

Cuts, getting caught in things, and other accidents

Knife injuries in the kitchen

Around ages 0 to 2

<Safety Tips>

1. Place sharp objects, like knives on the cutting board, back in place immediately after using them.
2. Think of ways to store sharp objects safely, such as putting child safety locks on drawers and cabinet doors.
3. There are many dangerous things in the kitchen, so keep children out, for example, by putting up baby gates.

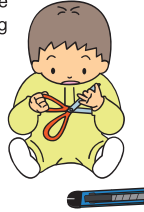


Injuries with sharp objects/toys such as razors, box cutters, or scissors

Around ages 0 to 2

<Safety Tips>

1. Put razors in the bathroom or on the sink away immediately after using them, out of the reach of children.
2. Do the same with box cutters or scissors, which adults and siblings use as stationery, and keep them in a safe place.



Putting small objects into the nose or ears

Around ages 0 to 2

<Safety Tips>

1. Children may play with beads, plastic balls, small toy parts, or snacks by putting them into their nose or ears.
2. Do not let children put small objects into their nose or ears, since it can result in an unexpected accident when those foreign objects get stuck.

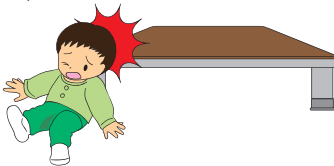


Injuries from bumping into tables or other furniture

Around ages 0 to 3

<Safety Tips>

1. Children can get injured by falling and hitting their face or head against the edge of tables or other furniture.
2. Attach cushion tape on the edges of furniture in order to mitigate the impact, should children bump into it.



Hands or fingers caught in doors or windows

Around ages 1 to 3

<Safety Tips>

1. Make sure that there are no children around when you open and close doors or windows.
2. Place gap covers or pinch guards at the hinges of doors.
3. Beware of doors and windows, as they can be shut suddenly in the wind.



Getting trapped underneath fallen dressers or other furniture

Around ages 1 to 6

<Safety Tips>

1. Children can get trapped underneath dressers or other furniture by knocking them over when they hang from or climb on them.
2. Furniture such as dressers should be secured in place, and stoppers should be attached on drawers and doors of furniture. Do not let children play with furniture.



Throat injuries caused by toothbrushes, etc.

Around ages 1 to 3

<Safety Tips>

1. When children are brushing their teeth, adults should keep a close eye on them. Do not let them hold a toothbrush in their mouth, or walk around while holding a toothbrush. Make sure to have children sit on the floor while they brush their teeth.
2. Choose a children's toothbrush with safety measures, such as a device to prevent the toothbrush from going into the throat.
3. When doing "the second brush," or helping your child finish brushing their teeth, use a toothbrush exclusively for the second brush, since it is more effective than a children's toothbrush. Remember, however, that the toothbrush can hit your child's throat and cause injury. Do not let your child hold it, and keep it out of your child's reach.
4. Do not let children run or walk while holding things in their mouth that could be pushed back into the throat and cause injury, such as chopsticks or forks.

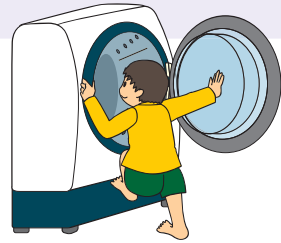


Accidents involving front-loading washing machines

<Safety Tips>

Around ages 2 to 6

1. There have been accidents where children get into a front-loading washing machine and suffocate.
2. Always make sure to close the lid of a front-loading washing machine, even when it is not in use, and be sure to use the child safety lock function.
3. If the washing machine does not have a child safety lock, take safety measures, such as placing an elastic band around the lid.



Accidents involving elevators and escalators

Around ages 0 to 3

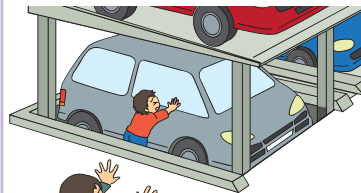
<Safety Tips>

1. Avoid riding escalators when using a stroller, as this can result in falls.
2. When a child gets on an escalator, make sure that an adult holds their hand, and that they stand on the inside of yellow lines, so that their shoes, sandals, the hems of their clothes, etc. won't get caught in the escalator.
3. When using an elevator, be careful not to let children get caught in the door or put their hand in the door frame.



Getting caught in mechanical multistory car parking

Around ages 1 to 6



<Safety Tips>

1. There have been accidents where children have gotten caught in the machines at mechanical multistory car parking where adults operate the parking apparatus.
2. While operating the parking apparatus, do not go too far from the apparatus, and make sure children don't go near the machines.
3. Tell your children "not to play in parking lots," "not to touch parking apparatus," and "not to go inside machines."

First aid methods in case of emergency

CPR (Cardiopulmonary resuscitation)

In cases of sudden cardiac arrest due to illness, injury, or drowning, treatment needs to be administered as early as possible. This is because, once blood flow to brain cells stops for several minutes, leaving them without oxygen, those cells never recover their function. Ambulances need at least several minutes to get to patients after receiving an emergency call, and the first aid given during that time can save a life.

<Chest compression (Cardiac massage)>

When a person is unconscious and their breathing has stopped, begin CPR immediately by applying chest compression.

○In the case of small children:

Press down on the bottom half of the sternum with enough strength to sink the chest by one-third of its thickness, at a speed a little faster than a hundred times a minute.

○In the case of infants:

Press down with two fingers just below the center of the chest, between the nipples, with the same strength and speed.



Chest compression in the case of infants

<Opening the airway / mouth-to-mouth resuscitation>

After applying chest compression, open the airway by giving two rescue breaths. After that, repeat the combination of 30 chest compressions followed by 2 rescue breaths until the ambulance crew arrives. You can open the airway by laying children on their back, tilting their head backward, and lifting their chin up.

○In the case of small children:

Pinch their nose, press your mouth to theirs, and breathe into their mouth.

○In the case of infants:

Cover both their mouth and nose with your mouth and breathe into their mouth gently.

AED (Automated External Defibrillator)

An AED is a machine that delivers electrical stimulus to the heart in order to restore a normal heartbeat. If there is an AED nearby, ask someone to get it, then place the electrodes as displayed on the device, and operate according to the voice-guided instruction. If there is no effect, perform CPR by repeating the combination of 30 chest compressions followed by 2 rescue breaths, and operate the AED every 2 minutes.

When a child gets burned

If a child gets burned, cool the burned area with running water from a faucet or shower for 15 to 30 minutes, either directly or through their clothes without undressing.

○If the burn covers an extensive area, larger than one leg or one arm, call an ambulance or see a doctor immediately.

○If the burned area is larger than the palm of a hand, or becomes blistered, try not to squeeze the blisters, and see a doctor.

Over-the-counter cooling sheets for fever are not appropriate for use in the treatment of burns. Low-temperature burns caused by electric heating carpets, etc., can be more serious than they look. See a doctor if symptoms get worse or the child continues to have pain.



When a child has swallowed a foreign object and it gets stuck in their throat

Have someone call 119, and try to purge the foreign object immediately in the following ways.

<Back blows>

Do not put your fingers in the child's mouth. In the case of infants, put them over one of your arms with their face down, supporting their head with your hand, lower their head and beat the middle of their back repeatedly with an open hand (Figure 1).

<Abdominal thrusts>

In case of older children, put your arms around their chest from behind, clench one hand into a fist on their upper abdomen, and press upward into the abdomen (Figure 2).

If you can't apply compression in this way, have the child lie sideways or make them sit forward and try back blows.



Figure 1: Back blows (Infants)



Figure 2: Abdominal thrusts (Older children)

When a child gets injured from bumping into things

○Injuries on the head:

- If the wound is bleeding, apply pressure to the wound with gauze so as to close it, then have the child rest in bed and keep an eye on the wound.
- If the child is unconscious, bleeding heavily, or vomiting repeatedly, call an ambulance or see a doctor immediately.
- If the child looks pale and doesn't have much energy, see a pediatrician or neurosurgeon. Even if the child is conscious and looks healthy, have them rest for a day or two and keep an eye on them.
- If it's only a bump, have them rest and cool the bump with something cold, such as a cold towel.



○Injuries on the body:

- If the child has been hit on their arms or legs, cool the bruised part with something cold, such as a cold towel.
- If the child has received a strong blow to the stomach, loosen their clothes, have them rest, and see a doctor.
- Fractured or dislocated arms or legs
- Secure the injured part with a splint, try not to move that part, and see a doctor.



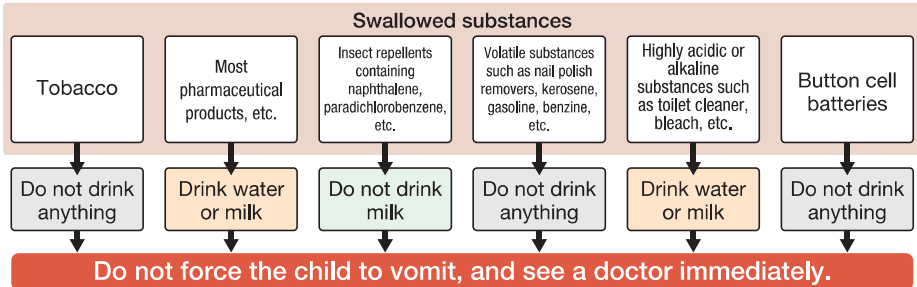
When a child is bleeding

The important point in the treatment of wounds is to stop the bleeding. Firstly, wash the wound with water. This can also help prevent infection. Check the size and depth of the wound, then stop the bleeding by applying pressure to the wound with gauze. If this doesn't work and the wound is still bleeding heavily, continue to put pressure on the wound and see a doctor.

When a child has swallowed something by mistake

If a child has swallowed something by mistake, it is important to identify what they swallowed, when they swallowed it, and the amount. Please be aware that the appropriate response depends on what was swallowed.

<What to do when a child has swallowed something by mistake>



<Points to know when you see a doctor>

- ① What did the child swallow?
- ② When did it happen?
- ③ How much did the child swallow?
- ④ Is there anything different from usual about the child? Does the child look ill, etc.?
- ⑤ Is the child having convulsions?
- ⑥ Is the child fully conscious?

Check on these points and bring the containers, bags, instructions, etc. of the thing the child has swallowed by mistake.

[Japan Poison Information Center Information Line for Poisoning]

Please consult with us if an accidental poisoning occurs relating to chemical substances (tobacco, household products, etc.), pharmaceutical products, animal or plant poisons, etc., and you are not sure what to do.

- Osaka Information Line for poisoning (available 24 hours) 072-727-2499
- Tsukuba Information Line for poisoning (available from 9:00 to 21:00) 029-852-9999

Project "Protecting Children from Accidents!"

The Consumer Affairs Agency promotes various efforts in cooperation with relevant organizations and ministries in order to protect children from accidents.

https://www.caa.go.jp/policies/policy/consumer_safety/child/



Consumer Affairs Agency "Protecting Children from Accidents!"

Official Twitter (@caa_kodomo)

We regularly post helpful information about how to prevent children's accidents.

https://twitter.com/caa_kodomo



E-mails about children's safety from the Consumer Affairs Agency

We regularly send e-mails with safety tips and bits of knowledge, in order to prevent unforeseen accidents in infants and young children aged 0 to 6. Please sign up to protect your child from accidents.

<https://www.caa.go.jp/kodomo/mail/index.php>

Consumer Affairs Agency Recall Information Site

We provide information regarding product recalls, free-of-charge repairs, and more.

<https://www.recall.go.jp/>

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