

Poisoning



If a child swallows, inhales or gets anything in the eyes that could make them sick or hurt them, they need medical attention.

- Call the Poison Control Hotline and follow their instructions exactly.
- Have the container with you when you call so you can read the ingredients.
- Notify the parents of the incident.

Bleeding

- Using a dry, sterile cloth, apply direct pressure to the wound for at least two minutes.
- If the wound continues to bleed, the child may need stitches. Call for emergency help.
- For small cuts, stop the bleeding and then wash the cut with mild soap and water. Apply a bandage.
- Tell the parents about the accident.



Falls

While most falls won't cause a serious injury to a child, it is important to examine the child to see if he/she is hurt.

- If a small bruise develops, apply an ice pack or wrap ice in a towel to help prevent swelling.
- For head injuries, sprains or fractures, keep the child still and call for emergency help.



HOW TO REPORT A FIRE

- Stay calm. Do not try to put out the fire.
- Take the children out of the house and do not return for anything.
- Call the fire department from a neighbor's house or your cell phone.
- Be prepared to give the address of the home, your name, and let the person know you are babysitting for the family.



Important Phone Numbers

POLICE _____
FIRE DEPARTMENT _____
AMBULANCE _____
PEDIATRICIAN _____
NEIGHBOR _____
PARENT CELL _____
POISON CONTROL 1.800.222.1222

In an emergency...

Call 911.

Burn Prevention Foundation

www.burnprevention.org



Babysitter's and Caregiver's Guide

to Burn Prevention and First Aid



Safety Tips: Mealtime



- If you are asked to prepare a meal using the stove, wear short sleeves or tight-fitting long sleeves to avoid coming in contact with the flame or hot burner.
- Always use the back burners on the stove and keep pot handles turned inward. Keep children at least 36 inches away from the stove when cooking.
- Always test the temperature of food and bottles before feeding children. Microwave containers may not be hot to the touch, but the food inside may be too hot for a child.
- Make sure wires from electric appliances do not dangle over the edge of the counter where small children could pull hot food onto themselves.
- Keep hot liquids away from the edge of the table or countertop. Use a travel mug if you are drinking hot liquids in the presence of children.
- If children want to help prepare the meal, let them mix in some dry or cool ingredients.

Playtime



- Keep children away from fireplaces, space heaters or wood-burning stoves, especially when they are in use.
- Keep matches and cigarette lighters in a safe place and out of the reach of children.
- Ask parents to install child safety plugs in outlets.

- Keep a careful watch over children when they are playing on the floor to make sure they don't put any electrical wires or cords in their mouths.
- Be aware that metal and plastic parts on play equipment (swings, sliding boards) and baby equipment (strollers, car seats) left in direct sunlight can get hot enough to burn a child's skin.

Bathtime



- Always test the water temperature before bathing the child. Young children have delicate skin that can burn easily.
- Stay with the child at all times. Bring all the necessary items into the bathroom before putting the child in the tub.
- Do not answer the phone or the door while bathing the child.
- Do not allow the child to play with the faucets or to stand or jump in the tub.
- Don't allow older children to bathe younger children. The children are *your* responsibility.
- Don't encourage playtime in the tub. Be quick but thorough.

Anytime



- Be aware of different exit routes in the house in case of fire.
- Don't allow children to play in cabinets where chemicals or cleaning products are stored.

First Aid Suggestions



Burns

- **Cool** the burned areas immediately with room temperature water to reduce the skin temperature, stop the burning process, numb the pain and prevent or reduce swelling.
- **Remove burned clothes.** Lay the victim flat and remove non-sticking clothing. For scald burns (burns from hot liquids), immediately remove hot, wet clothing. Loosen or remove tight clothing, shoes, etc. before swelling occurs.
- **Cover the burn.** After cooling the burn with water, apply a clean dry bandage or cloth to the burned area. Keep the child warm. DO NOT use ointments, sprays, first aid creams or butter.
- **Contact the parents.** Inform them of the accident. If the child needs further attention, ask them what you should do. If you can't reach the parents and the burn appears to be large or serious, call 911 for help.

Illness/High Fever

- Notify the child's parents immediately.
- Do not give the child any medication unless you are specifically instructed to do so by the parents.

