

### Typical accidents in this age group

Most accidents involving babies in this age group occur in the home. Typical accidents are:

- Falls from heights (for example from the changing table)
- Burns from hot drinks
- Choking on small objects

### What can you do if an accident occurs?

Burns should be rinsed immediately with cold water, approximately 20°C, for at least 15 minutes. Contact a doctor for advice on further treatment.

If your baby falls from a height, gets something stuck in the throat, has a broken bone or almost drowns, you should monitor the baby to check for alertness and breathing. If your baby is not breathing, start cardiopulmonary resuscitation (CPR – heart and lung first aid). If your baby is not awake

but breathing, place him or her in a stable position on the side (modified recovery position). When such serious and life-threatening symptoms occur, call 113. For less threatening symptoms, contact a doctor or the local emergency service (legevakt) for advice on further treatment.



You will find important information on children and first aid in the Norwegian-language brochure “Når barnet skader seg”.

### Useful information:

- *Giftinformasjonen* (Norwegian Poisons Information Centre): tel.: 22 59 13 00 (24 hours a day): [www.giftinfo.no](http://www.giftinfo.no)
- *Helsedirektoratet* (Norwegian Directorate of Health): [www.helsedir.no/miljo\\_helse](http://www.helsedir.no/miljo_helse)
- *Statens forurensningstilsyn* (Norwegian Pollution Control Authority): [www.sft.no](http://www.sft.no) (on chemicals in children's daily lives)
- *Statens vegvesen* (Norwegian Public Roads Administration): [www.vegvesen.no](http://www.vegvesen.no) (on bicycle and car safety)
- *Statens strålevern* (Norwegian Radiation Protection Authority): [www.nrpa.no](http://www.nrpa.no) (on solar and other types of radiation)
- *Direktoratet for samfunnsikkerhet og beredskap* (Directorate for Civil Protection and Emergency Planning): [www.dsb.no](http://www.dsb.no) (on product safety)
- *Nasjonalt folkehelseinstitutt* (Norwegian Institute of Public Health): [www.fhi.no](http://www.fhi.no) (e.g. on indoor climate)

If you have any questions about child safety, contact your maternal and child health centre (helsestasjon).

### Relevant publications:

- “Når barnet skader seg”, IS-2372, on children and first aid (Norwegian language only)

### Other English-language brochures in this series:

- Children's Environment and Safety, 6 months – 2 years, IS-2308 E
- Children's Environment and Safety, 2–4 years, IS-2309 E
- Children's Environment and Safety, 4–6 years, IS-2310 E
- Children's Environment and Safety, school start, IS-2311 E

These brochures are available in Norwegian, English, Urdu, Arabic and Somali.

### All the brochures can be ordered from:

trykksak@helsedir.no  
Tel.: 24 16 33 68  
Fax: 24 16 33 69

Published by the Norwegian Directorate of Health in cooperation with the Norwegian Organization of Public Health Nurses NNO:



# Children's environment and safety

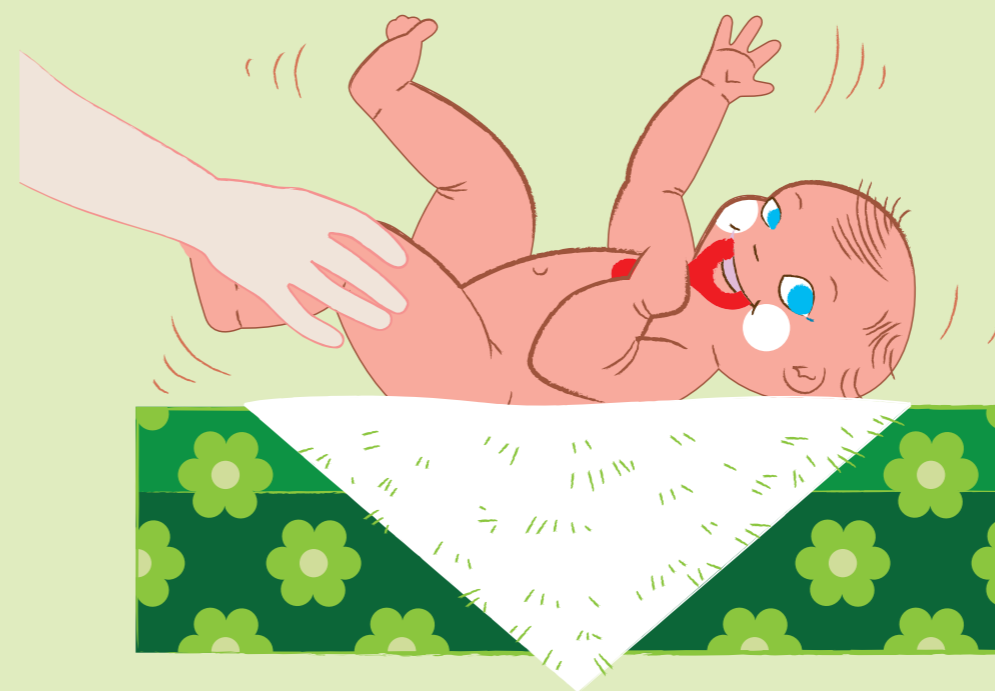
0-6 months

6 months - 2 years

2-4 years

4-6 years

school start



## Simple steps can make a big difference

### Congratulations on your baby!

Being a mother or father for the first time is a new phase in life. You are responsible for someone who is completely dependent on your care, and there are many things you have to think about.

Your child is in a constant state of development and can suddenly do something unexpected. Accidents are one of the greatest threats to a child's health and life. Some accidents and injuries may be unavoidable, but fortunately there are many things you as a parent can do to make your child's environment safer.

This brochure addresses the most common situations in which injuries and accidents occur during the first six months of a baby's life. For some, this advice might seem quite obvious, but in our busy day-to-day lives it may be a challenge to remember it all. This brochure may serve as a list of things to keep in mind.

As homes and neighbourhoods vary, it is important to consider which particular risks your child may face.

### As children grow, the risks change

The risk of accidents is higher when the child moves from one development stage to the next. The timing of the developmental changes will vary from child to child. During the first six months, infants will for instance begin to put things in their mouths and start to roll over.



4-6 years

school start

0-6 months

6 months - 2 years

2-4 years

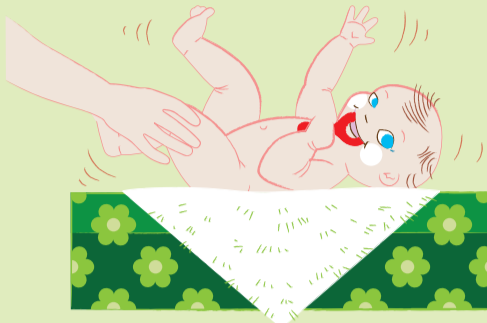
 **Helsedirektoratet**  
Norwegian Directorate of Health

IS-2307 E [ENGLISK]

# What can you do to improve your child's environment and safety?

## Buying toys and baby gear

Make sure that toys, equipment and other products are of a high quality in terms of safety. They should be robust, with no loose parts or sharp edges, be appropriate for the child's age and developmental stage, and have labelling and user instructions in a comprehensible language. Prams should have safety locks to prevent accidental folding. Toys must carry the CE mark.



## Changing tables ▲

Never leave your baby unattended on the changing table, as infants may suddenly move more than you expect. Have everything you need within easy reach and take your baby with you if you have to leave the changing table.

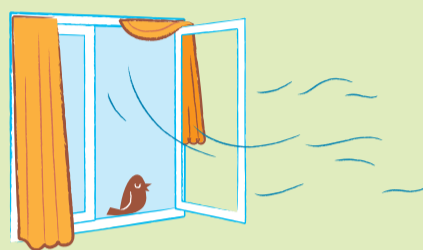
## Sun and heat ▶

- Infants should not stay out in direct sunlight
- Protect your child with a sun hat and light clothing. Coloured clothes, red for example, provide better protection than pale colours
- Use sunscreen on any exposed skin. The sunscreen should have a sun protection factor (SPF) of 15 or higher and should contain both UVA and UVB radiation filters. This also applies when the child is in the shade, due to indirect radiation



## Baby rockers ▲

- Put the baby rocker on the floor. It could easily slip off a table or sofa
- The baby rocker should only be used for short periods of time. Being seated for too long may strain your baby's back

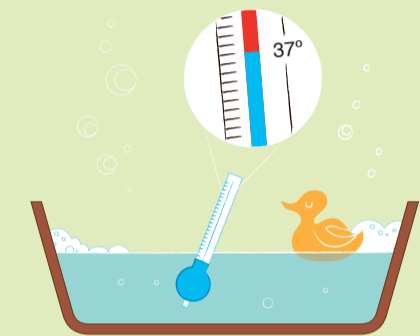


## Indoor climate ▲

- A good indoor climate promotes well-being and reduces the risk of asthma, allergies and upper respiratory infections
- Ensure that you have good ventilation, and air out the rooms from time to time
- A healthy room temperature is 20° C, while the bedroom should have a lower temperature
- Correct humidity is important. For example, avoid drying clothes in the bedroom and living room

## Prams ▶

- Check that the carrycot is firmly attached to the chassis
- Use reflectors
- A mesh will keep insects and cats out of the pram
- Do not cover the opening of the pram with thick or tightly woven blankets



## Washing and bathing ▲

The water should not be hotter than 37° C. An infant's skin is very sensitive and burns may occur even at 40° C. Check the temperature with a thermometer or your elbow.

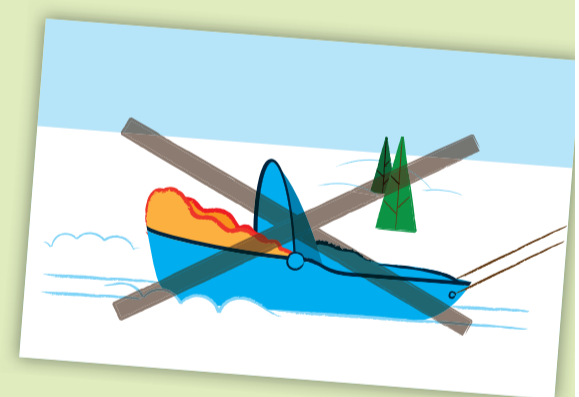
## Cribs and playpens ▶

- The gap between the bars of the crib and playpen should not be more than 7.5 cm
- The sides should be at least 60 cm above where the baby can stand
- The baby should sleep on its back to minimise the risk of Sudden Infant Death Syndrome (SIDS/crib death)



## Smoking ▶

All children should have a smoke-free indoor environment to reduce the risk of respiratory infections and asthma.



## Ski pulks ▲

Infants under the age of six months should not ride in ski pulks as they are especially vulnerable to concussions, frostbite and overheating.

## Cars ▲

- Securing children in the car with child restraints is mandatory
- Use approved child safety restraints appropriate for your baby's size and weight
- Follow the installation instructions for the car seat carefully and make sure that it is securely fastened
- Rear-facing baby car seats are recommended
- It is illegal to place a rear-facing child car seat in the front seat if the car has an active frontal airbag
- Use the child car seat only for short periods of time. Being seated for too long may strain your baby's back. Make regular stops



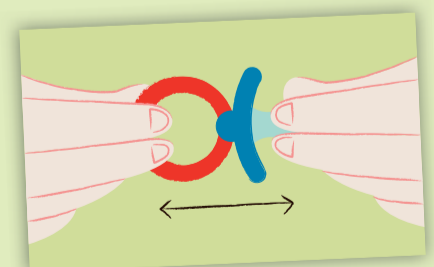
## Boats ▶

Make sure your baby has a right size life jacket when in a boat.



## Burns ▲

Never have your baby on your lap while you are drinking or eating something hot.



## Toys ▶

- Choose age-appropriate toys. Toys should be labelled if they are not suitable for children under three years of age
- Watch out for small objects that your baby could put in the mouth and choke on
- Check all toys for loose parts

## Pacifiers and baby bottles ▲

- Check that the pacifier is in one piece and that the nipple is firmly attached to the base
- Stay close when your child is drinking from a bottle due to the risk of choking



Illustrasjoner: Cecilie Ellefsen Design: Tank Produisert hos RK Grafisk | 10.000 eks. (2010)

**IF AN ACCIDENT OCCURS:**

**Poisons Information Centre:**  
(Giftinformasjonen)  
**22 59 13 00**

**Doctor/local emergency service:**  
(Lege/legevakten)  
.....  
.....

**Medical Emergency:**  
(Medisinsk nødtelefon)  
**113**