












Checklist for Home Safety

Hazards / Health Risk	Causes	Effects	Prevention
 <p>Burns</p>	<ul style="list-style-type: none"> Burns are caused by contact with fire, a hot surface, a hot liquid or steam. Burns from fires, stoves, ovens, and cooking pots. Hot foods, boiling water, steam, hot fats and paraffin. 	<p>Burns often cause serious injury and permanent scarring, and some are fatal.</p>	<ul style="list-style-type: none"> Keep young children away from fires, matches and cigarettes. Keep stoves on a flat, raised surface out of the reach of children. If an open cooking fire is used, it should be made on a raised mound of clay, not directly on the ground. Turn handles of all cooking pots away from the reach of children. Keep petrol, paraffin, lamps, matches, candles, lighters, hot irons and electric cords out of the reach of young children. Keeps away boiling water, hot food and irons. Put down a cup of hot liquid before picking up your child.
 <p>Falls</p>	<ul style="list-style-type: none"> Unguarded stairs, balconies, roofs, windows and play areas Falls from cots, baby walkers windows, tables and stairs 	<p>Falls are a common cause of bruises, broken bones, heavy bleeding and serious head injuries.</p>	<ul style="list-style-type: none"> Never leave children unattended and don't leave alone at height either changing table or bed. Do not leave child unattended when in a baby walker. Discourage children from climbing onto unsafe places. Use railings to guard stairs, windows or balconies.
 <p>Electric Shock</p>	<ul style="list-style-type: none"> Lamps, irons and electrical appliances Electrical shock from touching broken electrical appliances, naked wires, or poking sticks or knives into electric outlets. 	<p>Electrocution can cause tissue damage and can even be fatal.</p>	<ul style="list-style-type: none"> Power sockets should be covered to prevent access. Electric wires should be kept out of children's reach. Bare electric wires are particularly dangerous.
 <p>Cuts</p>	<ul style="list-style-type: none"> Knives, scissors, sharp or pointed objects, broken glass and axes can cause serious injuries. Sharp metal objects, machinery and rusty cans can cause badly infected wounds. 	<p>Broken glass can cause serious cuts, loss of blood and infected wounds.</p>	<ul style="list-style-type: none"> Always check toys for broken or sharp edges that can be harmful for children. Knives, razors and scissors should be kept out of the reach of young children. Older children should be trained to handle them safely. Glass bottles should be kept out of the reach of young children, and the house and play area should be kept free of broken glass and other sharp metal objects Household material including broken bottles and old cans should be disposed of safely.
 <p>Drowning</p>	<ul style="list-style-type: none"> Well, tubs and buckets of water Pool, bathtub etc. 	<p>Children can drown in less than two minutes and in a very small amount of water as little as 4 cm (1½ inches).</p>	<ul style="list-style-type: none"> Never leave your child alone in and near water. Wells, tubs and buckets of water should be covered. Children should be taught to swim when they are young as they will then be less likely to drown. Children should be taught never to swim in fast-flowing streams and never to swim alone.
 <p>Poisoning</p>	<ul style="list-style-type: none"> Young children like to put things in their mouths especially small objects. Insecticide, bleach and detergents. Overuse or misuse of medicinal drugs. 	<ul style="list-style-type: none"> Poisoning is a serious danger to small children. Bleach, insect and rat poison, paraffin (kerosene) and household detergents can kill or permanently injure a child. Many poisons do not need to be swallowed to be dangerous. They can kill, cause brain damage, blindness or permanently injure if they are inhaled; get onto the child's skin or into the eyes; or get onto the child's clothes. Excessive use of antibiotics can cause deafness in small children. Aspirin is a common cause of accidental poisoning. 	<ul style="list-style-type: none"> Do not put poisons in soft drink or juice bottles, jars or cups, children may drink them by mistake. All medicines, chemicals and poisons should be stored in their original containers, tightly sealed and labeled. Detergents, bleaches, chemicals and medicines should never be left where children can reach them. Medicine should only be given to a child if it was prescribed for that child and never be given to a child if it was prescribed for an adult or some other child. Medication should be kept out of the reach and sight of children.
 <p>Choking and Suffocation</p>	<ul style="list-style-type: none"> Poisons, medicines, bleach, acid, and liquid fuels such as paraffin (kerosene). Choking on small objects such as coins, buttons or nuts, betel nuts. 	<ul style="list-style-type: none"> Coughing, gagging and high-pitched, noisy breathing or the inability to make any sound at all indicate breathing difficulty and possible choking. Choking is a life threatening emergency. Caregivers should suspect an infant is choking when he or she suddenly has trouble breathing, even if no one has seen the child put something into the mouth. 	<ul style="list-style-type: none"> Do not give groundnuts (peanuts), hard sweets, or food with small bones or seeds to very young children Always supervise young children during meals. Cut or tear children's food into small pieces. Play and sleeping areas should be kept free of small objects such as buttons, beads, coins, seeds and nuts. Keep cribs and beds away from windows and blind cords and cut up, tie up or use a loop fastener to safely secure any hanging blind cord loops. Keep things like stuffed toys and pillows out of a baby's crib.
 <p>Road Accident</p>	<ul style="list-style-type: none"> Children under five years old are particularly at risk on the roads. Young children do not think before they run onto the road. Bicycle accidents are a frequent cause of injury and death among older children. 	<ul style="list-style-type: none"> Children are at high risk of serious injury if they travel in the front seat of a car or unsupervised on the bed of a truck. 	<ul style="list-style-type: none"> Children should not play near the road, particularly if they are playing with balls. Children should be taught to walk on the side of the road, facing traffic. When crossing the road, young children should be taught to: stop at the side of the road; look both ways; listen for cars or other vehicles before crossing; hold the hand of another person; Walk, not run. Older children should be encouraged to look after younger children and to set a good example. Families can prevent bicycle accidents if they make sure that children with bicycles are trained in road safety. Children should wear helmets or protective headgear when biking.
 <p>Contaminated Water</p>	<ul style="list-style-type: none"> Unhygienic and contaminated water. 	<ul style="list-style-type: none"> Contaminated water lead to diarrhea, eye infections (including trachoma), skin diseases, scabies, lice, fleas Typhoid, hepatitis, dysenteries, cholera etc. 	<ul style="list-style-type: none"> Hygienic water storage, including covered containers and tanks, regularly cleaned. Drinking water should always be boiled before drinking.
 <p>Inadequate disposal of human wastes</p>	<ul style="list-style-type: none"> Pathogens from excreta that can contaminate food, water or hands. 	<ul style="list-style-type: none"> Contaminations can lead to faecal-oral diseases or intestinal worms (eg hookworm, roundworm, tapeworm, schistosomiasis) 	<ul style="list-style-type: none"> Maintain WC or latrine which eliminates possibility of contact with excreta, and which is suitable for the use of small children. Proper hand washing with soap after using toilet.
 <p>Indoor air pollution</p>	<ul style="list-style-type: none"> Open fires, smokes of fuel. 	<ul style="list-style-type: none"> Open fires or poorly designed stoves and smoky fuels. These cause or exacerbate respiratory illnesses, especially in women and children. 	<ul style="list-style-type: none"> Make proper ventilation for fire and smoke.

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Issue No.VII September, 2009

Nurture

Pakistan's Pioneer Publication on Early Childhood Development

Nurture magazine is developed by the Sindh Education Foundation under the RCC: ECD Programme which is supported by the Embassy of the Kingdom of the Netherlands and coordinated by the Aga Khan Foundation, Pakistan.

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