براءتهم لا تدرك الخطــر A CHILD'S EYES SEE NO DANGER





PARENTS & CHILD'S CAREGIVER BROCHURE



الإصابـات الـمنــزلـيــة أكــثر الإصابـات شيــوعــاً Home injuries are the most common types of injuries

اجعـل بيتـك آمناً لـهـم..و احرص عـلـى مراقبتهـم. عـن كثب Keep your home safe and supervise your children closely معرفة الوقاية.. تُجنبك الإصابة Know **Prevention** Prevent **Injury**

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THE REAL WEALTH OF THE COUNTRY IS MADE UP OF MEN, OF CHILDREN AND OF FUTURE GENERATIONS. IT IS THIS WHICH CONSTITUTES THE REAL TREASURE.

H.H. SHEIKH ZAYED BIN SULTAN AL NAHYAN



Children are a precious treasure and the future of our country. It is imperative that we look after them at all times.

Islamic Sharia law places great importance on caring for children as individuals and as part of a community. We must leave nothing to chance and always put them first.

It is a priority as a parent or a caregiver, to protect children from possible danger and injury — both of which could physically and psychologically affect a childs development and future life.

Facts



Around the world a **child dies** from a preventable injury

EVERY 30 SECONDS

That is almost **3,000 children** each day.



In Abu Dhabi, **injuries** are one of the leading cause of death in children.

Among children 0 - 17 years old, injuries are #3 cause of death. One in six children's deaths (14.1%) are due to injuries.



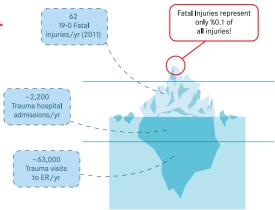
As a child grows (4 - 17) years old, injuries become the #1 cause of death. More than 1 in three children's deaths (40.7%) is caused by preventable injuries.





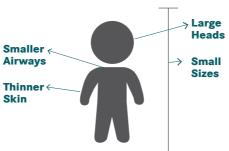
But this is just the tip of the iceberg...

For every death, **tens are hospitalized, 100s visit the ER** and many more are **treated at home.** Some children suffer
temporary or permanent disability.



What puts children at a high risk of injuries?

Children have special features that make them prone to suffering injuries:



- Large heads in proportion to the rest of their body, making them imbalanced, particularly when they fall.
- Smaller airways, putting them more at risk of choking on small objects.
- Thinner skin is bruised, grazed and burns more easily.
- Lack of height means they are often unseen by vehicles, increasing the risk of a road traffic incident.
- Immature and inexperienced, therefore they do not understand hazards or risks.
- Curious and fearless by nature they like to explore.

Injuries do not occur because of fate, chance or bad luck.

As parents and caregivers, we must realize that injuries to children are understandable, predictable and preventable. By understanding how injuries happen – and by planning ahead and taking simple precautions – most injuries can be avoided.

My Children are Safe

They're called preventable injuries, because they are **preventable.**

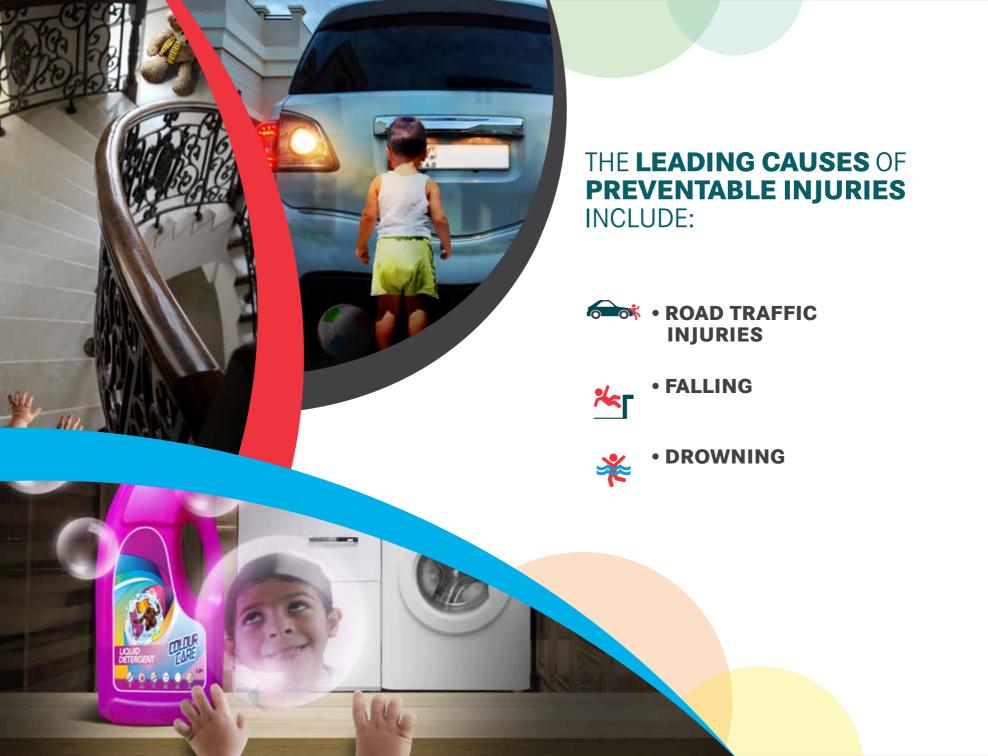
Injury prevention refers to the actions or interventions that prevent an injury event or violent act from happening by rendering it impossible or less likely to occur.

Preventing injuries has always been a top priority in Abu Dhabi – but we can always do more. And it starts in the home. There are hazards around the home and neighborhood – and it is your job to identify them before a child does. There is nothing worse for a parent than losing a child.

Solutions are in our hands. But we have to make it happen.

This booklet will help you identify home hazards and learn preventative actions.









ROAD TRAFFIC INJURIES



Road traffic injuries are the number one cause of death among children in Abu Dhabi, whether as a passenger in a car or crossing the road.

Children are also at risk from vehicles being driven, particularly reversed, onto the driveway at their home. In addition, there have been incidents of young children being left unattended in a car.

As a parent or childcare provider, you can make a difference by being mindful of these risks, as well as teaching your children about the dangers of traffic.

Solutions

Inside the car:

- Always buckle-up children using car seats, booster seats or seat belts that are appropriate for their age, height and weight.
- When safely secured in the back, children are also prevented from leaning out of the window and playing around - all of which can distract the driver's attention.
- Ensure all windows and doors in the back of the vehicle are locked.
- Always be a role model and set the right example by wearing your seatbelt.

Outside or at the home:

- Ensure vehicles are parked away from where your children play.
- Teach your children to never run towards a moving vehicle.
- When transporting children, make sure they are never left behind or left inside the car alone.
- Fit a special mirror, detectors or camera inside your vehicle that alerts you of children moving behind.
- Install a lockable fence or barriers around play areas to prevent children running out into the street.

When walking around the neighborhood:

- Educate your children about road safety, such as never running or pushing when walking by the roadside.
- Always hold their hands, paying extra attention when crossing the road.
- When you walk with them, ensure they are inside of the sidewalk furthest away from moving vehicles.
- Teach your child to cross the road correctly always using the designated pedestrian crossing, only on the green light, standing back from the curb, using a pedestrian crossing and looking right, left and right again, before crossing.
- Children will copy their parents and other grownups therefore make sure you never use your cell phone whilst walking by the roadside.







Falling causes $^2/_3$ of all non-fatal child injuries in Abu Dhabi, which are treated in emergency rooms.

Although falls often lead to minor ailments such as bruises and grazes, others can cause fractures or broken bones, whereas serious falls can inflict potentially lifethreatening injuries.

Solutions

There are always ways to prevent falls:

- Never leave a baby alone on a changing table, bed or other elevated surface.
- Always install a safety rail or guard on your child's crib or bed.
- Take big toys out of a cot so the child cannot climb on them.
- Fasten the harness in a highchair or pram securely.
- Use safety gates to block stairs and potentially hazardous areas and rooms.
- Use windows latches and locks on external doors at all times.
- Move furniture away from windows that could be climbed on.
- Mobile baby walkers allow access to potentially dangerous situations such as falling down stairs; therefore replace them with "activity play stations".
- Beware of sharp corners on furniture, such as tables and units. Use corner protectors.
- Ensure all play areas, inside and outside, have a soft surface such as a rubber or foam mat to absorb a fall.



Drowning is one of the major causes of death among children under five years of age.

Most incidents in this age group occur in bathtubs, home swimming pools, wading pools, toilets, buckets and other containers filled with water. It only takes 5cm of water for a child to drown.

- Babies are very top-heavy and can easily fall, therefore always support your baby in the bath and around water sources like a water-filled bucket or toilet as they may easily fall in.
- For most children water means fun, play and adventure however adult supervision is recommended at all times.
- Always stay within reach of young children near any source of water.
- Children who cannot swim unaided must wear armbands, swim jackets or other flotation aids, and should always be supervised.
- Be sure to install a lockable fence around your home's swimming pool and ensure an adult supervises children at all times. Never leave your child alone even for a few minutes.
- Teach the correct water safety behaviors no running, pushing or diving.
- Enroll your child in age-appropriate water orientation and learn-to-swim courses.





BURNS AND SCALDS

Injuries from burns can be fatal.

Burns can occur in a variety of locations inside and outside the home, therefore these areas must be controlled and supervised at all times.

- Always check the temperature of the water using your elbow or thermometer before bathing a baby. The temperature should be less than 49°C (120°F). Purchase automatic temperature control valves to help prevent burns.
- While carrying a baby never cook or carry hot drinks.
- Ensure saucepans handles are out of reach when cooking.
- Create a childfree zone around the oven and other hazardous areas.
- Install safeguards around the oven to prevent a child reaching for the saucepans.
- Ensure electrical cords are out of reach.
- Make sure children do not insert objects into an open socket as this can cause an electric shock. Use safety covers for unused sockets.
- $\bullet\,$ Do not leave lighters or matches where a child could find them.
- During winter, different types of heating is used at home and on trips (e.g. camping)
 which could result in burns, carbon monoxide poisoning or suffocation. Therefore
 supervise children closely.
- Make sure your home has smoke alarms and a fire extinguisher.
- Prepare for any potential emergency by agreeing an evacuation plan for the family.
- Never allow children to play with fireworks. They are extremely dangerous and can cause serious injuries.



Poisons come in all shapes and sizes and can often be fatal.

Most incidents occur in the kitchen, bathroom and bedroom – often in the presence of parents and caregivers, due to products not being stored correctly and out of reach.

Poisoning can be caused by ingestion (eating or drinking), absorption (contact with the skin or eyes), inhalation (breathing fumes) and injection (puncture wounds from sharp objects).

- Always supervise your children, they act quickly but so do poisons
- · Ensure detergents are locked away.
- Store cleaning products on a high shelf or cupboard.
- Keep medicines and tablets out of a child's reach.
- Never leave cosmetics or perfumes accessible to a child.
- Keep products in their original packaging never put them into food or drinks containers.
- Always tell a child tablets are dangerous and never tell them they are candies.
- Make sure all medicine and household are packaged with child -resistant packaging.
- For help, contact the emergency number 999 immediately if person is:
 - Drowsy or unconscious.
 - Having difficultly in breathing or has stopped breathing.
 - Uncontrollably restless.
 - Having seizures.
 - Known to have taken medications, or any other substance, intentionally or accidentally overdosed.
- If the patient's condition is stable, please contact HAAD Drug Information Center at 800424 during working for any further clarification or assistance.







Choking is a serious issue in babies and young children.

When a child is unable to breath, also known as suffocation, it can be terrifying. Infants are most at risk of suffocating when they are sleeping, whereas toddlers are more likely to choke on small objects such as food, coins, parts of toys etc.

- Parents sleeping with their baby pose a high risk of rolling on them, causing suffocation, strangulation or entrapment. Babies should always sleep in their beds and cribs.
- When feeding a baby, always prop them or sit them up securely and safely.
- Do not leave a small child unattended when they are eating.
- Never leave small objects, such as coins, nuts or buttons lying around be vigilant and store them in a safe place.
- Always cut food up into small pieces and remove seeds and pips.
- Be mindful to choose toys according to the appropriate age group, avoiding those with small parts for younger children.

BICYCLE RELATED COLLISIONS



Severe head injuries and brain damage cause the majority of fatalities involving bicycles or motorcycles.

Wearing a helmet can reduce the risk of head injury by 85 percent and brain injury by 88 percent.

- Helmets and arm/knee protection should always be worn whenever a child is using a bicycle, skateboard, roller skates, scooter or hover board.
- Never let children ride on or near main roads and ensure they are under your supervision.
- Don't allow children to ride around the neighborhood after dark, they might not be see and could be hit by moving vehicles.
- Teach your children to ride their bicycle inside the appropriate cycle lines on the sidewalk.
- Do not allow children to ride motorcycles, quad bikes or buggies in the desert, which can cause serious fatalities.





How to Prepare for an Emergency

Main things to consider:

- At least one family member should be trained in pediatric first aid.
- Maintain a first-aid kit with all required items and supplies within easy reach at all times.
- Keep information where you need it (e.g., include emergency telephone numbers in your mobile phone or place them in an easily accessible place.
- Keep calm. If you panic, children are likely to panic too.
- Call 999 for help. Give all the important information slowly and clearly.
 Make sure that you have given all the necessary information. Do not hang up the phone until the operator tells you to.

How Safe is Your Home?

Please complete this Home Safety Checklist to see if your home and family are safe from potential accidents and emergencies.

- Take the checklist and a pen with you, and walk from room to room in your home, as well as all outdoor areas. As you go, answer all questions.
- REMEMBER to look at your home from the eye level of a young child. You will be amazed at how different it looks from their level and perspective.
- The following checklist is a general guide only. Every home is different, so some items may not apply.
- Consider making changes to items that received a NO response.

For more information, please visit our website at www.haad.ae, or contact us at the following toll free number 800555.





Total Answered Yes:	
Total Answered No:	



ARE CHILDREN SAFE FROM CHOKING, SUFFOCATION OR STRANGULATION?			
Are all small objects kept out of your child's reach?	Yes	No	NA NA
Are toys appropriate for the child's age?	Yes	No	NA NA
Do caregivers avoid giving infants and toddlers foods such as hardy candy, popcorn, raw carrots and grapes?	Yes	No	NA NA
Is there a safe sleeping area for infants with clean tight bedding and no stuffed toys?	Yes	No	NA NA
Do adults, children and others avoid sleeping with the infant?	Yes	No	NA NA
Are the spaces between the slots in the child's crib less than 5cm apart?	Yes	No	NA NA



ARE CHILDREN SAFE FROM POISONING	3?		
Are all cleaning products, chemicals and insecticides kept in a locked cabinet?	Yes	No	NA
Are all vitamins and medications secured in a locked cabinet?	Yes	No	NA NA
Are all cosmetics, shampoos, toothpastes and other bathroom items kept in a locked cabinet?	Yes	No	NA NA
ARE CHILDREN SAFE FROM DROWNING?			
Is the bathroom off-limits for toddlers unless an adult is with them?	Yes	No	NA
If there is a toddler in the home, is the toilet lid secured?	Yes	No	NA NA
Do you empty any source of water such as filled buckets and inflatable swimming pools directly after use?	Yes	No	NA NA
If you have a pool or spa, is it fenced and properly secured with safety barriers?	Yes	No	NA NA

Total Answered Yes:

Total Answered No:



ARE CHILDREN SAFE FROM BURNS? Is the bathwater temperature checked with a thermometer or an adult's full arm before placing children in the water? Yes No NA Are all electrical outlets covered and secured? Yes No. NA Are young children kept out of the kitchen when adults are cooking? Yes No NA Do you avoid buying fire works for your children? Yes No NA. Do you have smoke detectors installed in your home? No NA Are matches, lighters and flammable products stored properly? Are electrical cords in good condition and not overloading the sockets? No NA Is there a gas bottle stored outside the house and under a covered area? No NA Yes Do you close all unused electrical sources before sleeping? (such as bathroom fans, AC, lights and other electrical devices) Yes No. NA Do you avoid baby walker as children could reach hot substances and electrical sockets? Yes NA **Total Answered Yes:**

Total Answered No:





ARE CHILDREN SAFE FROM OTHER INJU	JRIES?		
Are all sharp and breakable items kept out of reach?	Yes	No	NA NA
If you have an outdoor play area, do you use a soft surface or matting for children?	Yes	No	NA NA
Do you have a separate area for parking cars, which does not intrude upon the outside play area?	Yes	No	NA NA
Does your child wear a helmet when riding their scooter, bicycle or motorcycle?	Yes	No	NA NA
Are all doors leading to unsafe areas secured with latches?	Yes	No	NA NA
Do you use a car safety seat for your children when driving?	Yes	No	NA NA
Does your child know how to cross the street safely?	Yes	No	NA NA

Total Answered Yes:		
Total Answered No:		

Know Prevention Prevent Injury HEALTH AUTHORITY

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OTHER

ARE YOU PREPARED FOR AN EMERGENC	Υ?		
Are emergency phone numbers visible and known by all family members and staff?	Yes	No	NA NA
Are any adults trained in the first aid and CPR?	Yes	No	NA NA
Is there a fire extinguisher in the home and do all adults know how to use it?	Yes	No	NA NA
Do you have a family fire escape plan and do you practice fire drills?	Yes	No	□ NA

Total Answered Yes:

Total Answered No:



Find out how safe your home and family are by using our risk calculator below. You gain one point for each question answered Yes.

Add the total of all the questions answered Yes and compare them with the below schedule.

35 - 37/40	Extremely safe. No immediate further action required. Ensure you review once again in 12 months' time. Category: Very low risk.
28 - 34/40	Safe. A little fine-tuning is needed but you have addressed most of the key areas. Category: Low risk.
19 – 27/40	Safe in some areas but unsafe in others. Needs immediate attention in the areas where you answered "no". Category: Potential risk
9 – 18/40 Unsafe. Immediate attention is needed in many areas of y home. Category: High risk	
0 - 8/40	Extremely unsafe. Urgent attention required throughout the majority of your home. Category: Very high risk

KITCHEN

- Make sure all pots and pans are turned inwards.
- Keep sharp objects locked away and out of a child's reach

BATHROOM

- · Empty any source of water after use.
- Never keep your child around any source of water unsupervised.
- · Use non-slip mats to avoid falls.
- Check water temperature with your elbow or a thermometer before bath time.

LIVING ROOM

- . Use safety gates on the stairs.
- Move fragile items up and away from a child's path.
- Cover electrical sockets with furniture.
- Use electrical socket covers on all electrical outlets.

KIDS PLAY ROOM

- Ensure all play areas are equipped with soft surfaces.
- · Avoid toys with small parts.
- Ensure that small toys such as coins are kept in hard to reach places.
- . Use safety latches on windows and balconies

WASHING ROOM

- Store medicine and household products out of children's' sight and reach.
- · Use safety locks on all cabinets within reach.
- Make sure all medicine and household products are packaged with child resistant packaging.
- · Keep products in their original packaging.

BEDROOM

- Never leave children alone on a changing table or high surface without supervision.
- · Install a safety rail or guard on your child's crib or bed.
- Beware of sharp corners on furniture and use corner protectors
- . Move furniture that could be climbed on away from windows.













OUTSIDE & AROUND HOME

- Ensure vehicles are parked away from where your children play.
- Teach your children to never run towards a moving vehicle.
- Fit a special mirror, detectors or camera in your vehicle that alerts you of children moving behind.
- Install a lockable fence around outdoor play areas to prevent children running out into the street.

