

### Typical accidents in this age group

Children in this age group begin to be active further away from the home. Outdoor accidents are the greatest threat; of these, drowning and traffic accidents are especially serious. Some common injuries caused by incidents and accidents are:

- Cuts and scrapes
- Fractures and sprains
- Head injuries
- Burns and acid burns

### 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.

### Dental injuries

- Knocked-out milk teeth should not be put back in again
- See a dentist

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 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, 0–6 months, IS-2307 E
- 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, 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



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**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 four to six 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

The period between four years and the school age (at six years of age) is a time of great activity and exploration. Children of this age will stretch limits and try out new skills.

Gradually, children manage more on their own. They are gaining better control over their movements and are, to a greater extent than before, able to discern whether something is dangerous or not. It is important that you as a parent help your child 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, 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.



### Traffic ▲

- Walk together with your child in traffic situations, and teach proper traffic safety
- Use reflectors



### 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
- What time a child can move on to a two-wheeler depends on the individual child, on your home's surroundings, and to which extent the adults are able to supervise the bicycle practicing



### 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
- Your child should not sit in the front seat if the car has airbags. Airbags are designed to protect adults
- To minimise injuries in the event of an accident, the shoulder section of the seat belt must cross in front of the shoulders and the lap section of the belt must sit under the hip bone

### Drowning ▼

- Your child should never be left alone when bathing or playing near water, but let your child get used to water as early as possible
- Use life jackets in boats and when playing on docks or near deep water



### Smoking ▶

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



### 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



### 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

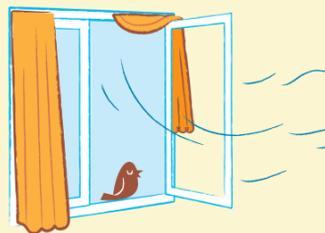
### Poisoning and acid burns ▶

- 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 something harmless
- Child-resistant packaging is no guarantee that the child cannot open it
- Teach your child not to eat plants and mushrooms without checking with an adult



### 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



### 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



### Sports activities ▼

- Make sure that any sports gear fits your child properly
- Adapt the degree of difficulty of the activities to the child's skills
- The child should use safety gear appropriate for the child and the activity
- Make sure your child gets enough instructions and training to get a feeling of mastery of the activity



### 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



### Trampolines ▲

- Follow the instructions carefully when installing a trampoline, and stand it on level and preferably soft ground
- Adults should be present when children are playing on a trampoline
- The risk of injury is greater when several children are jumping at the same time
- Do not jump on a trampoline when it is wet

**IF AN ACCIDENT OCCURS:**

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

Doctor/local emergency service:  
(Lege/legevakten)

Medical Emergency:  
(Medisinsk nødtelefon)

**113**