



# ACCIDENTS 10 messages for children to learn & share

1. Cooking areas may be dangerous! Keep young children away from stoves, fires, hot pots and pans, boiling water, electrical items and sharp or heavy objects.



2. Inhaling very hot air, soot, smoke from fires, tobacco smoke, burning plastic and other chemical fumes cause us harm now and later.



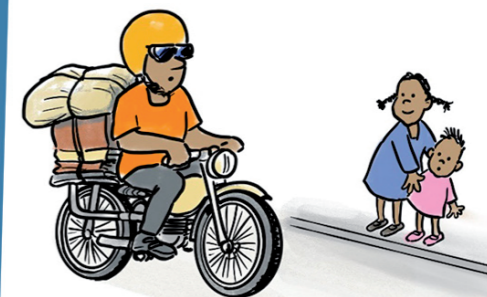
3. Poisons like fertilisers, weed killers, pesticides, fuels and all medicines should be labelled, stored or locked away and kept out of the reach of children.



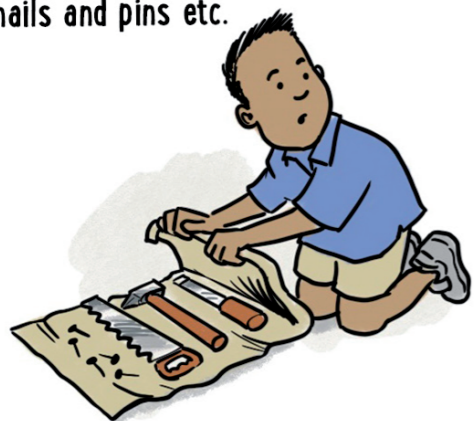
4. If you or someone else is burned, put cold water on the burn immediately for 10-30 minutes and get help from a health worker.



5. Vehicles, motorbikes and bicycles can seriously hurt children. Be aware! Help others stay safe! Learn and share road safety rules!



6. Don't play with, keep out of reach or lock up dangerous items like knives, sharp tools, glass, electric plugs, wire, nails and pins etc.



7. Be alert! Babies and young children explore using their mouths. They can put dirt & small objects in their mouths like small toys, batteries, coins and buttons. These can block their breathing.



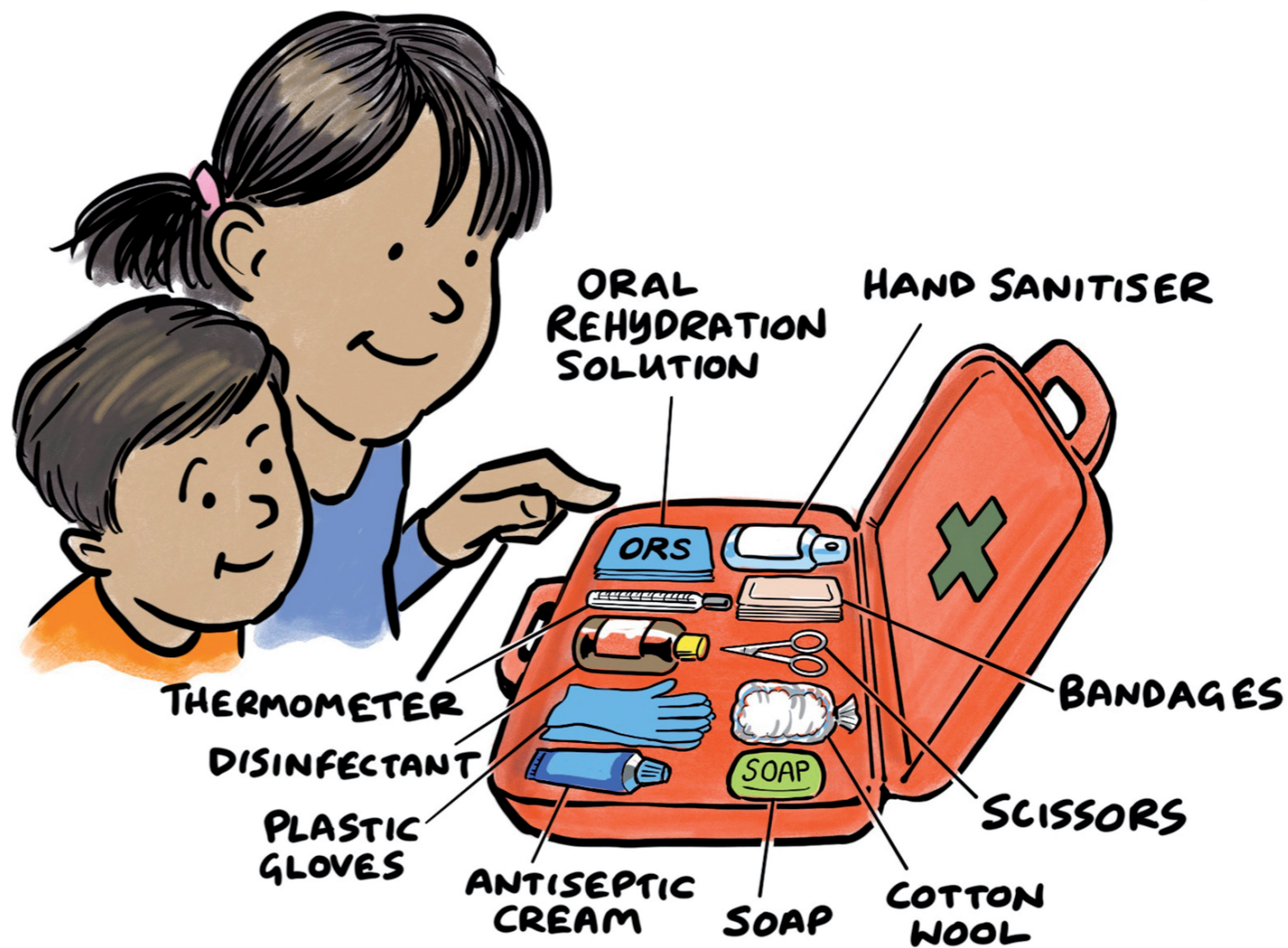
8. Pay attention when young children play near water like rivers, lakes, ponds and wells. Learn how to float or to swim if you live or go near water.



9. Understand the risks from poisonous plants and creatures like snakes, insects and other animals. Know where to get help if you are bitten or injured.



10. With your family, create and learn how to use a first-aid kit with items like:



Before you start to use the poster, please read the messages AND the back of the poster. As we like to keep the messages short, important and additional information is on the back and is designed to help educators teach the 10 messages too.

## Frequently Asked Questions About Our Posters

- **Who is the poster for?** Educators of many kinds, parents & children aged 10-14.
- **Where might it be used?** Schools, at home, health clinics, children's clubs, religious groups etc.
- **Is it enough for children to learn the messages?** The messages are designed to be 'doorway discussion & action. They are for children to understand & use, not just to memorise.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on our posters.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns & shares a message & returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages & every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages.
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message for this topic.
- **Can I add to, change, adapt, translate or simplify the messages?** YES! BUT check with experts that your new or revised messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short & simple. You can add other short & simple messages.
- **Why do some of the words & concepts on this poster seem too hard for children?** Children love to learn new words & ideas like poisonous, fertilisers, weed killers, pesticides, disinfectant and antiseptic. Take time to ensure they understand words & ideas of lifelong importance.



## Further Information for Educators

When teaching children how to stay safe, it's important to use up-to-date, accurate information and emergency contacts that work in the local area. Dangers and risks vary widely from place to place. Road traffic injuries are a leading killer of children and young people aged 5-29 years. More than half of fatalities occur among pedestrians, cyclists and motorcyclists, particularly those living in low and middle-income countries.

Collect local resources, emergency numbers and consult health workers and others who deal with emergencies in your community. Ensure children know what to do and who to contact in an emergency. Even first aid advice can change, so always check the latest guidance.

- Learn the basics of first aid and try fun activities: <https://www.globalfirstaidcentre.org/en/>
- Practice 'Float to Live' – it could save a life! <https://rnli.org/safety/float>
- Make safe rescue tools at home that really work. This helps you avoid creating something that isn't safe. <https://rnli.org/international-resources>
- Activities and tips to teach road safety: <https://capt.org.uk/csw-road-safety/>
- Where appropriate, meet parents to give them safety guidance for example: all poisons should be kept in locked boxes or closets that are child safe. Medications can look like sweets and yet are poisonous to children. Clothing with chemicals (such as fertiliser or insecticide) should be washed properly as those poisons can be absorbed through the skin.

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## Basket of Activities

- MAKE our own **PREVENTING ACCIDENTS AND INJURIES** messages using our own words in our own language!
- LEARN and PRACTICE our messages word for word so well that we never forget them.
- SHARE these messages with other children and our families.
- MAKE posters about keeping poisons safely: how to store them, label them and keep them away from children.
- MAKE a Family Emergency First Aid Kit: 1) Find a large plastic bin or box to put things into. 2) Use the sections in this list to guide your treasure hunt. 3) Check items off the list as you put them into your emergency kit box. 4) Include a copy of the checklist and emergency phone numbers. Depending on where you live and what you need consider: water-proof tape, face masks, tissues, clean water, hand sanitiser, soap, plastic gloves, scissors, disinfectant, antiseptic cream, a plastic bag/cling film (to be put over a burn to keep it clean), cotton wool, thermometer, bandages, plasters and Oral Rehydration Solution (ORS). Include emergency phone numbers and keep these up to date.
- MAKE toys that are safe for young children to play with.
- MAKE a rope and float for the river or lake that can be used in an emergency.
- MAKE a First Aid Station for our school.
- CREATE a safety campaign by finding out local dangers at home, in the community, or in the environment (for example, building sites, welding areas, tall trees, balconies, or open upstairs windows) and share ideas to keep people safe.
- MAKE a survey to find out where in our community there is water that may put children at risk of drowning, and what can be done to keep children safe.
- PLAY the But Why? Game about accidents at home. Start with an accident that happened like a young child falling into water, ask 'But Why?' and then of this reason, 'But Why?' etc.
- FIND OUT from a health worker what we need in a First Aid Kit for home and school.
- CREATE and PLAY Spot the Dangers in a poster or sketch and see if we can find all the risks of accidents.
- DESIGN a campaign that shows children how to cross all nearby roads safely.
- ROLE PLAY being safety aware when we are looking after a child.
- LEARN basic First Aid and practice with role play so you know what to do in an emergency, and when to go to a health clinic e.g after poisoning or breathing in smoke.
- MAP OUT and FIND any dangers for young children in our homes.
- LEARN and TEACH others the 5-step 'Float to Live' activity to prevent drowning. If you end up in difficulty in water: 1. Tilt your head back 2. Relax 3. Move your hands 4. It's ok if your legs sink 5. Spread your arms and legs.
- SHARE what we know about risks of injury to small children with adults.
- LEARN what to do when a baby is choking and show our parents, grandparents and brothers and sisters.
- LEARN to spot common hazards where there is a risk of burns, falls, drowning or busy roads with traffic.
- LOOK AT the safety warnings on toys for younger children. Learn how to read the safety warnings and be aware when young children are around toys that are unsafe for their age.
- ASK - Which activities (cooking, crossing roads, swimming) are responsible for (a) the greatest and (b) the lowest number of accidents? What are the most/least severe injuries that can result from each activity? What are the risks of burns at home? Do we know what to do if someone is burnt? How can we keep children safe from hot things and hot liquids in the kitchen? Do people keep babies and young children away from hazards in our community? – How? Why are babies and young children at higher risk from choking than older children or adults? How do we help someone who is in trouble in the water without putting ourselves in danger.

