

Each year, in Catalonia, thousands of children have accidents which cause injuries of varying degrees of seriousness. Accidents are the first cause of death in children from one the age of one and over.

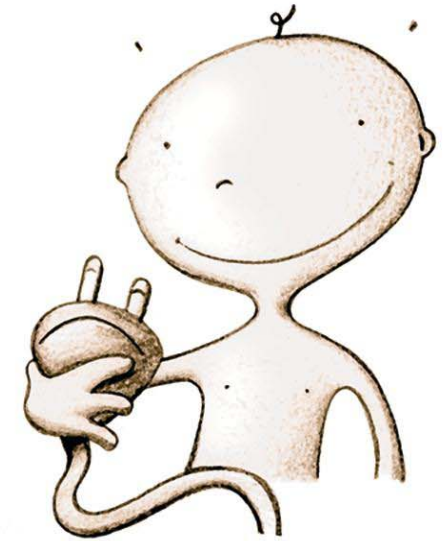
In spite of the fact that a large number of injuries do not have serious consequences, it is necessary for the parents and adults who take care of children to be adequately informed about the main risks of child accidents and the circumstances that can lead to them.

For this reason, the Department of Health is making available this brief checklist of rules for prevention, grouped according to the most frequent risks for each age group.

New-born babies are defenceless beings and are totally dependent on adults. Little by little, in addition to acquiring and assimilating the habits and functions that will make them more autonomous, they must learn to recognise dangers and to behave in the most appropriate way to avoid them.

Your paediatrician can give you more information or solve the small problems that cannot be included in this calendar, as it is meant to be only a checklist.

In any case, the following advice is easy to follow and it is essential for the protection of children.



Childhood accidents constitute a serious danger.

Avoid them!

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 Generalitat de Catalunya
Departament de Salut

Calendar of guidelines for the prevention of accidents.

0-3 months

The child is totally passive.

Prevention:

- Take care that heavy objects do not fall on top of the child.
- Take care that clothes or cushions do not cause the child to suffocate.
- Take care not to leave the child where s/he can fall.
- In the car, the child should travel in a carrycot, well secured, and never in your arms.



3-6 months

At this age, children put everything in their mouths.

Prevention:

- Avoid toys that can be taken apart, small pieces, and other objects or substances that can be swallowed.

6-12 months

Your baby is crawling and exploring his/her surroundings.

Prevention:

- Take care that your baby does not put his/her fingers in plugs and does not play with electric cables or extension cords.
- Children of this age pull at table cloths, cords or other similar items so there is a danger that objects can fall on them.
- Care must be taken when opening and closing doors and windows.
- At this age, stairs constitute a serious danger.
- Take care that the child does not fall head down in a bucket, bath tub or fountain, as s/he could drown.
- From this age, the child should travel seated in the car, secured in a special seat in the back.



1-3 years

At this age, children are developing their movement, curiosity and habits.

Prevention:

- Danger of poisoning (medicine, cleaning products, paint etc.)
- Toxic products should not be kept in food or drink containers.
- Danger of burns. Try to keep the child out of the kitchen and take special care with hot liquids and metals.
- Take care that the child does not fall from chairs, beds or, especially, windows.
- In the street, someone should always hold the child's hand and watch them constantly.



- To avoid danger of drowning, it is essential to protect entries to swimming pools and similar places, and to use a safe life-jacket or water wings.
- Take care that the child does not choke when eating.

4-9 years

Increasing autonomy.

Prevention:

- Basic road safety and road crossing procedures should be taught.
- Children of this age should always travel in the back seat of the car, secured with a safety belt and with the doors locked.
- Children of this age should be taught how to swim.
- Children should be informed of the safety rules corresponding to each different sporting activity.

10-14 years

This is a stage of great physical and psychological development.

Prevention:

- Training in traffic safety should be given.
- Children of this age should be aware of fire and electrical risks and how to prevent them (evacuation plans).
- Dangerous games (such as darts or bangers) should be avoided.

