

Watch your child at all times. Children do not understand danger.

Falls

✗ Do not allow your child near windows.

✗ Do not leave your baby alone on a bed, bunk, chair, couch or changing table.

✓ Use window restrictors - these stop windows from being opened wide enough for a child to fall out. Use ones that you do not need tools to open (in event of a fire).

✓ Use safety gates.

✓ Keep the trailer door closed.

✓ Keep the area outside your home clear.

Strangulation

✓ Take off your baby's bib after feeding and before sleep.

✗ Never dress your child in or let them play with jewellery, amber teething jewellery, strings, ribbons, headbands or hairbands.
✗ Never put any cords, religious medals or clothing with cords on your child. Keep them away from your child.

✓ Make window blind cords and chains safer by using a safety device.
✗ Do not buy blinds or curtains with cords or chains attached.

✗ Never let your child play with plastic bags.

Safe sleep for your baby – reduce the risk of cot death

✗ Do not use heavy blankets like fleece blankets for sleep.

✓ Use a cotton blanket with holes in it to let the air in. They are called cellular blankets.

✗ Do not put your baby to sleep on their tummy.
✗ Do not place your baby to sleep on their side as they may roll onto their tummy.

✗ Sleeping sitting up can be very dangerous for your baby as it can affect their breathing. Don't use baby seats, car seats or buggies for your baby's sleep.
✓ If your baby falls asleep in their car seat, move them into their cot.

✗ Do not let your baby get too hot.
✗ Do not put your baby to sleep in a hat or near a heater, stove, radiator or in direct sunlight.

✓ Always place your baby on their back to sleep, even for naps.
 ✓ Place your baby's feet to the end of the cot, and keep their head and face uncovered.
 ✓ The safest place for your baby to sleep is in a cot near you, for the first 6 months at least.
 ✓ Keep the cot free of pillows, toys, positioners and similar products and anything loose or fluffy.
 ✓ Make sure the mattress is firm, flat and fits the cot correctly.
 ✗ Do not sleep in the same bed as your baby. Bed sharing can be dangerous especially if you or your partner smokes.
 ✗ Do not smoke or allow anyone to smoke near your child.

Choking

✓ Cut grapes, cherry tomatoes and similar fruits into quarters, or smaller, lengthways.
 ✓ Grate hard raw vegetables and raw apples before serving.
 ✓ Cut up food to a size that your child can chew and eat safely.

✗ Do not give popcorn, marshmallows, chewing gum, nuts or boiled sweets to children under 5 years of age.
 ✓ Peel the skin from sausages or hot dogs and cut lengthways into pieces as small as your child's smallest fingernail.
 ✓ Watch your child when they are eating. Make sure they are sitting up and eating food suitable to their age and developmental stage.

✗ Do not prop your baby's bottle against a pillow, rolled up blanket or other support because they can choke. Always hold your baby's bottle in your hand when feeding.
 ✗ Do not give your child soothers or dummies that are worn, torn or too small.
 ✗ Do not let your child run with anything in their mouth because they can choke.
 ✗ Do not let your child play with small items, such as coins, button batteries, other batteries and buttons.

Drowning

✓ Always stay with your child in the bath or near water.
 ✓ Empty baths immediately after use.

✓ Empty paddling pools immediately after use. Then put them away, out of your child's reach.
 ✗ Do not leave buckets and barrels outside as they can collect water.

✗ Be aware of puddles - children can drown in small amounts of water.

Fire safety

✓ Place a fireguard in front of stoves and heaters and attach it to the wall.
 ✗ Never put anything on top of a fireguard, such as clothes.
 ✓ Make a fire escape plan and practice it.
 ✓ Have working carbon monoxide alarms. Place them close to where fuel is burnt.
 ✓ Have working smoke alarms and test them weekly.

✓ Keep matches, lighters, lit candles or anything with a flame out of your child's reach and away from curtains, blinds and fabrics.

✓ Keep your child away from fires.
 ✓ If lighting a fire outside, watch your child closely.
 ✗ Do not leave your child alone by the fire.
 ✗ Do not throw anything into a bonfire.
 ✗ Never use petrol to light fires.
 ✗ Keep your child away from generators and gas cylinders.
 ✗ Do not smoke in your home.

✗ Never leave lit candles unattended.

✗ Never overload plug sockets or outdoor electrical cables.
 ✗ Do not leave mobile phones charging when you go to bed or go out.

✓ Go through a fire safety checklist every night. This should include closing all inside doors and unplugging electrical items.

✗ Do not use stove-top chip pans.

Road safety

Cycling

✓ Your child should wear a well-fitting helmet and hi-vis clothing. Their bike must have working brakes, lights and a bell.



Traffic

✓ Hold your child, or their hand, when near traffic or when cars are coming or going from driveways or your home.



Cars

✓ Securely strap your child into a correctly fitted car seat, appropriate for their weight and height, for every journey (see rsa.ie).

Burns and scalds

- ✓ Unplug hair straighteners and store safely after use.
- ✓ Keep all electrical equipment out of reach.
- ✓ Use kettles with short flexes.



✓ Cook on the back rings first and turn pot handles in.



✗ Do not let your child near hot drinks.



Animals

✗ Never leave a young child alone with a dog, horse or any other animal. Even the most gentle animal can bite.

✓ Watch your child closely when they are around animals and show your child how to act safely around them.



Poison

- ✓ Keep all poisons and medicines out of reach up in a high locked press. This includes bleach, washing tablets, cleaning products, paraffin, petrol, oil, white spirits and batteries.
- ✓ Keep cigarettes, e-cigarettes, alcohol and vape liquid out of reach.



✗ Never use soft drink or mineral bottles to store bleach or dangerous liquids.

Your Eircode: _____

Family phone numbers: _____

Doctor (GP): _____

Doctor out of hours service: _____

Public health nurse: _____

Traveller Primary Health Care Project or local Traveller organisation

Poison Information Line 01 809 2166 (8am-10pm, 7 days a week)

Traveller primary health care worker: _____

Basic first aid. Get medical help at any stage if you are worried. Phone 999 or 112 in an emergency.

Choking

Babies under 1 year

If your baby is choking, you may notice that:

- they appear to be coughing but no sound is coming out - this is sometimes called a silent cough
- they are unable to cough
- their face may be pale
- their lips may be blue
- there may be lots of spit (saliva) but no sound

Call 999 or 112 right away if your baby is choking, is not awake and alert or is unresponsive.

If your baby is awake and alert but they are not coughing well, you will need to do first aid.

Step 1 – slap it out

Sit down. Hold your baby's face down on your knee. Make sure to support their head, jaw and neck. Their head should be lower than their body.



Baby back blow

Give 5 back blows using the heel of your hand between your baby's shoulders.

If you can see the object, try to remove it. But never put your finger into your baby's mouth if you don't see anything there. This is because you could end up pushing the object further in.

If this does not work, move on to step 2.

Step 2 – squeeze it out

Turn your baby over so they are lying face up along your thighs. Make sure you support their head and neck.

Give 5 chest thrusts by finding their breast bone. This is in the centre of their chest, in line with their armpits.



Baby chest thrust

Place 2 fingers in the middle of their chest and push hard on the chest. Repeat up to 5 times.

If this does not work call 999 or 112 for emergency help, if you have not already done so.

Step 3 – call 999 or 112

Keep doing 5 back blows and 5 chest thrusts. Do this until the object pops out, the ambulance arrives or your baby becomes unresponsive.

If your baby becomes unresponsive, you will need to begin CPR (cardio pulmonary resuscitation).

The emergency phone operator will guide you through how to give CPR.

If during CPR you see the object, remove it with your fingers. Do not place your fingers into your baby's mouth if you cannot see the object.

If the object does come out, you should still get medical help afterwards. This is in case part of the object remains or your child has been injured during the choking or first aid.

1 year or older

If your child starts coughing all of a sudden and is not ill, there's a good chance that they're choking.



Call 999 or 112 right away if your child is not awake and alert or is unresponsive.

Ask older children, 'Are you choking? Can you cough, speak or breathe?' If they are unable to cough, speak, breathe or cry, they may be choking.

If your child is awake and alert but they are not coughing well, you'll need to give first aid.

Step 1 – cough it out

If your child is coughing well, simply encourage them to cough.

If that doesn't work, you may need to try to slap it out.

Step 2 – slap it out

Stand behind your child. Support them in a forward-leaning position.

Give up to 5 blows to the back between the shoulder blades.

If this does not dislodge the object, you will need to try and squeeze the object out.



Support the child



Slap on back

Step 3 – squeeze it out
Stand or kneel behind the child.

Give 5 abdominal thrusts (this is commonly known as the Heimlich manoeuvre).



Clench your fist and place it between the navel (belly button) and the ribs.

Grasp this hand with your other hand and pull hard inwards and upwards (scooping motion).

Do not apply pressure to the ribs as this may cause damage.



If your child is still choking, call 999 or 112, if you have not already done so.

Step 4 – call 999 or 112

Keep doing 5 back blows and 5 abdominal thrusts. Do this until the object pops out, the ambulance arrives or your child becomes unresponsive.



If your child becomes unresponsive, you will need to begin CPR (cardio pulmonary resuscitation).

The emergency phone operator will guide you through how to give CPR.

If during CPR you see the object, remove it with your fingers. Do not place your fingers into your child's mouth if you cannot see the object. If the object does come out, you should still get medical help afterwards. This is in case part of the object remains or your child has had an injury during the first aid.

Burns and scalds



When to call an ambulance
Call 112 or 999 for an ambulance if:

- the burn or scald is above the neck
- your child has difficulty breathing
- your child is unresponsive

When to go to the hospital

Go to your nearest emergency department if:

- a baby or small child has been burned or scalded
- the burn area is larger than a €2 coin
- the burn is on your child's face, hands or genitalia
- any burns appear white or chalky
- there is evidence of an inhalation injury - this may include soot or smoke residue around the nose or mouth
- there are signs your child is in shock, such as cold, clammy skin, sweating, fast and shallow breathing, weakness or dizziness
- any chemical or electrical burns, even if they are small

When to go to your Doctor

You should go to your Doctor if:

- you need advice about minor burns or scalds - minor burns are smaller than a €2 coin
- the area around a healing burn becomes red, or pus starts to come out of it - this could be a sign of infection

Give your child basic first aid if the burn is minor or while you wait for medical attention:

1. Cool the burn or scald - run cool water over it for 20 minutes.
2. Remove any nappies, clothing and jewellery near the injury. Do not remove anything which is stuck to the skin.
3. Do not put anything on the injury. No ice, fats, ointments, creams, lotions, sprays, sticky dressings or plasters.
4. After cooling for 20 minutes, cover the burn loosely with non-fluffy cloth or cling film.

First aid kit

Have a well-stocked first aid kit. Keep out of children's reach. Include a list of emergency numbers.

Do not store medication in a first aid kit. It should be stored in a high locked cupboard.

Learn the basic first aid skills outlined here and consider doing a first aid course.



Nosebleeds

Nosebleeds aren't usually a sign of anything serious. They're common in children. Most can be easily treated at home.

You should see your Doctor if your child is under 2 years old and has a nosebleed.

If your child has a nosebleed:

1. Get them to sit down.
2. Tilt their head forward.
3. Pinch the end of their nose for 10 minutes.

After 10 minutes, check their nose. If their nose is still bleeding, pinch for another 10 minutes. Go to your Doctor or nearest emergency department (A&E or ED) if the nose continues to bleed.

Cuts and bleeding

If your child has a small cut:

1. Wash your hands. Use disposable gloves if you have them to reduce the risk of infection.
2. Clean the cut — use cool running water.
3. Check the cut to see if there is an object stuck in it.
4. If there is no object in the cut, cover it with a clean non-fluffy dressing or plaster.

Removing an object in the cut

If there is an object stuck in the cut, like a piece of glass, do not press on the object to remove it. Press either side of it instead.

If you can't remove the object, or you think that there is a risk of infection, go to one of the following:

- Your Doctor.
- Doctor out-of-hours service.
- Hospital emergency department (A&E or ED).
- Minor injury unit.

Heavy bleeding



Call 999 or 112 or go to your nearest hospital emergency department (ED) or a minor injury unit if:

- you cannot stop the bleeding
- there's bleeding from an artery — blood from an artery comes out in spurts with each beat of the heart. It is bright red and is usually hard to control.

Poison

Stay calm and act quickly. Take the poison away from your child. Where to get medical advice:

- Phone the Poisons Information Line on 01 809 2166 (8am to 10pm, 7 days a week).
- Outside these hours contact your Doctor or the hospital.
- In an emergency, phone 112 or 999. Always take the bottle or container with you to the phone, Doctor or hospital.

If a poison was eaten

Make your child spit it out. Run your fingers around their mouth. Flick out remaining pieces. Never make your child vomit. Get medical advice. Do not give your child anything to eat or drink unless healthcare staff tell you to do so.

If a poison has been splashed into the eye

Wash with tap water for 15 minutes. Get medical advice.

If a poison has splashed onto their skin

Remove any clothing that has poison on it. Make sure you don't come into contact with the poison. Wash the skin well with running tap water and soap for at least 15 minutes. Make sure the water drains away from your child and you. Do not put anything on the exposed skin other than water. Get medical advice.



This wall chart is provided to parents and carers by their local public health nurse.

Please hang it where you will have easy access to it. The inside door of a kitchen press might be a good place. For more information on child safety, see mychild.ie

Special thank you to:

- Laois Travellers Primary Health Care Programme
- Longford Primary Health Care Project for Travellers
- Offaly Traveller Primary Healthcare Project
- Traveller Health Unit Eastern Region