

SERVIZIO SANITARIO REGIONALE  
EMILIA-ROMAGNA

Regione Emilia-Romagna

# Attenti a quei due!

Or the children's safety



inglese

CAMPAGNA REGIONALE PER LA PREVENZIONE DEGLI INCIDENTI DOMESTICI

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*Do not touch this, be careful of that,  
do not put that thing in your mouth: what a bore!  
Mum and dad did not allow many things  
but they were good parents.  
They taught me to be cautious and, above all,  
they managed to keep me away from the many hidden  
dangers the house can hide.*



# Oh, how hard it is to grow-up safely!

***But let us start from the beginning.***

***My name is Ale and I am a very curious person:*** when I was a child, nothing escaped me, in fact, everything attracted me. Sometimes I could even be diabolical – curiosity and the lack of sense of danger made me do unpredictable things that threatened my safety. Mum and dad had their work cut out preventing any possible risk and it is only now that I am older, that I understand how important their precautionary measures were.

The first thing they did was make the house safe, surrounding it with well made devices and appliances and putting them in suitable places. Obviously, they could not do without those objects that are of great help if used correctly by an adult but if placed in the hands of a child become... dangerous weapons? Even greater than this – lethal bombs, disastrous canons, deadly blades...sorry, I was letting myself get carried away.

But the fact remains that mum and dad had to take a lot of precautions, they supervised me attentively and installed all the tools and devices which could help prevent accidents

Now, I have also learnt to be careful. And I would like to be able to show kids like me and “big” people the main precautions to take in order to make their homes safer.

# Attenti a quei due!



# My room: My world

## *Do you see those strange, little holes in the wall?*

*Those are sockets. The first time I saw them I tried to stick my fingers in them – they seemed to be specially made for fingers. But dad, fortunately, had been wiser than me. To stop me from hurting myself, he had already installed sockets with the safety mark or those with “little blades” inside – the tiles, as dad calls them –, which would have prevented me from sticking into them whatever pointed object I happened to have in my hand.*



# Attenti a quei due!



## • SOCKETS

Have sockets bearing the safety mark installed so as to prevent small children inserting a metal tip and getting an electric shock.

## • LAMPS AND LIGHTS

For the children's bedroom you can get special light-toys, technically called "Lighting fixture furniture type toy", that are pleasing in form and of a low voltage (12 V). For the night time you should choose the night-light. It consumes less than one Watt and plugs directly into the socket.

## • HUMIDIFIER

Preferably kept somewhere out of reach of children and on a hard surface. Remember to change the water on a daily basis to avoid bacteria or germs forming.

## • BABY MONITOR INTERCOM

Consisting of two devices, the baby monitor records every big and small sound from within the child's bedroom and transmits it into the parent's bedroom – your little one is under control and you are relaxed.

## • BABY-CHANGING TABLE

The top must be sturdy and stable and made of non-toxic, washable material at least 60x80cm in size. The child should never be left alone on the baby-changing table.

## • TOYS

They must be stowed away in a place where children cannot reach them.

Electrical toys – buy those which have been made according to safety standards.

Be careful with toys that state "to be used under the supervision of adults"- respect the rules!

Check the batteries – if they are damaged they can release toxic acids.

## • COT

It must be sturdy and fitted with safety bars. The sides must be at least 80cm in height and, to avoid the child getting their head stuck, the distance between the bars should not exceed 8cm.

## • PILLOW

In order to avoid the risk of suffocation the pillow should neither be too soft nor too large. One can buy foam cushions which have air canals for breathing even when the child is lying on their stomach. Remember that up until one year old it is recommended the baby is put to sleep on their back.

## • MOSQUITO NET

To protect children from insect bites during the summer choose the mosquito net – it protects and, at the same time, guarantees air and light flow.

# The kitchen: Lots of nice things

**Still today, it is in the kitchen that my favourite activity takes place:** eating, even if the first few times it was annoying being put up on that big throne while everyone else was sitting on much lower chairs and without a belt, free to wander about.



**There is virtually everything here** fire, water, heat from the oven, noise from small electrical appliances, plugs, cables you roll up, cupboards to open, bottle caps to unscrew. A true paradise for little ones. But mum made sure everything was safe.





# Attenti a quei due!

## • HIGH-CHAIR

In addition to having a solid base to stop it from toppling over, it must also have a foot-rest that does not allow the children to use it as a way of lifting themselves up. You should always attach the safety belt.

## • FEEDING BOTTLE WARMER

Keep it out of reach of children. When using make sure the water level is at least at the minimum level, and properly regulate the temperature. Always check the milk temperature on the back of your hand before giving the bottle to the baby.

## • COOKER

First of all, you should teach children not to get close to cookers that are being used, and certainly, not to play with the gas knobs. As a rule, you should choose a gas cooker with a protective barrier which stops children from knocking the pans over, and also with a flame-out protection device (thermocouple) installed that stops gas being released in the event of the flame going out. Preferably, use the rear hobs which are harder for children to reach. Do not allow the handles of the pans to stick out over the edge of the cooker.

## • ELECTRICITY

Never leave unattended switched on electrical appliances when there are children nearby. Teach the children not to touch the appliances when they are hot as they can burn.

## • SMALL ELECTRICAL APPLIANCES

Always ensure that they have been made according to safety standards, and keep them well maintained. Never leave them plugged in after use, and put them away correctly, paying attention to the power cable. Choose appliances which have protection systems that keep in place moving parts when the lid is off.

## • OVEN

Keep an eye on the oven glass door as it can reach temperatures high enough to burn. The oven door, if lowered, can turn into a step – even if appliances made according to safety regulations have passed tests of not tipping over, you must always be careful.

## • GAS

Where there is a gas appliance, it is important to ensure a supply of air. What is therefore needed is an external opening of at least 10cm x 10cm called a permanent air vent.

## • DRAWERS AND CABINETS

Detergents, matches, knives, scissors, cutlery, disinfectants, and insecticides are not to be kept in the reach of children. Stow everything away in drawers and cabinets that must be held closed with the correct locks.

# The living room: What a passion

***The living room was also a place to be explored.***

*Since mum and dad have not yet taken me to the mountains, I open the cupboard drawers...and there we go, the summit has been reached. But how annoying, dad has also foreseen this.*

*What is that switched off and sleepy "talking machine" doing all by itself? It was a real temptation – I tried to take it by the wire...and remembered my dad saying – "Don't do that. It is dangerous!"*





# Attenti a quei due!

## • DRAWERS

These should be kept closed with the correct locks – they could easily become make-shift steps or fall on top of the little ones.

## • TELEVISION

Not advisable for small children. Nonetheless, it should be watched from a safe distance so as to not damage the eyes (at least 5 times the diagonal of the television screen).

## • EXTERNAL CABLES

Electrical systems with external cables are prohibited – fortunately so, as children can pull them.

## • LIGHT BULBS

When a light bulb burns out, always turn it off at the switch. Never leave the lamp socket empty as the child can inadvertently put their fingers in it and thus receive an electric shock.

## • ELECTRICAL WIRES

Do not leave the cables of the stereo system, TV or video recorder dangling; instead, tuck them away as much as possible. Also be careful with extension cables as children can trip over them. Avoid connecting several appliances to the same socket, and get yourself a multiple socket displaying the safety mark.

## • CIRCUIT BREAKER

Have a circuit breaker installed, which keeps the electrical system “under control”.

## • SHARP EDGES AND GLASS

Cover all furniture sharp edges with rubber corner guards. Glass surfaces and doors can be protected by a special plastic cover which is 100% transparent – put on glass, it stops it from shattering into a thousand pieces, and the splinters that remain attached to the cover, will not constitute any danger.

## • BALCONY

If the living room leads out onto a balcony, make sure the railings are not horizontal and thus climbable. If vertical, the railings should be close enough to ensure the child does not get their head stuck. It would be best to cover the inner side of the railings with a thick net.

Always ensure that near the railings there are no objects that can be used as a step for a dangerous climb. The same applies to windows.

# The bathroom: Fatal attraction

*To tell you the truth, when in the bath, more than washing myself, I liked to splash, make a racket and play with water.*

*But you needed to be careful. Mum had always told me there were two friends in the bathroom – water and electricity. Very useful friends, but if used at the same time, they turn into dangerous enemies which can really do harm. And so, please, one at a time – clear understandings breed long friendships.*





# Attenti a quei due!

## • HAIR DRYER

A good rule to follow is to not use it in the bathroom, or at any rate, near tubs or sinks, especially if they contain water. Do not allow children to handle the hair dryer alone. Teach them not to use it with wet hands or barefooted. Once their hair has been dried, unplug the hairdryer.

## • TAPS

Hot water that can scald and burn is the obvious danger. Check that the water temperature is not too high.

## • BATH TUB

Do not fill the bathtub up too much. To avoid the child slipping, get an anti-slip bath mat and attach the correct anti-slip strips. Always check the water temperature. Never leave the child alone.

## • MEDICINE

Medicines are to be stored out of the reach of children, or in cabinets that have the appropriate safety locks.



# Having fun together

*When I was younger, I let others push me, trussed up like a chicken in the pushchair. In the car and on the bicycle, I was always strapped in the child seat. The way, however...was always decided by them.*

## At the playground

*And then they say about older ones: look at me, I was beautiful like the sun on my powerful tricycle. Joking, joking, little boy with the roller-skates, if you don't put protection pads on, you're taking a big risk.*



## • CAR CHILD SEAT

Child car seats have been mandatory since 1988; they must be approved and carry the sticker which indicates that it conforms to EC regulations 44.03 or 44.04. To ensure the safety of the child it is necessary to use the child seat correctly, and that the seat is for the right age of the child in all phases of its development (up to approximately 36kg in weight and 150cm in height). There are, in fact, 4 groups of child seats – those of the 0-0+ group (the classic egg shape) are placed in the opposite direction to travel; those of group I and II are positioned in the direction of travel, and those of group III are the classic raised seats used with the car seat belt. In the case of air-bags, the child seat must always be placed on the back seat of the car, which anyhow, is the safest place for it.

## • PUSHCHAIR

It must be sturdy, stable and fitted with a good braking system and good safety catches. Make sure the safety catches are well secured and the belt strapped.

## • BICYCLE CHILD SEAT

Between the different child seats that can be attached to the carrier, choose the one with the side leg rests so as to avoid the little feet getting caught in the spokes and possibly the baby's legs being trapped. For the smallest ones, there are also child seats that fix onto the handlebars. Always put the belt on.

## • TRICYCLES AND BICYCLES

Above all, they should be sturdy and the correct size. Allow children to only ride around in protected areas, such as parks, small gardens, and roads with no through way for vehicles. For older children, it would be useful to have them wear a suitable safety helmet which must have the CE (Conformité Européenne) mark, certifying that it complies with European safety standards.

## • GAMES

Before placing children on the see-saw, slide, or merry-go-round, make sure the support structures are sound, the slide has protective sides, the merry-go-round has a safety chain and the rotation system is working properly.

## • TANKS AND SWIMMING POOLS

Children can drown even in a few centimeters of water. In the case of rubber swimming pools, although the water capacity is always low, it is good to always keep an eye on the little one. After use, do not leave water in the tub or swimming pool and check that no toys that may attract the child's attention have been left inside. When not in use, pools must always be protected and closed with a cover or by gates.

## Safe toys

All toys must have the CE mark, they must be made with non-toxic materials and must not be inflammable. Before purchasing any toys, always check that the age of your child corresponds to the age stated on the product - read the instructions and specific warnings carefully. After use, always check the condition of the toy - if it is damaged or not. In the case of even the slightest doubt about its safety, take it to be repaired correctly, otherwise throw it away.



## Baby S.O.S.

### Electric shocks

In cases of light electric shocks, the consequences are: the little one has a big fright and the area that came into contact with the electric current becomes red. Bathe the wound in cold water and apply burn cream and a sterilised bandage. If, however, the child remains "attached" to the electric source, then he should be pulled away with a swift movement, or better still, with a wooden stick to avoid that you too become electrocuted; if the switch is nearby, unplug it immediately.

If the burn is severe and the child shows signs of shock (sweating, a fast pulse, vomiting), go immediately to Accident and Emergency (Il pronto soccorso).







# Attenti a quei due!

## Burns

If the little one burns himself slightly, bathe the burn in cold water – the cold anesthetizes and minimises blistering. Then cover the burnt area with burn cream. If the burn is more serious, do not try to take the child's clothes off (as you risk making the situation worse), rather bathe and cool the burnt area with cold water and go to Accident and Emergency (Il pronto soccorso). Never resort to oils and ointments.



## Poisoning

First of all, call your nearest poison centre and tell them the age and weight of the child, and above all, details on the substance swallowed.



## Suffocation

If the kids swallow a foreign body, you must extract it from their mouth. In the case of very small children, place them chest down on your arm (with their head propped on the palm of your hand) and tap them on the back with taps directed frontwards in order to help the foreign body come out. If the children are older, place them on your knee with their head facing down and holding their chest, and give a few firm taps between their shoulder-blades.

## Safety is... not allowing yourself to be affected by stress

Stress, worries, psychological problems, but also excessively elated moods, can cause inattention and the overlooking of precautions and correct behaviour. It is easier to have an accident if:

- one is exhausted or agitated as a result of too many things to do
- one is anxious
- one underestimates danger because one feels safe.

## To prevent

**Learn to give priority** to those things that must be done, respecting your needs. Exhaustion or too many commitments are not companions for a good quality of life.

**Stop and reflect. Anxiety gets in the way and has an affect on you.**

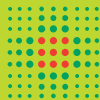
## To prevent... intoxication and poisoning

- **Carefully read** bottle labels with warning symbols and instructions on how to use cleaning and hygiene products.
- **Do not buy products** that do not have a label and instructions for use, even if they are the cheapest.
- **Do not transfer potentially hazardous products** in containers other than the original ones - or anonymous.
- **Always use gloves** to protect your hands.

## To prevent... Fire

- Do not have curtains close to cookers, boilers or stoves.
- Keep products such as alcohol and trichlorethylene in a protected area.
- Do not go near cookers with loose or synthetic (nylon) clothing.
- Use fireplace screens.
- Do not cover lights with paper or cloth.
- Unplug the television aerial from the socket during storms.
- Turn off the television from the switch, not just with the remote control.
- Do not place the television near combustible furniture, and do not place it in a television cupboard.
- Do not smoke in bed or on the sofa – you risk falling asleep.
- If possible, have a fire extinguisher at home.





## To find out more

In every Azienda UsI there is a local representative of the regional project for the prevention of accidents in the home. To find out contact details and obtain information on the regional project call the freephone number of the regional health services of Emilia-Romagna

**NumeroVerde**  
**800 033033**

every working day from 8.30 to 17.30  
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**Coordinamento redazionale ed editoriale:** Marta Fin  
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**Redazione:** Marinella Natali, Adele Ballarini  
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Laura Vicinelli (Azienda UsI di Bologna),  
Serena Lanzarini (Azienda UsI di Imola)

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