



## All you need to know about your child's safety

Children's injuries are preventable. By taking simple precautions, most injuries can be avoided.

Ensuring your children's safety and preventing them from harm or injury during their journey from infancy through adolescence is a task that requires the participation of parents and the children themselves.

It is essential to know how to identify some predictable hazards and learn preventative actions to avoid injuries and ensure children's safety at all times.

## Child injuries in numbers



### 30 Sec

Around the world a child dies from a preventable injury every 30 seconds



### 75%

Using the appropriate type of safety car seat reduces deaths by 50% to 75%

## Leading causes of fatal childhood injuries



Road Traffic Injury



Drowning



Falls



Burns



Choking



Poisoning

## Road traffic injuries and how to avoid them

Road traffic injuries are the number one cause of death among children in Abu Dhabi by crossing roads or as a passenger.

### Tips to avoid road traffic injuries:

- Ensure cars are parked away from your children's play area.
- Teach your child to cross the road correctly by using the designated pedestrian crossing and looking right, left, and right again, before crossing.
- Use the appropriate car seat, booster seat, or seat belt for their age and always buckle up.



#### REAR-FACING

Age 0 - 9/12 months,  
Weight up to 13 kg



#### FORWARD-FACING

Age 1 - 4 years,  
Weight 9 - 18 kg



#### BOOSTER SEAT

Age 4 - 12 years,  
Weight 15 - 36 kg



#### SEAT BELT

Age 8 - 12 years,  
Height 145cm and above

## Falling-related injuries and how to prevent them

Falls can cause fractures or broken bones, and serious falls can lead to life-threatening injuries.

### Tips to avoid fall injuries:

- Don't leave your baby alone on a changing table, bed, or any high surface
- Move furniture away from windows that could be climbed on
- Use safety gates to block stairs and potentially hazardous areas
- Use corner protectors to cover sharp corners on furniture

## Save your child from drowning

Most children drowning incidents occur in bathtubs, home swimming pools, and toilets.

### Tips to keep your child safe from drowning:

- Babies can easily fall, therefore always support your baby while in the bath
- Children who can't swim must wear flotation aids, like armbands and swim jackets
- Install a lockable fence around your home's swimming pool
- Adult supervision is recommended at all times near any source of water





### More tips to keep your child safe at all times

- Keep medicines and cleaning products out of your child's reach on a high shelf or cupboard
- Check the temperature of the water before bathing your child using your elbow or thermometer. The temperature should be less than 49°C
- Use safety covers for unused sockets to avoid your child from inserting objects into an open socket , which might lead to an electric shock
- Parents sleeping with their babies pose a high risk of rolling on them. Babies should always sleep in their beds and cribs
- Always cut food up into small pieces and always be next to your child while they are eating

### Need to learn more on how to keep your child safe and healthy?

Please visit [ssmc.ae](http://ssmc.ae) or call 80050 to book your consultation with one of our experts.



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Sheikh Shakhbout Medical City

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## Curiosity with Care



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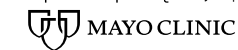


## Child Safety and Injury Prevention

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