

Home Safety – Activity Sheet

Please read this information on home safety – These key messages will help keep you and your family safe at home and could prevent an accidental injury. Once you have finished reading, complete each activity.

Slips, Trips & Falls are one of the most common causes of childhood accidents, however they can usually be prevented. Children experience trips and falls daily, but some can be more serious. Falls that happen at home are normally on the stairs or are caused by objects that are left out, such as toys and cables. You and your family can do certain things in your home to help reduce the risk of this:

- . Stair ways should always be kept clear from clutter, for example, shoes, toys, clothes.
- . If you have a younger brother or sister (under the age of 2) safety gates are advised at the top and bottom of the stairs.
- . Some stair ways have a handrail to assist you when walking up and down the stairs safely.
- . Once you have finished playing with your toys, these should be tidied away to ensure no one trips over them.
- . Cables should not be left dangling or trailing.

Take a look around your house with the help from an adult, can you spot any hazards that could lead to you OR someone in your house to have a fall?

Make a list of your findings:

- _____
- _____
- _____
- _____
- _____



Again, with the help from an adult, can you make any changes in your home to prevent a fall from happening?

Falls are more serious **outdoors** or from **height**, for example when riding a bike.

. What safety measure should you take when riding a bike to protect your head if you were to fall (unscramble the word to reveal the answer) **S F A T E Y H M E L E T**

S _____ **T**

Kitchen Safety – Spot the Hazard

95% of all childhood burns and scalds happen at home in the kitchen.

Children's skin is much more delicate than adults, so burns can be more serious and life changing!

FACT: A cup of tea or coffee could be the most **dangerous** thing in your kitchen or lounge. Any hot drink can **scald** a child **even 15 minutes** after it's been made.

Try and see if you can spot at least **10** Hazards in the picture below

There's more to watch out for than just the oven!



Now you have identified the different hazards in the picture above, can you match each hazard with the correct method to reduce the risk? Draw a line connecting each hazard to the correct way of preventing it.

For example, one has been completed.

Sauce Pans

Kettle Flex/wires/Extension Leads

Cluttered Floor

Open cupboard storing cleaning products or medicines

Oven/hob

Certain cupboards in the kitchen may contain harmful & poisonous chemicals, such as cleaning products. These should be kept in a high cupboard out of reach. If there is a child under 5 years old in your home, cupboard locks are advised.

Ovens/hobs can stay hot even after they've been turned off, and oven doors can be very hot when the oven is on – When these appliances are on children should stay out of the kitchen unless supervised by an adult.

Cables should be pushed to the back of the worktop, so they are out of reach from small children to grab. This will also prevent any one from tripping over them and having an accident. Cables should also be kept away from the sink or any areas where there is access to water.

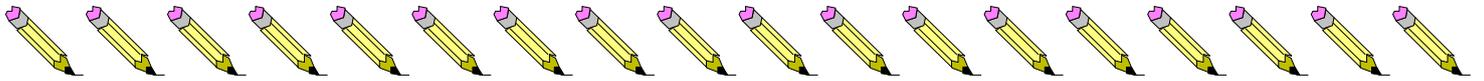
Turning the saucepan handles away from the edge of the counter or cooker and using the back rings keeps them out of reach of small children and ensures they can't be knocked over.

It is important that the floor space in the kitchen is kept clear from any clutter and obstructions, such as toys, clothes, books, etc. as this could cause some one to trip and fall leading to a burn or scald.

Kitchen Safety – Spot the Hazard **Answers**

Please see some of the answers to the kitchen safety- spot the hazard activity below. There are **10** obvious answers, however you may have found more.

1. Drill/tools left in reach on the kitchen work surface
2. Iron left out and plugged in with trapesing cables
3. Obstructions/clutter left out on the kitchen floor
4. Oven door left open whilst the oven is on
5. Boiling saucepans left on with the handles in reach
6. Cupboard doors left open with harmful products in
7. Trapesing cables
8. Electric products near the sink with access to water
9. Overflowing sink causing water to overflow on to the floor
10. Overloading plug sockets and extension leads



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