTECT CHILDREN FROM PETS

● Protect Children from Pets

- **Do not leave an infant or young child unattended in areas where pets are present.** Be ready to intervene, if any interaction occurs, as babies and young children can move in unexpected ways and unintentionally frighten or injure the pet.
- **Introduce household pets** to the new baby slowly and under your control.
- Make sure **pets are separated from infants** and young children if they cannot be monitored.
- **Introduce babies and young children to unfamiliar pets** slowly and watch how the animal responds. If the pet is sleeping, eating, leashed, sick, or playing with small dogs/cats, it may react to a baby or young child.



- **If an animal bites** a baby or young child, a specialist **should be contacted** to determine the extent of the injury and whether medical treatment is necessary.
- **Make sure you understand best practices** when you bring a new pet into the home or when introducing a new child into an environment where there is a pet. **Dogs, for example, may feel threatened or need to assert dominance in this family environment.**
- When visiting **family farms and estates**, it is necessary to **monitor children around the animals in the farm and estate.** Children may be kicked by the present animals in addition to other risks that must be taken into consideration, such as insects, reptiles, etc.



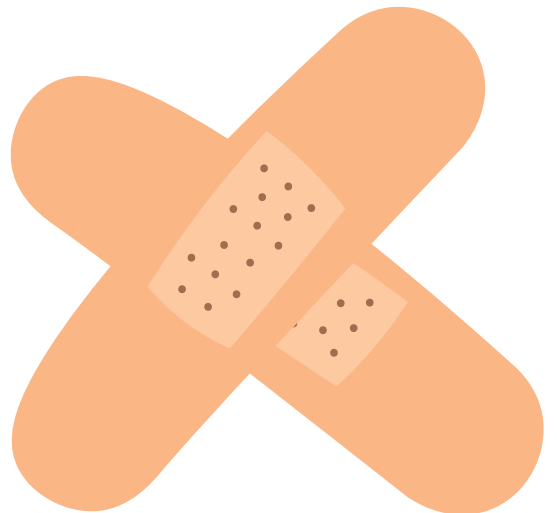
**CHILD SAFETY
WHILE RIDING
BICYCLES,
SCOOTERS, AND
WEARING
SKATE SHOES**

• Child safety while riding bicycles, scooters, and wearing skate shoes

- Make sure your child rides a bike, scooter, or wears skate shoes that **are appropriate for his/her age, size, and abilities.**
- Make sure your child **wears a helmet.**
 - Take your child with you when you buy the helmet to **make sure it fits their head.**
 - Make a **test to ensure that the helmet is comfortable.** If you can move the helmet back, forward, or sideways after you have finished strapping it on, it means the helmet is too big.
 - **Do not buy a used helmet,** as there is no way to know whether the previous owner damaged it in an accident or not.
 - Always **replace helmets after a crash or accident.**



- **Use protective equipment,** such as wrist guards and knee guards, when riding a scooter, wearing ski boots, or skateboarding.
- **Make sure your child wears brightly colored clothes.** It will help passengers, pedestrians and drivers see your child.
- **Teach your child** to know the appropriateness of **the surrounding environment** to decide whether **it is safe to ride bikes or not.**
- **Train your child to ride** a bicycle, scooter, and wear roller skates, in a safe area such as a park, **before driving on a footpath or bike path.**
- Always **make sure there is an adult** with your child while riding until your child is at least 12 to 13 years old.



FIRST AID

• First Aid

Always remember that quick reaction and correct knowledge of first aid may contribute to saving the child's life and reducing the severity of the injury. Therefore:



Learn first aid. Enroll in a first aid training course for children. It will enable you to effectively deal with any emergency that may occur at home.

Stay Calm and Connected: In an emergency, stay calm and call the emergency line to get the necessary help.

Emergency tools: Keep emergency tools close and easily accessible.

Children training: Teach children how to properly deal with everyday incidents, such as recognizing emergency numbers and notifying adults in an emergency.



Knowledge update: Always check the updated first aid guidelines and instructions.



APPENDICES

● Appendix 1

Assessment Questionnaire on Children Safety at Home

The Home Risk Assessment Questionnaire is one of the approved global tools for the overall risk assessment of homes. Assessment must be carried out by the child's caregiver and the place must be evaluated by considering the level of the children.

Take with you a home safety checklist and a pen. Walk around your home inside and out and answer the questions attached to the list. Make sure to look at your home from a child's perspective and you will be surprised by the difference.

The following list is only a general guide, because houses are different from each other, and there are tools in one of them and not in the other.

Make sure to change the tools and equipment that answered (no).

ARE YOU PREPARED FOR AN EMERGENCY?		هل أنت على استعداد لحالات الطوارئ؟
Are the emergency phone numbers placed in each phone in the house and known by all family members ?	Yes No NA	أرقام الطوارئ والإسعاف والإيقاظ مكتوبة وموضوعة قرب هواتف المنزل ومعروفة لدى جميع أفراد الأسرة والخدم في المنزل ؟
Have any of the adults taken a first aid and CPR class?	Yes No NA	هل دخل أحد من البالغين دورات خاصة بالإسعافات الأولية ؟
Is there a fire extinguisher in the home and do all adults know how to use it?	Yes No NA	هل هناك طفاية حريق في المنزل وجميع البالغين يعرفون كيفية استخدامها؟
Is the phone number for poison control center posted and known by all family members?	Yes No NA	هل رقم الهاتف الخاص بمركز مراقبة السموم معروف لدى جميع أفراد العائلة ؟
Is a family fire escape plan posted in the home and does the family practice fire drills?	Yes No NA	هل هناك خطة إخلاء من الحريق للأسرة في المنزل مفعلة؟

ARE CHILDREN SAFE FROM DROWNING?		هل الأطفال في مأمن من الغرق؟
Is the bathroom kept off-limits for toddlers unless an adult is with the child?	Yes No NA	هل الحمامات مغلقة وبعيدة عن حدود الأطفال إلا في حالة وجود شخص بالغ مع الطفل؟
If there is a toddler in the home, is the toilet lid secured?	Yes No NA	إذا كان هناك طفل صغير في المنزل، هل يتم تأمين غطاء المراحيض؟
If you have a pool or spa, is it fenced and properly secured with safety barriers?	Yes No NA	إذا كان لديك حوض السباحة أو سبا، هل تم وضع الحواجز بشكل صحيح وتأمينها من الأطفال ؟

IS YOUR HOME SAFE FROM FIRES?

هل منزلك في مأمن من الحرائق؟

Do you have smoke detector installed at your home?	Yes No NA	هل هناك كاشف للدخان والحرائق مركب في المنزل؟
Are matches, lighters and flammable products stored properly?	Yes No NA	هل أعواد الثقاب والولاعات والمنتجات القابلة للاشتعال مخزنة بشكل صحيح؟
Are electrical cords in good condition and not overloading the sockets?	Yes No NA	هل الأسلاك الكهربائية في المنزل في حالة جيدة وغير مضغوطة بمحولات إضافية؟
Are fireplaces and furnaces properly vented, cleaned and maintained?	Yes No NA	هل المواقد والأفران مصرفة ومنظفة، ودائمًا تحت الصيانة؟
Are the Gas bottles stored outside the house and under covered area?	Yes No NA	هل أنابيب الغاز مخزنة خارج المنزل وفي أماكن مظلمة؟

ARE CHILDREN SAFE FROM CHOKING, SUFFOCATION OR STRANGULATION?

هل الأطفال في مأمن من الاختناق أو الخنق؟

Are all small items kept out of children's reach?	Yes No NA	هل تحفظ جميع الأشياء الصغيرة بعيدًا عن متناول الطفل؟
Are children's toys suitable for the child's age and safe to use?	Yes No NA	هي الألعاب الخاصة بالأطفال مناسبة لعمر الطفل وآمنة للاستخدام؟
Is there smoke detector installed at your home?	Yes No NA	هل هناك كاشف للدخان والحرائق مركب في المنزل؟
Do caregivers avoid giving the child solid foods like candy, popcorn, carrots and grapes?	Yes No NA	هل يتجنب مقدمو الرعاية إعطاء الطفل الأطعمة القاسية مثل الحلوى، الفشار، والجزر والعنب؟
Is there a special area for infants sleeping with well-installed bedding and not stuffed with toys?	Yes No NA	هل هناك منطقة خاصة لنوم الأطفال الرضع مع أغطية مرتبة جيدًا وخالية من الألعاب؟
Is the infant placed on his back to sleep and his tummy to play?	Yes No NA	هل يتم وضع الرضيع على ظهره في وقت النوم وعلى بطنه وقت اللعب؟
Do adults, children and others avoid sleeping with the infant?	Yes No NA	هل تمنع البالغين والأطفال الآخرين النوم مع الرضع؟
On the crib, are the spaces between the slots less than 5 CM?	Yes No NA	هل المسافة بين الفتحات أقل من 5 سنتيمترات في مهد وسرير الأطفال؟

ARE CHILDREN SAFE FROM FALLING?

هل الأطفال في مأمن من الحروق؟

Are upstairs windows secured with window-guards with all furniture moved away?	Yes No NA	هل النوافذ في الطابق العلوي مؤمنة بحواجز وقطع الأثاث بعيدة عنها؟
If your home has stairs are they sturdy and uncluttered? Are safety gates mounted at the top and bottom?	Yes No NA	هل يوجد سلالم ودرج في المنزل، هل السلالم مؤمنة بحواجز من الأسفل والأعلى؟
Is furniture stable and secure to the wall?	Yes No NA	هل الأثاث مثبت في الجدران بشكل آمن؟
Do all children stay away from the kitchen when adults are cooking?	Yes No NA	هل جميع الأطفال يبقون بعيداً عن المطبخ في حال الطبخ من قبل الكبار؟
Are you using Baby walker?	Yes No NA	هل تستخدم المشاية الخاصة للأطفال؟

ARE CHILDREN SAFE FROM POISONING?

هل الأطفال في مأمن من التسمم؟

Are all cleaning products, chemicals, and insecticides kept in an upper-locked cabinet?	Yes No NA	هل جميع المواد الكيماوية ومواد التنظيف والمبيدات الحشرية موضوعة في أماكن أو خزائن مقفلة وآمنة؟
Are all vitamins and medications secured in an upper-locked cabinet?	Yes No NA	هل جميع الأدوية والفيتامينات مؤمنة في خزائن مقفلة وبعيدة عن متناول الأطفال؟
Are all cosmetics, shampoos, toothpastes kept in a locked cabinet?	Yes No NA	هل جميع مواد التجميل والشامبو ومعاجين الأسنان مرفوعة ومؤمنة في خزائن؟

ARE CHILDREN SAFE FROM OTHER INJURIES?

هل الأطفال في مأمن من الإصابات الأخرى؟

Are all small items kept out of children's reach?	Yes No NA	هل تحفظ جميع الأشياء الصغيرة بعيداً عن متناول الطفل؟
Are children's toys suitable for the child's age and safe to use?	Yes No NA	هل الألعاب الخاصة بالأطفال مناسبة لعمر الطفل وآمنة للاستخدام؟
Do you have smoke detector installed at your home?	Yes No NA	هل هناك كاشف للدخان والحرائق مركب في المنزل؟

ARE CHILDREN SAFE FROM BURNS?

هل الأطفال في مأمن من الحروق؟

Are the hot water heaters used at home modifiable ?	Yes No NA	هل السخانات المستخدمة في المنزل قابلة لتعديل درجة الحرارة؟
Is the bathwater temperature checked with a thermometer or an adult's full arm before placing children in the water?	Yes No NA	هل درجة حرارة المياه في أحواض الاستحمام تقاس بالمقياس الحراري الخاص أو بوضع اليد من قبل الشخص البالغ قبل وضع والأطفال في الحوض؟
Are all electrical outlets covered and secured?	Yes No NA	هل جميع المنافذ الكهربائية مغطاة ومؤمنة؟
Are young children kept out of the kitchen when adults are cooking?	Yes No NA	هل جميع الأطفال يبقون بعيداً عن المطبخ في حال الطبخ من قبل الكبار؟
Are appliance doors such as stoves, dishwashers and ovens secure?	Yes No NA	هل أبواب الأجهزة مثل الفرن وغسالات الصحون مؤمنة؟

ARE CHILDREN SAFE FROM OTHER INJURIES?

هل الأطفال في مأمن من الإصابات الأخرى؟

Are all sharp & breakable items kept out of children's reach?	Yes No NA	هل جميع الأدوات الحادة والقابلة للكسر مخزنة بعيداً عن متناول الأطفال؟
If guns, firearms or other weapons are kept in the home, are they kept in a locked and secured cabinet?	Yes No NA	في حال تواجد أسلحة أو ألعاب نارية في المنزل، هل هي مخزنة في خزائن مغلقة ومؤمنة؟
If pets are in the home, are they kept away from the children unless there is adult supervision?	Yes No NA	في حال تواجد حيوانات في المنزل، هل يتم إبقاؤها بعيداً عن الأطفال، إلا في حال تواجد الأشخاص البالغين؟
If you have playgrounds at home, do you use safe ground for children and use secured low level plays?	Yes No NA	في حال وجود منطقة ألعاب للأطفال في المنزل هل هي مفروشة بالأرضيات المضادة للصدمات والألعاب الآمنة ذات الارتفاع البسيط؟
Do you use helmet for your children who ride bicycle and motorcycle?	Yes No NA	هل تستخدم الخوذة للأطفال الذين يقودون الدراجات الهوائية والنارية؟
Do you have separate area for parking cars outside the play area of the children?	Yes No NA	هل يوجد أماكن خاصة لصف السيارات بعيداً عن أماكن لعب الأطفال؟
Are all doors leading to unsafe areas secured with latches?	Yes No NA	هل جميع الأبواب المؤدية للأماكن غير الآمنة مغلقة؟

Find out if your home and family are safe by using the following risk calculation. You can get one point for each question to which you answered yes. Sum up the total number of yes answers in each section and compare the total with the following table:

35- 37/38	Highly Safe: No need to take rapid action. Make sure to check after 12 months. Class: extremely low risk.
28- 34/38	Safe: Minor actions are required. However, you have met most of the basic requirements. Class: low risk.
19- 27/38	Safe in particular areas and unsafe in others: Rapid actions should be taken in the areas answered (no). Class: potential risk.
9- 18/38	Unsafe: Rapid actions should be taken in some areas at your home. Class high risk.
0- 8/38	Extremely Dangerous: Rapid actions should be taken in most of your home. Class extremely high risk.

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