

# 112 is the new 999!

Would you know what to do if your child was in an accident?

**Y**oung children are in to everything and they can easily put themselves in o harms way - they simply don't know any better. Bumps and bruises are par for the course of being young. Unfortunately things occasionally get more serious.

Knowing what to do in the event of an emergency, before professional help can get there, can go a very long way towards reducing the effects of illness and injury, or indeed save a child's life.

There are a variety of organisations that now offer first aid courses, most are relatively inexpensive and some even offer courses specific to children. All parents hope that nothing serious will ever happen to their little one but it can be immensely reassuring to know that if the worst did happen, you would know what to do and could act quickly.

## First Aid Training

If you are interested in receiving some First Aid training, the organisations below will be able to give you further information on the courses they offer.

### East of England Ambulance Service

Call Kevin Needham on 07795 038881 or email him at kevin.needham@eastamb.nhs.uk. Also, see their listing on page 44.

### Calm a Baby

Call Alison Duff on 01733 707808 or email her at calm-a-baby@ntlworld.com. Also, see their ad on page 9.

### The British Red Cross

Web: [www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk)

## CHILDPROOF IT!

Prevention, however, is always better than cure and as most accidents with children occur within the home you can save yourself a lot of stress by childproofing your house, ensuring that it is a safe environment for your growing children.

- Check the locks on your windows. Windows, especially in children's bedrooms, should have child locks fitted to stop them opening any wider than 10cm/4 inches.

## Make a Family Emergency Plan & Practice It

- Put latches on low cupboards, and put a guard in front of the fire. Also make sure electrical sockets are covered and that leads are tucked well out of the way.
- Fit child safety gates at the top and bottom of the stairs.
- Move furniture such as beds, sofas and chairs away from windows to prevent children climbing up and falling out. Do not encourage your children to wave from the windows, as they might try to climb up when you are out of the room.
- Small children can squeeze their bodies through a gap as small as 10cm/ 4 inches wide, but if they do, they may get their heads trapped. Check the width between railings, banisters and balconies and, if necessary, board them up.

- Move cleaning products and other chemical-based solutions out of low cupboards, or put safety locks on the cupboards.
- Do not leave medicines or pills lying around in places where children and toddlers can get hold of them.

## Have a First Aid Box and keep it with your Phone

- If you can, make sure that everything breakable or dangerous is out of your toddler's reach. You can buy corner guards to cover the sharp edges of furniture.
- When not in use, keep knives, razors, sewing kits and DIY tools safely locked away.
- Make sure that your garden is a safe environment. If you have a pond, put a fence around it, and ensure that there are no gaps that your child could squeeze through. Lock away garden tools, and teach your children the importance of not putting berries and poisonous plants into their mouths.



## First Aid Facts

- Falls are the most common type of accident, with the most serious consequences.
- The kitchen and the stairs are where the majority of serious accidents happen.
- Children aged between 0-4 years of age are most likely to have an accident in the home, and boys are more at risk than girls.
- A blocked airway can kill someone in three to four minutes, but it can take more than eight minutes for an ambulance to arrive. So a simple procedure such as opening someone's airway can save their life while they're waiting for emergency medical help.
- Every year about 437 children under five are seriously scalded in the bath. Hot bath water is the number one cause of severe scalding injuries among young children.

## GETTING EMERGENCY HELP

Have you ever heard of 112? If not you are within the majority in the UK. 112 is an alternative emergency number to the well known 999 but its one that every parent should know and should be teaching their child. It is also the universal emergency number for the majority of Europe and for much of the rest of the world.

## 112 is the new 999

The main difference between 112 and 999 is that if you dial 112 the operator can pin-point your location using your mobile phone signal or your land line. If you weren't sure of your location (at home or abroad), or if you were to become ill and your child rang, they would not need your location to be able to send help!

All parents should be teaching their children this simple number - it could be so important when it matters most. It's also well worth remembering for when you are on holiday as the operators will speak English.