



### Typical accidents in this age group

While accidents in the home involving children in this age group are most dominant, accidents outside the home will be on the rise. Typical accidents are:

- Falls from heights (for example from stairs)
- Burns
- Poisoning and acid burns
- Cuts and scrapes

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

#### Burns

Rinse immediately with cold water, approximately 20°C, for at least 15 minutes. You may contact a doctor for advice on further treatment.

#### Poisoning

Call the Norwegian Poisons Information Centre (Giftinformasjonen), tel.: 22 59 13 00 (open 24 hours a day).

#### Chemical spills

If a chemical is splashed in the eyes or spilled on the skin, rinse immediately with running water. Contact the Norwegian Poisons Information Centre (Giftinformasjonen) for advice on further treatment.

If your child falls from a height, gets something stuck in the throat, has a broken bone or almost drowns, you should monitor the child to check for alertness and breathing. If your child is not breathing, start cardiopulmonary resuscitation (CPR – heart and lung first aid). If your child 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 a 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 samfunnssikkerhet 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, 0–6 months, IS-2307 E
- Children’s Environment and Safety, 6 months – 2 years, IS-2308 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](mailto:trykksak@helsedir.no)  
Tel.: 24 16 33 68  
Fax: 24 16 33 69

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# Children’s environment and safety

0–6 months

6 months – 2 years

2–4 years

4–6 years

school start



IS-2309 E [ENGLISH]

**Helsedirektoratet**  
Norwegian Directorate of Health

## Simple steps can make a big difference

Accidents are one of the greatest threats to a child’s health and life. Some accidents and injuries are 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 to children aged two to four years. 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

Children develop very much from two to four years of age. Two-year-olds are full of energy and very active. They

feel they master more than they are actually able to, and often want to do things themselves. Children of this age are still too young to see the danger in situations and must be supervised at all times.



Three-year-olds do master more and are eager to learn. It is important that parents help their children to learn to master new situations and activities while also protecting them from accidents.

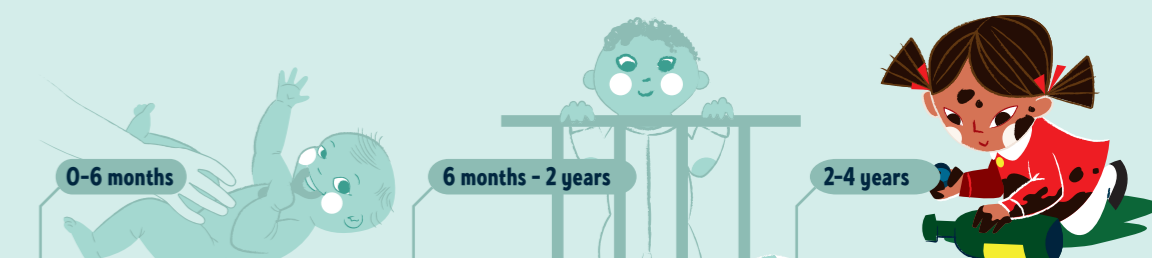
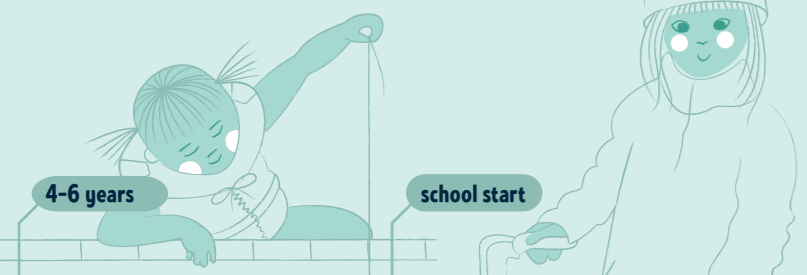
4–6 years

school start

0–6 months

6 months – 2 years

2–4 years



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

## Buying toys and other products

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. Toys must carry the CE mark. Consider whether any of your child's activities require special safety equipment.

## Falls ▶

- Put child gates on stairs
- Windows should have child safety locks
- Never leave a child unattended on a balcony or veranda
- Bunk beds should be anchored to prevent them from toppling over when climbed on



## Burns - water and food ▼

- Never have your child on your lap while you are drinking or eating something hot. A child's skin is very sensitive and burns may occur even at 40° C
- The bathtub, shower and basin taps should have built-in thermostats or an anti-scalding device
- Avoid long tablecloths on the coffee table



## Drowning ▲

- Children can drown even if the water is only 10 cm deep
- Stay with your child when it is bathing or playing near water
- Use life jackets in boats and when playing on docks or near deep water



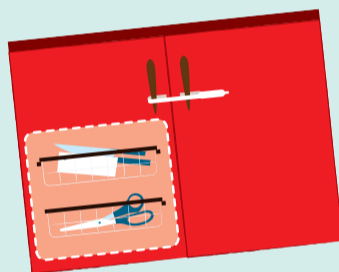
## Burns - domestic appliances ▼

- Use a cooker protection rack so that your child cannot reach pots and pans containing hot food
- Ensure that the oven door has a child safety lock
- Use wall socket covers
- Do not leave cords hanging
- Check that heaters have a low surface temperature



## Hazardous objects ▼

- Store hazardous tools, knives, scissors and other sharp objects in a safe place. Cupboards and drawers should be locked or fitted with a safety latch
- Do not leave matches or lighters laying around so your child can get hold of them



## Poisoning and acid burns ▼

- Store medicines, detergents, chemicals and tobacco out of reach of children
- Everything should be kept in its original packaging so the child does not mistake it for sometimes harmless
- Child-resistant packaging is no guarantee that the child cannot open it
- Place poisonous plants out of reach of children

## Sun and heat ▼

- Protect your child with a sun hat, sunglasses and light clothing. Coloured clothes, red for example, provide better protection against the sun than pale colours
- Use sunscreen with a sun protection factor (SPF) of 15 or higher and both UVA and UVB radiation filters. This also applies when the child is in the shade, due to indirect radiation
- Keep your child's activities in naturally shaded areas
- Take breaks from the sun in the middle of the day
- Make sure your child has enough to drink



## Choking ▶

- Your child should not play with plastic bags as they could be pulled over the head
- Do not use long scarves or clothes with drawstrings; they can get caught and your child could be strangled during play
- The child should not have peanuts. If a nut is swallowed the wrong way and gets into the respiratory passage, oil from the nut can damage the mucous membrane and lung tissue



## Strollers ▼

- Buckle up your child to prevent falls due to restlessness or the stroller being jolted
- Use reflectors



## Cars ▶

- Securing children in the car with child restraints is mandatory
- Use approved child safety restraints appropriate for your child's size and weight
- Follow the installation instructions for the car seat carefully and make sure that it is securely fastened
- Rear-facing child car seats are recommended
- It is illegal to place a child in a rear-facing child car seat in the front seat if the car has an active frontal airbag



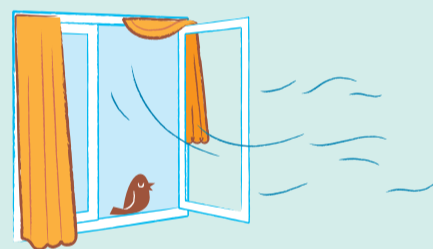
## Bicycles ▶

- The child can sit on the back of your bike if you have an approved child seat that is suitable for your child's size
- Use bicycle helmets
- For the child to ride alone, a tricycle is recommended. Bicycles with training wheels are not recommended because they impede training in balancing skills



## Smoking ▶

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



## 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

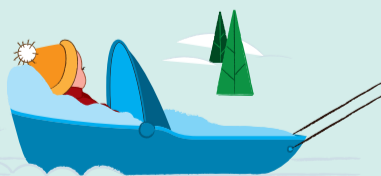
## Dressing for cold weather ▼

- Avoid cotton clothes as the innermost layer; use wool, for example
- Make sure there is enough room in the shoes – tight shoes give cold toes
- Cover the neck and head as these areas have a large amount of heat loss
- Check often that your child is dry and not too cold or too warm



## Ski pulks ▶

- A ski pulk should not be used when the temperature is minus 10° C or less
- Do not pack your child in too tight
- Check that your child is not cold
- Jolting and jerky movements of the ski pulk may cause motion sickness and vomiting, so check the terrain and avoid trips on hard, crusty snow
- Keep checking that your child is fine and make frequent stops



**IF AN ACCIDENT OCCURS:**

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

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

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